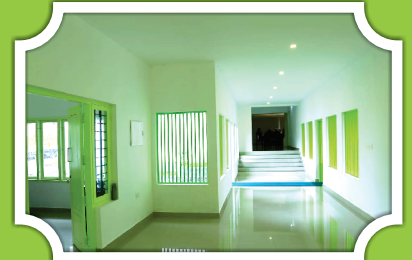


PROGRAMMES
2025



BODHINI

THE SCHOOL OF CHRISTIAN MEDITATION





This 12 month residential course provides a comprehensive and inclusive education about the Science of Christian Mindfulness Meditation. **CMMIT** is an intensive training which will enhance your morale, knowledge, vocabulary and equip yourself to experience the innovative benefits of Christian mindfulness meditation.

COURSE CURRICULUM AND STRUCTURE

- ▲ Learn both discursive and non-discursive meditation through hands-on lessons
- ▲ Biblical, scientific and contemplative
- ▲ Specialized focus on training teachers
- ▲ Rounded education & Mindfulness

CMMIT will have 6 modules and each module consists of the following components:

Module 1 Mindfulness Meditation in contemporary settings and in Biblical dimensions, its practical definition, taxonomy, (Discursive and Non-Discursive meditation) structure and steps. M-1 covers both, a meditation manual and theoretical lessons for mindfulness. Added to it, meditation workshops and practice.

Module 2 Mindfulness Meditation as the source of energy, for direction, motivation, relatedness and competency. M-2 covers lessons on Whip Code-discipline (WCD); Hedge, Winepress, Tower Disciplines (HWTD) as meditation recipe.

Module 3 Biblical teachings on the obstacles to meditation. M-3 includes mental crowds (W & W), calcification of the mind, no-wine, no-oil, no-wedding robe, five husbands, Camel, Fat- calves and Oxen (Fs and Bs) etc. The scientific solutions such as: Integrative Body Mind Training (IBMT), Proactive Preparation Mode (PPM), Reactive Solution Mode (RSM). Cognitive Restructuring (CR) and Root Cause Analysis (RCA) and their role in rewiring the mind.

Module 4 Meditation and human mind based on research from philosophy, biology, genetics, neuroscience, environment, culture and religion. M-4 Includes Weed management, Epigenetic mechanisms and Modification of gene activity, Anatomy of seed, Soil interaction and germination

Module 5 Mindfulness Meditation and Metacognition (“thinking about thought”) M-5 explores two clusters of mental activities:

1. Knowledge about cognition, i.e., recognizing what is happening in the mental realm, more precisely, the traffic of thoughts, the mental converse, the thought that stirs and creates ruckus in the mind, its sequence, context, time and duration.



2. Regulation of cognition, i.e., by monitoring and regulating thoughts and their process, namely, prosbole (“suggestion”), syndiasmos (“dialogue” or “converse”), pale (“combat” or “struggle”) and synkatathesis (“consent”). In addition, 6 metacognition meditation workshops based on Biblical texts.

Module 6 Mindfulness Meditation and Mysticism. M-6 deals with mindfulness as an outcome, that is with the union of the three aspects of the soul (logistikon, epithymitikon, thymikon) with the DIVINE. It includes the results such as opulence of superior quality wine, love, happiness, peace, joy, resilience, equanimity, compassion, neuroplasticity (shaping of the brain) etc.

[Participants who complete this course will be given a certificate]



02

6-MONTH MINDFUL-CONTEMPLATIVE EXPERIENTIAL LEARNING PROGRAMME [MCELP]

Date: 01 June – 30 Nov. 2025

This highly beneficial mindful-meditation training course [MCELP] will offer Biblical evidence-based tools, practices, and resources to prime your body and mind to feel more focused, to encounter challenging situations, to nourish your relationship, to ever maintain a peaceful and committed life.

MCELP is offered to the providers and recipients of religious formation, community animators, spiritual directors, jubilarians, for sabbaticals and all those who recognize the great necessity of being initiated into mindful-contemplative practice for one's own life, inspire others and help them to improve their lives in meaningful ways.

[Participants who complete this course will be given a certificate]

03

3-MONTH CONTEMPLATIVE EXPERIENTIAL ENCOUNTERING OF CHRIST IN THE SCRIPTURE (CEECS)

Date: 01 Jan. – 30 Mar. 2025

Are you usually beset by distractions, mental business, drowsiness, restlessness, agitations, guilt and time management when you go for prayer and meditation? If so, here is a hunting technique taught in the Bible i.e., hearing and doing the WORD.

CEECS will offer you the right understanding, education and experiential knowledge about hearing and doing the Word. You will be taught the hermeneutics of contemplation in which texts are read noetically, a practice that enhances your experiences of transformation, innovation and well-being.





04

3-MONTH MINDFULNESS-BASED INTENSIVE COURSE FOR FORMATORS [MBICF]

Date: 15 Jan. – 15 Apr. 2025

Bodhini, a home for Christian mindfulness meditation, offers 3-month mindfulness-based course for Formators to become effective spiritual resource personnel. MBICF provides Hands-on Training that incorporates mindfulness into everyday life, which helps one to explore oneself, and to activate the qualities that make one an authentic guide, alive and engaged.

The Goal of **MBICF** is to help the persons change negative thought patterns, habits and actions and thereby be more positive, calm, noble, compassionate and in control.



05

3-MONTH TRAINING AND MINDFULNESS RETREAT FOR SISTERS PREPARING FOR FINAL PROFESSION

Date: 15 Jan. – 15 Apr. 2025

This course will equip you to revisit the consecrated life at its source and deepen your sense of identity as a consecrated individual from the vantage point of mindfulness. Methodologically, consecrated life is studied from two sides. On the one side, an interdisciplinary perspective drawn from the Bible, tradition, theology, philosophy, psychology, sociology and other disciplines. On the other side, you will be given hands-on training and disciplines for becoming inseparably religious and spiritual in the changing paradigms.



06

1-MONTH MINDFULNESS MEDITATION FOR JUBILARIANS (MMJ)

Date: 25 Apr. – 26 May 2025

Here is a one-month mindful practice where you will be equipped with tools to prioritize and pay attention to what is going on within and around you, not to regret your past life but by rewiring your brain, unlock your creativity and boost your performance in an age of increasing chaos and uncertainties of life. This is a special programme for silver and golden Jubilarians to revitalize themselves through Mindfulness and Meditation.



07

1- MONTH MINDFUL-CONTEMPLATIVE RETREAT (MCR)

Date: 01 – 30 Jan.; 01- 30 Mar.; 01- 30 May; 01- 30 Jun.; 01- 30 Aug.; 01- 30 Sept.; 01-30 Nov. 2025

MCR is an in-depth spiritual journey through the Scriptures. Several distinct yet interrelated biblical texts are used to know the anatomy of contemplation as delineated in the Bible, and are useful for the practitioner. The components of contemplation concealed in the texts will be analyzed and practised as well.



If you are searching for a contemplative retreat, then, you have come to the right one; **MCR** is perfect for priests, religious, and nuns to forge new pathways to success, to embark on a journey of healing your soul and self-renewal, in a troubled and noisy world.

08 1-MONTH MINDFUL ENCOUNTERING OF CHRIST IN THE SCRIPTURE (MECS)

Date: 01 – 30 Apr.; 01–30 Dec. 2025



MECS brings the spiritual weight of the word, the Bible today, to the present, 'here and now', to my current life. This course affirms that the scope of the biblical interpretation is not just limited to historicity or to the scientific explanation of the language of the text, but goes beyond. Hence, MECS is designed to teach the participants to read the translation of the meaning of the text, for the transformation of life.

In addition, **MECS** explores the components of contemplation, confronts the crowd, rain, flood, and wind in everyday life, and casts the net to the right side to withstand the pressures of life. In this course, you are taught to discover the profound spiritual significance of the scriptures and to apply it to your inner life as you seek God.

09 1-MONTH A SPECIAL COURSE ON THE PHILOKALIA

Date: 01 – 30 Nov. 2025



This course draws its inspiration from the spirituality and the practical manual of Mindfulness expounded in the Eastern Christian Classic '**The Philokalia**'. It is generally known as the “treasury of mindfulness”.

The course helps one to study and learn various aspects of mindfulness as envisioned by the masters of the Philokalia in a bravura that has been put into the Gospel terms and secular research-related exercise to achieve the true destiny of humankind, to be in full union with God, the real reason for which human persons have been created (Theosis).

10 1-MONTH MINDFULNESS AND MYSTICISM [MM]

Date: 01 – 30 Nov. 2025



In this course you will learn how mindfulness can raise our state of consciousness in awakening religious experience of mysticism. This course explores the roots and affiliations of mindfulness meditations for developing spiritual and mystical experience in the life of great saints. In this one-month course we posit two great Christian Classics:

1. Mindfulness and “Practice of Presence of God” by Brother Lawrence
2. Mindfulness and “The Seven Mansions of St. Teresa of Avila”



For Booking Contact:

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BODHINI

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BODHINI : THE SCHOOL OF CHRISTIAN MEDITATION

