



# HIGHER CONSCIOUSNESS RETREAT

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## An Immersion in the Wisdom of Swami Amar Jyoti

Sacred Mountain Ashram  
August 8-10, 2015

You are invited to join us for a weekend immersion in the Wisdom of Swami Amar Jyoti, to experience and apply these teachings in a setting of peace and serenity.

For nearly three decades, Gurudeva lived and taught at His Ashrams in America, guiding seekers from all paths toward a fulfilled and awakened life. His Presence is palpable as you walk the paths and forests of Sacred Mountain Ashram and imbibe the inspiration and silence that permeate this sacred land.

Achieving your own peace does not take away anything from others. Peace is limitless. On the contrary, you can work better for others, you can help them more, if you are in peace.

~SWAMI AMAR JYOTI



Gurudeva called Sacred Mountain Ashram “Kailash,” as it reminded Him of the Himalayas. The Ashram is located on 108 acres at 9000’ elevation in the Rocky Mountains, just half an hour drive from Boulder, Colorado. Each day we are graced with glorious sunrises and sunsets, fresh mountain air, birds and wildlife — a perfect setting for meditation, contemplation, and opening to higher consciousness.

Each day’s program includes listening to Satsang (wisdom teachings), aarati (Vedic mantras and flame offering), kirtan chanting and meditation. You will have ample time to walk our many paths, explore vistas of the Rocky Mountains, and sit in silent contemplation. Surrounding us with wildflowers, meadows and woodlands, Mother Nature’s beauty in the summertime fills the heart with joy and the promise of renewal.

## LODGING

Lodging for the Retreat will be in our guest house at Sacred Mountain Ashram, Sadhana, and at the historic Bluebird Lodge in Gold Hill, one mile east. Each guest will have a private room with shared separate bathrooms for men and women. Transportation will be arranged to/from Bluebird Lodge. All programs and meals will be at the Ashram.



Previous page: Jyoti Mandir, Temple of Light. Bottom left: Bluebird Lodge and guestroom. Above: Sadhana guest house at Ashram. Below right: Annapurna dining / library / yoga hall.

## SCHEDULE

### Saturday, August 8

- 3:00 pm Check-in and Registration
- 5:30 pm Dinner at Annapurna dome
- 7:00 pm Satsang at Jyoti Mandir—preceded by kirtan and aarati, followed by meditation

### Sunday, August 9

- 6:00 am Meditation at Jyoti Mandir followed by Aarati
- 7:30 am Hatha yoga at Annapurna
- 8:30 am Breakfast
- 10:00 am Satsang preceded by kirtan
- 12:15 pm Lunch
- 4:00 pm Questions and Answers Gathering
- 5:30 pm Dinner
- 7:00 pm Satsang—preceded by kirtan and aarati, followed by meditation

### Monday, August 10

- 6:00 am Meditation at Jyoti Mandir followed by Aarati
- 7:30 am Ladies hatha yoga at Annapurna
- 8:30 am Breakfast
- 10:00 am Satsang preceded by kirtan
- 12:15 pm Lunch

Three wholesome vegetarian meals will be served daily.

## CLIMATE & WHAT TO BRING

At 9000’ elevation our evenings can be cool in August. Bring a warm sweater or light jacket and be prepared for possible rain. Comfortable walking shoes are recommended and a flashlight. Sitting pillows and bedding will be provided. Everyone is requested to wear modest clothing: loose fitting bottoms to knee or ankle; loose fitting tops, no bare shoulders or revealing necklines.



Practices do not make you perfect; they make you proficient. But practices will eventually exhaust your mind. Your Perfection, your Light, your Consciousness within is self-existent.

~SWAMI AMAR JYOTI

## SO THAT ALL MAY DEEPLY BENEFIT

We request that all who attend the retreat maintain silence as much as possible. This practice is very helpful in deriving the maximum benefit from these precious days and nights. Please keep alarm watches and cell phones turned off and in your room whenever possible, and arrange your stay so that you do not need to make or receive phone calls except in an emergency.

*Important: if you feel that you are coming down with a cold, flu or any illness, please postpone your arrival until you are sure that you are well, or cancel your attendance for a full refund.*



## FEES

SINGLES: \$450, COUPLES: \$800. Retreat fees include all programs, meals and lodging, and transportation to/from Boulder as well as to/from Bluebird Lodge.

## ARRIVAL & TRANSPORTATION

If you are coming by air, please reserve your flight to arrive at DIA by 1:30 pm on Saturday, August 8th. If this is not possible, please contact the Ashram. For those arriving by air, plan to take the Skyride bus from DIA to the Boulder RTD Station. We will send your connecting bus schedule. Transportation from Denver International Airport (DIA) to Boulder is the responsibility of each retreatant. Transportation from Boulder to the Ashram will be arranged.

Please arrange to depart on August 10th from DIA no earlier than 11:00 am. We have limited accommodations for those wishing to extend their retreat for 2-3 additional days; please contact the Ashram for details and cost.

SACRED MOUNTAIN ASHRAM

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If you see clearly you will never do anything unconsciously.  
You will be spontaneous and creative. This unfoldment  
press is so beautiful, relaxing and joyful.  
While doing you are not doing.

~SWAMI AMAR JYOTI



Clockwise from upper left: View east with meadow;  
Garden of Prophets; Sunrise; Lunch at the Gazebo near  
Annapurna; Center: Bench overlook

