

Level Three FAQs

1. Is it required for Lead Trainers in the Aquarian Trainer Academy to start the Level Three Program?

Answer: Yes, there is a new Lead Trainer Level Three Requirement.

In response to feedback from our Lead Trainers in the field, TTEC made the following policy revision (*unanimously approved by TTEC April 19, 2017 and KRI Board*):

POLICY REVISION

- All Professionals applying to become a Lead Trainer must have begun the Level Three Program prior to applying for Lead.
- Trainers who were already Leads as of September 2016 are required to be Level Three certified or to have entered the Level Three Program. These Lead Trainers are encouraged to join as soon as possible, however there is no deadline to fulfill this requirement.
- Trainers who were in the midst of their Lead practicum when this policy was enacted must begin the Level Three Program prior to having their Lead exit interview.

2. If I already started the Application (previously called Commitment Form) and Self-Reflection Form (previously called Application) in a previous year but did not end up starting the program, do I need to do them again this year?

Answer: Yes, you will need to do the Application again. This will give you a chance to update your form on any new accomplishments since last year.

3. If I already paid the Application fee (previously called the Commitment fee) of \$108 in a previous year but did not end up starting the program, do I need to pay again?

Answer: No, you do not need to pay again.

Please communicate with the Level Three Admin if you are submitting another Application for the next year. You will need a special code in order to submit your Application without making another payment.

LevelThree@kriteachings.org

4. May I switch Mela locations from year to year?

Answer: No, you will need to pick one location and continue going to the same location each year. During your first year, you'll join a peer group with people in the same cohort and location. Throughout the years you will need to have long distance peer group meetings as well as face to face discussions with these same people. The face to face discussions will most likely happen at the Mela each year. Therefore, you will need to return to same Mela location.

5. What is the primary language spoken at the Melas?

Answer: At this point, English is the primary language spoken by the facilitators at the Mela in Espanola, NM and in France. You are welcome to organize your own translator, if necessary. When peer groups are formed, we do our best to match common languages to make it easier for participants. We have plans to start a Level Three Mela in Latin America within the next few years, where Spanish will be the primary language.

6. When will I know if I'm in the Level Three Program?

Answer: If you have completed the necessary prerequisites, submitted your Application, paid the Application fee of \$108 (step 1), and upon approval from KRI, you will be considered in the Level Three Program. Once approved, you will be sent an email with information on how to complete step 2. However, it will be up to you to complete the Self-Reflection Form and provide 3 Letters of Reflection (step 2), Register and pay for the Mela (step 3), and attend the Mela in order to have truly started the program.

7. I have almost all the prerequisites, will you make an exception?

Answer: It is in your best interests to have completed the necessary prerequisites.

8. I already did the 21 Stages of Meditation Course, does it count towards the Level Three requirements?

Answer: Yes, it will count as long as it was completed after you took Level One. However, you may take it again while in Level Three and it will count toward the remaining 12 days of intensive group meditation practice that is required during Level Three. This falls under the requirement for the Meditative Mind quality. The requirement states...

Meditative Mind

GOAL: To cultivate and refine one's meditative mind, as achieved through focused application of specific Kundalini Yoga and Meditation practices.

REQUIREMENTS:

- **Intensive Group Meditation Practice (18 days)**
- Complete 21 Stages: 6 day course (may be completed prior to Level Three; encouraged to repeat course during Level Three)
- Complete 12 additional days of intensive group meditation practices, such as:
 - 21 Stages (*may be repeated multiple times*)
 - White Tantric Yoga (*may be repeated multiple times*)
 - Japa course such as Re Man or Kundalini Surjee
 - Sat Nam Rasayan intensive course with qualified SNR trainers
 - Any group Kundalini Meditation course or workshop that meets the following criteria:
 - Taught by a KRI certified level 1 instructor
 - Contain at least 6 hours of meditation practice within a 24 hr period (study, lecture, discussions, etc. do not count towards "meditation" time)
 - Are within the tradition and teachings of Yogi Bhajan

NOTE: These additional course options do not have to be pre-approved by KRI. Rather, one's peer group may assist the candidate in determining whether a course or workshop meets the above eligibility criteria.

- At least one of the above courses needs to be for 3 consecutive days.
- Up to six days of group meditation completed prior to entering Level Three **may** be used to fulfill the Level Three Meditative Mind requirements, as long as they were taken after completion of Level One Teacher Training.
- Level Two courses do **not** count since they are a pre-requisite for the L3 program.
- Individual Mastery - Personal meditation practice for a minimum of 31 minutes per day for 1000 days.
- Aquarian Sadhana - Maintaining a daily, and if possible, group Aquarian Sadhana practiced in the Amrit Vela is also part of the identity of a Spiritual Teacher as defined by Yogi Bhajan.

9. When I am Level Three certified will I be able to run a Level Three program?

Answer: No, just as when you are Level One certified you cannot teach a Level One training. Similarly, when you are Level Two certified you cannot teach a Level Two module. The same is for Level Three.

10. What if I do not attend three Melas in 4 years or 1,000 days?

Answer: To receive a Level Three graduate certificate you must attend three Melas. This can happen over more than 1,000 days. It is encouraged that the third Mela one attends be for graduation.

11. Is it possible to finish between Melas?

Answer: Yes, it is possible to finish between Melas and receive your graduation certificate via mail. One does not have to attend a graduation ceremony to earn their certificate.

12. If part of the peer group graduates, what happens to the remaining members?

Answer: Peers in a peer group do not have to graduate at the same time. We hope that your group will choose to stay together and keep meeting at least until everyone has graduated. If some members of your peer group graduate and choose not to continue, please let KRI (via levelthree@kriteachings.org) know and we'll work with you about how to move forward.