

21 STAGES OF MEDITATION ONLINE

A JOURNEY TO THE SELF

With Bachitar Kaur and Hari Krishan Singh



In english (optional German translation)

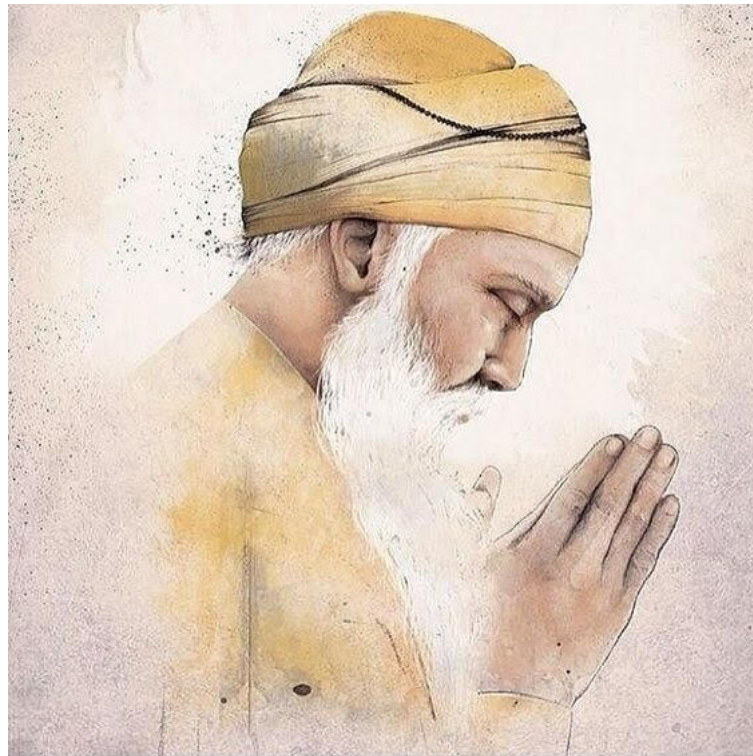


This training is organised by Cherdikala Yoga International

www.cherdikala.eu and www.yogafamily.one

as part of the International Karam Kriya School

www.karamkriya.com and www.karamkriya.org



“Man Jeetai Jag Jeet” – “Conquer Your Mind and Conquer the World”

- Guru Nanak Ji, Japji Sahib





THE 21 STAGES OF MEDITATION

are divided into 3 phases:

Self Crystallisation | Self Expression | Self Transcendence.

Each Phase is a journey through 7 steps. We will lead the journey through the 3 phases in 9 days which allows time for sharing and deep reflection on the nature of each phase. This course is open to all.

Please note : This 21 Stages of Meditation program in Kundalini Yoga as taught by Yogi Bhajan® is licensed by KRI and contributes to level 3 certification within The Aquarian Teacher™ Training Program. If you wish to obtain a receipt of participation valid for the level 3, you have to attend all 3 stages.

COURSE FEE

The course fee includes the following costs of the training:
Teaching fee, registration, administration and services.

Early Bird Discount:

Full course fee is EUR 550,00 if registered before 1.06.2020.

With registration after 1.06. the full course fee is EUR 600,00.

Deposit

A deposit of EUR 150,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 400,00 resp. EUR 450,00 is due latest one week prior to start of the course (18.6.20).





TRAINERS



Hari Krishan Singh (NL) Dutch but resident in Germany, is co founder of Cherdi Kala International Kundalini Yoga School along with his wife Bachitar Kaur. He travels and teaches in Europe and Australasia as a Lead level 1 & 2 Trainer and is a Karam Kriya consultant and trainer. He is responsible for establishing many training programmes around the world in cooperation with the Karam Kriya School. With profound understanding and insight into the teachings and an abundant sense of humour, Hari Krishan's infectious presence naturally puts people at ease. He brings the teachings across in a way that is both light and deep and facilitates deep processes of change and personal growth. He lives with his family in South-Germany in Yogahouse Prasaad, their retreat centre near Lake Constance.

Bachitar Kaur (D) is Trainer in Kundalini Yoga and Karam Kriya. She is a Lead Trainer for Level 1 Programs and teaches and consults since 2005 europewide, in Australia and in Asia. She is mother of two boys, co-founder of the international Kundalini Yoga and Karam Kriya School Cherdi Kala, co-initiator and trainer of the Divine Woman Program and directs together with her husband Yogahouse Prasaad in Germany, where she is living with her family. She is a strong advocate of female solidarity and community building and her passion for creating a more humane world is reflected in her enthusiasm with which she teaches.



Deepen your meditation and come to a profound understanding of your Self





ONLINE SCHEDULE

You will receive the ZOOM links for each training day latest one day in advance. Log on at least 10 minutes before the start of the day or sadhana. Create a FREE account at www.zoom.us

Daily ONLINE Program

7:00-8:30	Optional yoga class every day
9:30-10:00	Introduction to the day
10:30-11:30	Teachings Meditation
12:00-13:00	Teachings Meditation
13:00-14:30	Break and lunch
14:30-15:30	Teachings Meditation
16:00-17:00	Teachings Meditation
17:00	End

RECOMMENDED DIET DURING THE COURSE

We recommend a light Yogic diet during (and optionally before/after) the course to support the meditative experience. Some options (can be done for less than the recommended days also):

GREEN DIET

- ▶ A rebuilding diet, alkalinizes the body, for losing weight, clearing the skin, cleanses the liver, relieves toxic mucus conditions.
- ▶ 40 days of green foods: salads, steamed greens, avocados, sprouts, mung beans, green fruit. (Yogi Tea okay.)
- ▶ To end the fast, add fruit, then grains, then dairy.

MUNG BEANS & RICE DIET

- ▶ A good cleansing diet that gives plenty of nourishment.
- ▶ Good for the kidneys, colon, and digestive organs, or when food is not being digested thoroughly by the intestines.
- ▶ Good winter diet.
- ▶ Eat only mung beans and rice for 30 days. Include lots of fresh vegetables cooked into it.
- ▶ May eat fruit in between meals as snack. Yogi Tea may also be taken.

Golden Milk

This delicious hot drink is very good for the spine. It lubricates the joints and helps to break up calcium deposits.

*1/8 teaspoon turmeric
1/4 cup (65 ml) water
8 ounces (250 ml) milk
2 Tablespoons (40 ml) raw almond oil
honey to taste*

Boil turmeric in water for about 8 minutes until it forms a thick paste. If too much water boils away, add a little more water. Meanwhile, bring milk to a boil with the almond oil. As soon as it boils, remove from heat. Combine the two mixtures and add honey to taste.

If you like, prepare a larger quantity of the turmeric paste. It will last up to 40 days if refrigerated.

- From 'The Aquarian Teacher' - Level 1 Kundalini Yoga Teacher Training Manual





RECOMMENDED DURING THE COURSE

- Treat the training with the same level of commitment, attention and contribution as any in-person training, even though it will be different in many ways.
- Organize and agree in advance a space that you can dedicate yourself to for the training days, that will be respected by others and respectful of others (ie. not having people socialising around you, calling you out for tasks or conversations which will require discipline, especially if family are at home).
- You will be visible for some parts (unless you specifically don't want to be seen) of the online sessions. So prepare for any screen visibility in terms of what you want to be seen in the room you are in, etc.
- We will do some chanting and also we are in a spiritually conscious community, so you may want to dress and perhaps also cover your head as you would usually on a training weekend.
- Even though it's online, it doesn't mean that we can't call in the sacred when we start each day or prepare ourselves mentally and spiritually for connecting in this way.
- Keep your mobile phone off or on silent. Avoid using it unnecessarily.

RECOMMENDED LITERATURE

The 21 stages of Meditation by Gurucharan Singh PhD obtainable by www.satnam.eu or as e-book [HERE](#)

QUESTIONS?

For questions concerning the Training, please contact us at 21stages@cherdikala.eu or +49 (0)170 5521 796

FB personal messages *will not* be answered





OVERVIEW AND SUMMARY OF THE THREE LEVELS OF THE KRI KUNDALINI YOGA AQUARIAN TEACHER TRAINING PROGRAM

The Aquarian Teacher™ program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan® and is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification:

- a. a. KRI Level One: Instructor – Foundations
- b. b. KRI Level Two: Practitioner – Transformation
- c. c. KRI Level Three: Teacher - Realization

Level Two Teacher Training builds on the foundations of Level One, and is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher. Level 3 Teacher Training is about spiritual maturity which is developed through seva, meditation and community





REGISTRATION (PAGE 1 OF 2)

21 STAGES OF MEDITATION

The 21 stages of meditation are divided into 3 Phases:
Self Crystallization | Self Expression | Self Transcendence.

Each Phase is a journey through 7 steps. Cherdi Kala Yoga and the Karam Kriya School will lead all journeys ONLINE in 9 days.

This 21 Stages of Meditation program in Kundalini Yoga as taught by Yogi Bhajan® is licensed by KRI and contributes to level 3 certification within The Aquarian Teacher™ Training Program. If you wish to obtain a receipt of participation valid for the level 3, you have to attend all 3 stages.

Course Dates 18 – 28 June 2020

18-20 June Phase 1 | Self Crystallization

22-24 June Phase 2 | Self Expression

26-28 June Phase 3 | Self Transcendence

Course Fee

€550,00 if registered before 1.6.2020. With registration after 1.6. the full course fee is €600,00. A deposit of €150,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount is due latest one week prior to start of the course.

Please mark the correspondent with a cross:

I have paid the course fee of €550,00 or €600,00 into the following bank account: Cherdi Kala Yoga International, ING Bank, IBAN: NL50INGB0003456006 BIC: INGBNL2A. I have named the payment in the subject line „21Stages“.

I have paid the registration fee of €150,00 into the following bank account. I will transfer the remaining course fee until 12.6.20: Cherdi Kala Yoga International, IBAN: NL50INGB0003456006 BIC: INGBNL2A. Please name your payments in the subject line „21Stages“.

I understand that my place can only be reserved with payment of the registration fee.

SIGNED (by applicant).....Date





REGISTRATION (PAGE 2 OF 2) 21 STAGES OF MEDITATION

Family Name _____ First Name _____

Spiritual Name _____ DoB _____

Address _____

Address _____ Mobile _____

E-Mail _____

In emergency contact

Name _____ Relation to you _____ Mobile _____

Address _____

Disclaimer To the best of my knowledge there is no physical or mental medical reason why I should not do this course. I understand that the teachings of Yogi Bhajan do not constitute medical advice.

Do you give Cherdikala permission to use your data for:

- Identify and contact you before and during the event in case of need
- To contact your emergency contact if needed during the event
- To add your email address to our database in order to send our newsletter and occasional announcements
- Issuing you with an invoice/receipt

SIGNED (by applicant).....Date

Thank you for registering. We are looking forward to welcoming you. Sat Naam.

Please send this form to

21stages@cherdikala.eu or Bachitar Karle-de Hommel Almenstrasse 11 | 78234 Engen-Anselfingen | Germany

Cherdi Kala Yoga International is registered in the Netherlands: KvK No. 57426015
Turnhoutlaan 9 | 5628 RJ | Eindhoven | The Netherlands | +31 6 4143 0887

