

A Special Announcement!

Spanda – the Vibration of consciousness

Seminar and Concert

We are very pleased to announce that Dr. Mark Dyczkowski, one of the world's most renowned scholars of Kashmiri Saivism, will hold a seminar and a sitar concert.

Kashmiri Saivism is a spiritual and philosophical tradition which flourished between the 9th and 12th centuries in Kashmir. The main focus of the Spanda School of Kashmiri Shaivism is the vibration or the movement of consciousness, and it presents a fascinating way to understand the dynamics of living consciousness.



"In India, metaphysics serves as a theoretical framework supporting a body of spiritual discipline. It indicates a seeker's attitude to his own experience."

Mark Dyczkowski

The seminar will introduce the ideas and concepts in both theory and praxis: there will be lectures as well as breathing and meditation practices.

Dr. Mark Dyczkowski is one of the world's foremost scholars on Tantra and Kashmiri Trika Shaivism and has lived and worked in India for close to forty years. Both a scholar and a practitioner. Amongst his many publications is a translation of the *Spanda Karika* and his book '*The Doctrine of Vibration*', a classic work on the Spanda school.

He is also a wonderful speaker and musician (of classical Indian sitar music), and he is someone who knows how to deeply inspire others.

Please see www.anuttaratrikakula.org for more information.

Date: Sat 6th August 2016

Timings:

Seminar: 10.00 am – 4.00 pm

Concert: 5.00pm – 7.00pm

Location: ICCA, Bharat Bhavan,
Off Mill Road, Cambridge, CB1
2AZ

Registration and Information:

yu.du@visionarylab.org

Fee: £60

Concessions: £30

