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Between Layers of Awareness

Perhaps, interior research is one of the few ways to go deeply into the human mind. Considering the different beliefs and religions as just a different cultural expression of the same spiritual source, on the green hills of Vagamont, in the Kerala state in India, a multicultural Ashram merges in himself three different expressions of spirituality. Through Hindu meditation, catholic believers with Syrian liturgy and Benedictine Cistercian spirituality, the Kurinsumala Ashram priests achieve a deep and intense spiritual experience aiming at reaching a superior awareness and therefore a deeper knowledge of men and the universe. The days of the monks are strictly regulated by moments of prayer and meditation. This work, carefully following the rhythms of the ashram wants to tell and transmit the force of spirituality belongs to everyone that here in the mountains of Kerala, is made more clear and explicit.

KURISUMALA
ASHRAM

കുരിശുമല
അശ്രമം.



The road that leads to the absolute passes through the universe of the spirit. Thanks to meditation, prayer, rituals it can be cross through new plans of consciousness.



The journey to ourselves is longer and harder. From the hills of Kerala, isolated from the outside world, Kurisumala Ashram monks are travelers in areas of transcendence.



The fathers of this Ashram have been able to link different cultures to one single purpose: the Hindu meditation, the deep Catholic faith , Syrian liturgy and Benedictine Cistercian spirituality part, joined in a single force, in the inner journey of this group of "spiritual seekers"



5:30 AM. First morning prayer.
This involving liturgy is an expression
of the deep Benedictine Cistercian
tradition.

Thomas the Apostle²¹
Evening Prayer

Hymn for the Lighting of the Lamp

Opening Prayer
Be with us, Lord, to celebrate the feast of Your Blessed Apostle
Thomas who proclaimed Your truth to our forefathers, and witnessed to
Your love to this our country of India. And grant us to offer You
honor and adoration worthy of Your Majesty and wellpleasing to
You. By his prayers may we come to the blessedness which You
prepared for him, Father, Son and Holy Spirit, now and always and
for ever. Amen.

Psalm 81 (80) Ring out your joy to God, our strength...
Let us shout for joy to God, our strength
Let us make music to the Lord, with songs and hymns,
and offer prayers of praise and thanksgiving,
to the God of our fathers and Lord of the whole creation.

**When you touched the body of your Lord whom you loved,
and you cried out: "You are blessed for ever,
God of our fathers and Lord of the whole creation."**

**When you had seen the Risen Lord you would not believe
and you cried out: "You are blessed for ever,
God of our fathers and Lord of the whole creation."**

**You are blessed Thomas because you saw and believed. Blessed also are
those who believed through your preaching, though they had not seen.
had we cry out: "You are blessed for ever,
God of our fathers and Lord of the whole creation."**

Evening Prayers We call upon You, Lord, hear us... page 3

The oldest monk of the monastery reads in a loud a passage from the Bible. The power of the words is an arrow that can pass through any barrier.



The Hindu meditation culture is an essential tool for the soul searching. To reach different levels of awareness requires practice and dedication. Sitting in the lotus position, in complete silence, these monks are concentrating their mind to bring it beyond the barrier of reality.




The incense smoke is a medium of transcendence. Here, the symbol becomes the linking element between the reality of matter and the different realities that lead to it. A journey back until to reach the primordial "Crown".



The repetition of the Word as a rosary, as a tribal dance, as the cyclical sound, as a dancing Dervish.
Lead the mind to new kind of conscience, this is the purpose of the ritual.



The life of the monks, into the library of the monastery, includes moments of study between the morning ceremonies and the lunch time.

A photograph of a monk with a long white beard and glasses, wearing a brown habit, sitting at a table. He is reading an open book. A single lit candle in a brass holder provides the primary light source, casting a warm, golden glow. In the background, a window shows green foliage outside. The image is overlaid with a repeating watermark of a copyright symbol and a stylized 'S' logo.

The Kurisumala Ashram is a multicultural place where the different cultures live together contributing to the enrichment of each monks.



In the library of the monastery is possible to find many books of theology and philosophy in addition to the holy Christianity and Hinduism books. The candle lights verses of the Bible that this monk reads like a mantra.



The library of the monastery is named to Fr Francis Acharya OCSO who founded the Kurisumala Ashram in 1958.



The meals are experienced as a ritual. The lunch and dinner are consumed in the corridor of the monastery in holy silence



In turn, the monks serving the meal after reciting a prayer of thanksgiving. They eat by their hands and accept the food as a precious gift.



Even the simple washing dishes is seen as an important rite that has in itself an important spiritual charge.



Some monks are dedicated to Yoga:
spiritual path that leads to harmony
and balance with whole universe.
The Yoga is not only a form of
meditation but it is a way of life.



The symbol of the Kurisumala Ashram is the union of the holy Cross and the Tao that symbolize their multiculturalism.



This monastery welcomes each pilgrim who wants to share with the monks a spiritual retreat or who simply needs hospitality.



The Syrian liturgy has a ritual similar to the Christian mass. The monks wear green tunics and in turn lead the celebration.



The idea that the world has a wide breath compared with that our consciousness can reach, is the starting point of any spiritual experience.



The words, thanks to their extraordinary evocative power and a strong symbolic capacity are the key of the mystical practices. They can lead us to higher awareness levels revealing new horizons and new paths.



The prayer is not a demand of need but it is a journey to be undertaken, a path to take. This monk are opening his arms to his own god in his private cell.



The objects in mirror are closer than they appear. These words written on a piece of rearviewmirror explain exactly the Kurisumala Ashram soul.



The obsessive rhythm of the words recited in the Rosary aim to overcome the walls of the perception leading to superior consciousness plans.



The darkness is not dark but a different shape of light. Looking beyond the limits of sight, having the ability to perceive what can not be touched and explained, is a long and difficult practice. Those who have chosen this path can not easily come back.