



# THE 21 STAGES OF MEDITATION

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

Min.	Start	End	Teacher	GLOBAL ZOOM 21 STAGES OF MEDITATION
				WELCOME AND ORIENTATION
				WEEKEND 1, OCT 9-11
	<b>Start</b>	<b>End</b>		<b>Day 1, FRIDAY OCT 9 - FIRST JOURNEY: The Crystallized Self - Part One</b>
0:45	8:00 AM	8:45 AM	Nirvair Singh	Tune in & Introduction Framing of Program + Key Focus for Journey One
0:45	8:45 AM	9:30 AM		<b>Adi Shakti Mantra</b>
0:15	9:30 AM	9:45 AM		BREAK
0:45	9:45 AM	10:30 AM		<b>Stage One Meditation - UPSET</b>
0:10	10:30 AM	10:40 AM		Pause to talk with each other
1:20	10:40 AM	12:00 PM		<b>Stage Two Meditation - BOREDOM (with Gong)</b>
0:15	12:00 PM	12:15 PM	Transition	BREAK
0:15	12:15 PM	12:30 PM	Shama Kaur	Short Group Check In
0:45	12:30 PM	1:15 PM		<b>Stage Three Meditation - IRRITATION</b>
0:15	1:15 PM	1:30 PM		<b>Closing</b>
	<b>Start</b>	<b>End</b>		<b>Day 2, SATURDAY OCT 10 - FIRST JOURNEY: The Crystallized Self - Part Two</b>
0:45	8:00 AM	8:45 AM	Siri Prakash	Welcome, Day Overview - Key Focus for the Day
1:15	8:00 AM	9:15 AM		<b>Stage Four Meditation - FRUSTRATION (with Gong)</b>
0:15	9:15 AM	10:30 AM	Transition	BREAK
0:45	10:30 AM	11:15 AM	Amanbir	Kriya & Guided Visualization
0:15	11:30 AM	12:15 PM		<b>Kriya: Har Aerobic Set</b>
0:45	12:15 PM	1:00 PM		<b>Stage Five - FOCUS</b>
0:15	1:00 PM	1:15 PM	Transition	BREAK
1:30	1:15 PM	2:45 PM	Nivair Singh	<b>Stage Six - ABSORPTION (with Gong)</b>
0:15	2:45 PM	3:00 PM		<b>Closing</b>
	<b>Start</b>	<b>End</b>		<b>Day 3, SUNDAY OCT 11 - FIRST JOURNEY: The Crystallized Self - Part Three</b>
0:45	8:00 AM	8:45 AM	Amanbir	Welcome, Day Overview - Key Focus for the Day
0:15	8:45 AM	9:00 AM		Interactive Process: Crystallize Self Image
0:15	9:00 AM	9:15 AM	Transition	BREAK
3:00	9:15 AM	12:15 PM	Nirvair Singh	<b>Stage Seven - CRYSTALLIZE THE SELF</b>
0:15	12:15 PM	12:30 PM	Transition	BREAK
0:30	12:30 PM	1:00 PM	Shama	Deep Relaxation with Gong
0:15	1:00 PM	1:15 PM		<b>Closing</b>
				WEEKEND 2, OCTOBER 16-18
	<b>Start</b>	<b>End</b>		<b>Day 4, FRIDAY OCT 16- SECOND JOURNEY: The Expressed Self - Part One</b>
1:15	8:00 AM	9:15 AM	Shama	Key Focus for the Day
0:45	9:15 AM	10:00 AM		<b>Adi Shakti Mantra</b>
0:15	10:00 AM	10:15 AM	Transition	BREAK
1:00	10:15 AM	11:15 AM	Siri Prakash	<b>Stage Eight - RASA</b>
0:15	11:15 AM	11:30 AM		Skill Enhancement: Witness Your Consciousness
0:45	11:30 AM	12:15 PM	Amanbir	<b>Stage Nine - Delight</b>
0:30	12:15 PM	12:45 PM		Skill Enhancement: Kundalini Healing & Mental Beaming & Delight
0:15	12:45 PM	1:00 PM	Transition	BREAK
0:45	1:00 PM	1:45 PM	Siri Prakash	<b>Stage Ten - Politeness</b>
0:15	1:45 PM	2:00 PM		<b>Closing</b>
	<b>Start</b>	<b>End</b>		<b>Day 5, SATURDAY OCT 17- SECOND JOURNEY: The Expressed Self - Part Two</b>
1:15	8:00 AM	9:15 AM	Shama	Welcome, Day Overview - Key Focus for the Day
1:45	9:15 AM	11:00 AM		<b>Stage Eleven - Humility (with Gong)</b>
0:15	11:00 AM	11:15 AM		BREAK
0:15	11:15 AM	11:30 AM		Introduce <b>Kundalini Laya Mantra</b>
0:45	11:30 AM	12:15 PM		<b>Stage Twelve - Elevation</b>
0:15	12:15 PM	12:30 PM	Transition	BREAK
0:35	12:30 PM	1:05 PM	Siri Prakash	Skill Enhancement: Pranayam Clearing with BOF
0:45	1:05 PM	1:50 PM		<b>Stage Thirteen - Graceful Enlightenment</b>
0:15	1:50 PM	2:05 PM		<b>Closing</b>
	<b>Start</b>	<b>End</b>		<b>Day 6, SUNDAY OCT 18- SECOND JOURNEY: The Crystallized Self - Part Three</b>
1:15	8:00 AM	9:15 AM	Siri Prakash	Welcome, Day Overview - Key Focus for the Day

0:15	9:15 AM	9:30 AM	Transition	BREAK
3:00	9:30 AM	12:30 PM	Amanbir	<b>Stage Fourteen</b> - Express Your Self
0:45	12:30 PM	1:15 PM		Deep Relaxation (with Gong)
0:15	1:15 PM	1:30 PM		Closing
<b>WEEKEND 3, OCTOBER 23-25</b>				
<b>Day 7, FRIDAY OCT 23 - THIRD JOURNEY: The Transcendent Self - Part One</b>				
	<b>Start</b>	<b>End</b>		Welcome, Day Overview - Key Focus for the Day
:45	8:00 AM	8:45 AM	Siri Parkash	Key Focus
0:30	8:45 AM	9:15 AM		<b>Adi Shakti Mantra</b>
0:45	9:15 AM	10:00 AM		BREAK
0:15	10:00 AM	10:15 AM		Interactive Process
0:30	10:15 AM	10:45 AM	Amanbir	<b>Stage Fifteen</b> - Presence like a Beacon
1:15	10:45 AM	12:00 PM	Transition	BREAK
0:15	12:00 PM	12:15 PM	Shama	<b>Stage Sixteen</b> - Everywhere Radiance
1:45	12:15 PM	2:00 PM		Deep Relaxation
0:15	2:00 PM	2:15 PM		Closing
0:15	2:15 PM	2:30 PM		
<b>Day 8, SATURDAY OCT 24- THIRD JOURNEY: The Transcendent Self - Part Two</b>				
1:15	8:00 AM	9:15 AM	Siri Prakash	Welcome, Day Overview - Key Focus for the Day
0:45	9:15 AM	10:00 AM		<b>Stage Seventeen</b> - Prayerful Stillness
0:15	10:00 AM	10:15 AM	Transition	BREAK
0:45	10:15 AM	11:00 AM	Shama	<b>Stage Eighteen</b> - Preacher
0:30	11:00 AM	11:30 AM	Amanbir	Interactive Process - Shunnia
0:15	11:30 AM	11:45 AM		BREAK
0:45	11:45 AM	12:30 PM		<b>Stage Nineteen</b> - Teacher
0:45	12:30 PM	1:15 PM	Nirvair	<b>Stage Twenty</b> - Sage
0:15	1:15 PM	1:30 PM		Closing
<b>Day 9, SUNDAY OCT 25- THIRD JOURNEY: The Transcendent Self - Part Three</b>				
:45	8:00 AM	8:45 AM	Nirvair	Welcome, Day Overview - Key Focus for the Day
0:15	8:45 AM	9:00 AM		BREAK
2:45	9:00 AM	11:45 AM		<b>Stage Twenty-One</b> - Infinite Pulse
0:30	11:45 AM	12:15 PM		Deep Relaxation
0:15	12:15 PM	12:30 PM		BREAK
0:30	12:30 PM	1:00 PM		Interactive Process
0:30	1:00 PM	1:30 PM	All Trainers	Debrief, Sharing, Closing

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