

O N E N E S S U N I V E R S I T Y

# *the* ONENESS *Awakening*



“This place exists to set man free”, read the inscription on the foundation stone of the first Oneness University campus, reflecting the intent of Sri Amma Bhagavan to help humanity awaken into Oneness.

According to them, Awakening into Oneness is a continuous process of learning and growth in all spheres of life. In the material realm, growth could be perceived as success, prosperity and physical well being, while in the psychological realm, higher

levels of growth promote constructive perceptions and greater love in relationships. In the spiritual realm, growth is translated as an ability to experience every moment of life and an ever-deepening sense of connectedness with the universe and the divine.

The Oneness Process aims at facilitating and integrating these different forms of growth in the individual, thus contributing to collective transformation.



*To set  
man free*

## *Oneness - Awakening*

The Oneness – Awakening is a seven day process centered on most profound insights given by Sri Amma Bhagavan towards Awakening into Oneness, which reads as follows:

*Awakening to Suffering  
Leads to*

*Awakening of the Heart  
Leads to*

*Awakening to Calm  
Leads to*

*Awakening of Inner integrity  
Leads to*

*Awakening of Listening  
Leads to*

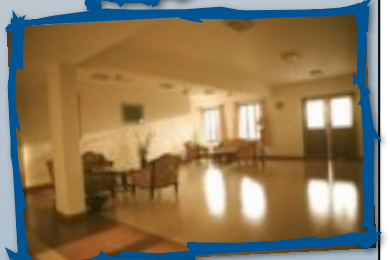
*Awakening to the 'what is'  
Leads to*

*Awakening of intelligence  
Leads to*

*Awakening of Action.*

The Oneness Processes integrate four principal aspects of spirituality namely Teaching/contemplation (Nidhi-dhyasana), Practical application (Sadhana), Meditation (Dhyana) and Divine benediction (Oneness Blessing).

It is a precise process designed to bring about changes in your internal world that eventually manifests as changes in the external world. It helps you to accept and integrate the various parts of yourself with a greater sense of ease and comfort. For a break through to happen consciousness should learn certain things, which means it has to go through a process of unlearning. To learn love you need to unlearn hurt, to learn peace you have to unlearn inner struggle and conflict, for you to acquire health, you should unlearn certain negative emotions, negative energies causing it.





Evolution in consciousness reflects the way you live and experience your everyday life. The way you relate to people, your ability to connect to people, how you approach a problem or deal with your child when you yourself are in pain. In short it is all about living and enjoying life.



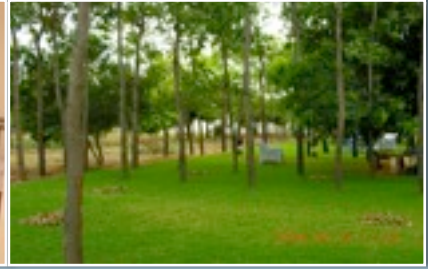
The guides of the Oneness University, specially trained by Sri Amma Bhagavan over a period of almost a decade guide the participants in this process. In addition to receiving the divine benediction to facilitate their personal growth, the participants of this process would also receive a special initiation from the guides empowering them to help others through the power of the Oneness Blessing. The participants could also avail of spiritual guidance from the University after their return through the periodic telephone / internet conferences organized by the guides of the Oneness University.

## ENROLLMENT PROCEDURE

Enrollment for the process is possible through local coordinators or authorised registration centres in the respective countries. Payment of the course fee has to be made only to our account, details of which are available with the coordinators. Please note that direct payment through cash would not be accepted during the process. For more details visit: [www.onenessuniversity.org](http://www.onenessuniversity.org)

COUNTRIES	PROCESS LOCATION
Russia, Former Russian republics, Europe & Latin America	India
Australia, New Zealand, USA, Canada, Japan, Taiwan, China, Korea and other South East Asian countries	Fiji

## RETREAT CENTRES



Oness University, India

Oness - Awakening process would be hosted in the specially designed Oness University campuses, in India as well as in Fiji. Sri Amma Bhagavan have personally blessed both these campuses with their physical presence to serve as the ideal retreat centres for the Oness Processes.

### ONENESS UNIVERSITY, INDIA

Settled majestically at the foothills of the Vellikonda range (also known as the Eastern Ghats), is the Oness University Campus-3 (b), which serves as the retreat centre for the Oness Processes in India. Well protected from the damaging effects of modern civilization, these forests and mountains, considered to be the abode of many mystics and sages, enhance the serenity and sanctity of the campus with their natural beauty.

The Oness University, India is situated in the state of Andhra Pradesh, approximately 80 km north of the metropolis of Chennai, off the Grand trunk freeway.

#### Food & Accommodation

The participants would be accommodated in specially designed residential blocks with spacious and

comfortable air-conditioned rooms, each capable of accommodating 4 persons. Air conditioned meditation halls provide the necessary comfort to the participants in their spiritual practice, while the natural freshness of green lawns, trees and birds all over the campus set the tone for contemplation and reflection.

In addition, the participants could also spend enjoyable moments in the nearby foothills and gurgling streams.

The participants would be served healthy vegetarian food in spacious, clean Dining Halls.

#### Transportation

Special taxi/bus services can be arranged upon prior request for transporting the participants from any location in Chennai to the Oness University.

#### Process duration

The process would run for nine days with one day each for arrival and departure and seven days for the process.

\* The processes will be held in GC2 campus until Campus 3 (b) is ready.

### ONENESS UNIVERSITY, FIJI ISLANDS

