

Is this course for me?

Students and Teachers from all contemplative traditions are welcome.

Have you just started taking Kundalini Yoga?

This course is a great foundation for deepening your understanding of meditation as taught by Yogi Bhajan.

Are you a Kundalini Yoga Teacher?

This course will deepen your practice and give you new perspectives and techniques to pass on to your classes.

Do you practice a different style of meditation?

This course will broaden the scope of what you understand meditation to be and open new doors of perception in your life and in your practice.

Have you been practicing and teaching Kundalini Yoga for years?

This course will reawaken your passion for the practice and provide the groundwork for a new understanding and relationship to your self.



*Contemplative capacity is an integral part of becoming an Aquarian Teacher™. The 21 Stages of Meditation contributes to Level Three Certification within The Aquarian Teacher™ Training Program and qualifies for 24 credits of continuing education for RYT's with Yoga Alliance.



**28th December 2016
to 4th January 2017**

**BOOKING DEADLINE
1st October 2016**

**Visit the website
for full course details
and booking form.
www.sahej.org**

THE 21 STAGES OF MEDITATION



A JOURNEY TO THE SELF
Kundalini Yoga as taught by Yogi Bhajan®



Kundalini Research Institute
Training - Publishing - Research - Resources



FIRST JOURNEY

The Crystallized Self

SECOND JOURNEY

The Expressive Self

THIRD JOURNEY

The Transcendent Self

Recognize, experience and crystallize the Self for it is this crystallized sense of Self that is needed for consciousness to work.

Develop a sensitivity to the Self; in this second journey we maintain our integrity in action and ultimately find the stillness within each action.

Open the dimension of the Transcendent Self in which you become You, nothing more, nothing less. In this journey, we become realized human beings.

- ❧ STAGE 1
Upset
- ❧ STAGE 2
Boredom
- ❧ STAGE 3
Irritation
- ❧ STAGE 4
Frustration

- ❧ STAGE 5
Focus
- ❧ STAGE 6
Absorption
- ❧ STAGE 7
Experience
and Crystallize
the Self

- ❧ STAGE 8
Rasa
- ❧ STAGE 9
Delight
- ❧ STAGE 10
Politeness
- ❧ STAGE 11
Humility

- ❧ STAGE 12
Elevation
- ❧ STAGE 13
Graceful
Enlightenment
- ❧ STAGE 14
Express and Be
Your Self

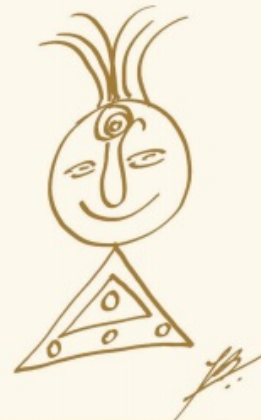
- ❧ STAGE 15
Presence Like a
Beacon
- ❧ STAGE 16
Everywhere
Radiance
- ❧ STAGE 17
Prayerful Stillness

- ❧ STAGE 18
Preacher
- ❧ STAGE 19
Teacher
- ❧ STAGE 20
Sage
- ❧ STAGE 21
Infinite Pulse



"The three gunas, the three forces of nature, are all balanced. That opens the heart. On that the head is fixed and steady. You are aware of All and the Crown Chakra shines as the Sixth Chakra commands."

Yogi Bhajan



"Happy. Full above and below. Heaven and earth mingle in the heart of the sage. You are balance. Fruition comes to those who encounter you. Your prayer is reality."

Yogi Bhajan

