

Dear Vedic Meditators-

We design our own experiences -whether consciously or unconsciously. One of the first symptoms of being wise is that you embrace this realization conclusively. "Somebody (or some thing, or some circumstances) made me unhappy" fails to recognize or acknowledge how we became available for the unhappiness; how we failed to be as aware as we could have been. Knowledge is proportional to how conscious- how widely awake- we are. To be awake- fully- is our native human capability; we suffer exactly in proportion to how unconscious we are. There is no such thing as "good luck" or "bad luck".

On average, today as a species, humans use only a tiny fraction of their vast innate capacity to be awake. The pervasive unhappiness and suffering in the world speak to this truth. When fully- vastly- awake, one becomes endowed with expectations that are accurate; then fulfillment becomes automatic. When fractionally aware, however, we culture many inaccurate expectations and thereby set ourselves up for bad surprises, disappointment and heartache. To design happiness consciously we must awaken our natural full-spectrum consciousness to perceive clearly the complete nature of people, things, and phenomena.

We will explore this subject thoroughly during our annual 10-day retreat in India, examining from every angle the conscious design of happiness, the solution to all problems. I will further show you a vision of possibilities, whatever your existing level of understanding and experience may be, give you the tools to create happiness for yourself, and to radiate it to all those surrounding you.

Join us to as we explore Rishikesh and a lecture series based on THE **CONSCIOUS** DESIGN of HAPPINESS.

With Love and Jai Guru Deva,

Thom Knoles



photo courtesy of Tracey Lester

A Journey in India w/ Thom Knoles

Rishikesh - January 10 - 20, 2015

shared: \$2950 per person

deluxe single: \$4450

executive suite: \$5950 per person

presidential suite: \$8950 per person

Price includes all vegetarian meals & accommodation:

Two night stay in Delhi at Hotel Oodles (January 10, 11) & 8 nights in Rishikesh at Hotel Ganga Kinare (January 12-19). Day of guided sightseeing in Delhi (January 11) and daily excursions in Rishikesh (Kunjapuri Devi Temple, Vasishtha Gufa, Waterfall Hike & more...). Daily sunrise yoga & personal set of meditation cushions. Airport arrival, departure and city transfers, transportation to and from Rishikesh (train to and air return). Hotel, transfer and ticket taxes also included.

Price does not include international airfare, tips, Ayurvedic spa treatments at hotel or private sessions with Thom Knoles.

Applications based on first come basis, 50% deposit due upon registration.

To apply or for further information email: info@thomknoles.com

Keep informed: join our mailing list at www.thomknoles.com/contact