

The “Heart of Silence” retreat provides a wealth of opportunities for personal transformation that both the inner and outer journey of experience bring.

The nature of the retreat program is geared towards the adventurous pilgrim, inviting participants to experience life with an open heart and transform the inner experience of pain and suffering to one of peace and happiness. It is an intensive program that supportively challenges the exploration into the mind's limitations and illusions enabling the true nature of the authentic self to be revealed.

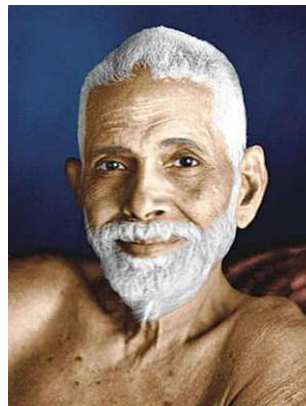
The retreat introduces you to India's rich culture, unusual sights and diverse spirituality. Feel safe and be well taken care of by Melanie who lives and maintains a home in this amazing country of contradictions, mystique, hospitality and overwhelming presence of life and its realities.



The largest Shiva temple in South India built beside Arunachala

### *A Transformational Intensive, a Journey of a Lifetime*

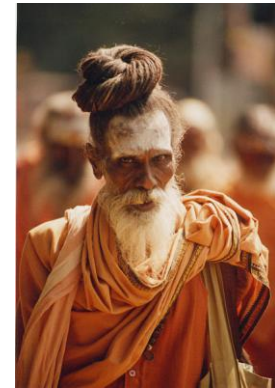
Arunachala is the home of Sri Ramana Maharshi, the most famous Indian sage of the twentieth century. Renowned for his saintly life, for the fullness of his self-realization, and for introducing the profound method of “Self Inquiry”, as a direct way to Spiritual Enlightenment, he stated that Arunachala is the source of The Silent Transmission, and that all who come to it are guaranteed freedom: "it is grace, and grace alone, which brings you to this mountain."



Ramana Maharshi, the Sage of Arunachala

# The Heart Of Silence

A Transformational Intensive



## 21-Day Retreat Arunachala, India

Jan 17<sup>th</sup> - Feb 7<sup>th</sup>  
2009

The mountain of Arunachala, India, has been called the most silent place on earth. Emanating from Arunachala is a jamming signal to the mind, which leaves in its wake a silent mind. In this silence, we can connect and deepen into the true self, that which IS before all thought.

## 21- Days

Jan 17<sup>th</sup> – Feb 7<sup>th</sup> 2009

Cost: \$1895 per person

### Your retreat package includes

- 2 pre-trip orientation meetings
- Detailed package of information
- Pick up from Chennai Airport
- Accommodation in a select guest house
- Wholesome home cooked vegetarian meals
- Expert travel guidance and support
- Optional daily guided yoga practice and instruction
- Insightful and spiritually liberating program led by Melanie
- Exciting field trips to places of interest including a 2 nite stay in Pondicherry for relaxing, shopping and fun
- Receive darshan (blessings) from revered Swami's and known Saints.
- Meet like minded individuals
- Safe, worry and hassle free travel with all the details taken care of
- Experience India and its rich culture

*(Does not include airfare) Vancouver to Chennai via Singapore Air is approx \$1765*

**Group size is limited to 16.  
Reserve your space early\*. This  
retreat always fills up fast!**

**Deadline for registration is Sept 30<sup>th</sup>,  
2008. \*Deposit required**

*A 3% surcharge will apply to all transactions using  
MasterCard or Visa*



A sadu sits at the water tank in front of Arunachala

**Melanie Trupp** is an experienced counselor, workshop leader and inspiring teacher; guiding spiritual seekers and adventurous souls on life changing pilgrimages to India for the past nine years.

Melanie shares her professional skills, personal experience, spiritual knowledge and intuitive insights during the retreat's daily group meetings, and in the teachings of self-inquiry meditation. Her training offers the opportunity for personal transformation.

Melanie maintains a home in Pondicherry, India as well as in the Comox Valley. Her familiarity with India allows her to share with you the spirit, culture and hidden treasures of this mystical land of contradictions.

**Melanie Trupp  
250-339-5589**

**[www.gracefuljourneys.com](http://www.gracefuljourneys.com)**

All travel arrangements are done through Global Destinations a B.C. Government registered Travel Agency

## The Heart of Silence

### 21-Day Retreat

### Arunachala, India

More ancient than the Himalayas, this holy hill called Arunachala is the oldest natural shrine in the world. Sages, saints and spiritual seekers have been drawn to this sacred mountain for over a thousand years! Known as the very heart of the earth, the spiritual center of the world, one cannot help but be touched deeply by its very presence!

The power of Arunachala, the enlightened beings who live in its shadow and the felt presence of Ramana Maharshi have a way of reaching deep within and awakening you to your true nature, the SELF. An indescribable transformation takes place: the mind ceases to fill you with its endless demands, worries, judgments, and fears. What remains is you - simple, peaceful, present. Freed from the mind's prison and your obedience to it, you have realized your true Self.



*"He who turns inward with untroubled mind to search where the consciousness of "I" arises, realizes the self, and rests in Thee. Oh Arunachala, like a river when it joins the ocean."*