

## THE 21 STAGES OF MEDITATION – TRAINER



### Lead Trainer

**Simran Kaur** – Hamburg, Germany  
Simran Kaur Khalsa began studying with Yogi Bhajan in 1981. Originally a high school teacher for German and Geography, she runs a yoga center in Hamburg together with her husband of 34 years, Satya Singh.

She is a KRI certified Kundalini Yoga mentoring lead teacher trainer for *Level 1* and *Level 2* and offers classes and trainings in Germany and other countries. Since 2004 she is also a CNVC certified *Trainer for Nonviolent Communication* and founder of the *Hamburger Institut für Gewaltfreie Kommunikation*.



### Assistant Trainer

**Ram Singh** – Toulouse, France

Immersed as a child into the teachings of Yogi Bhajan and the tradition of Kundalini Yoga, Ram Singh teaches in France and throughout the world as a Kundalini Yoga lead teacher trainer.

Ram Singh is also musician, author of three acclaimed albums of mantras and sacred chants of India. A lover of Sikh sacred scriptures, he is committed for life to their study, sharing and translation.



### Assistant Trainer

**Atma Jot Kaur** – Goettingen, Germany

Deeply rooted in the teachings especially for women and in the therapeutic use of Kundalini Yoga, Atma Jot Kaur is a Kundalini Yoga teacher since 1986.

As a KRI certified Professional Teacher Trainer and the European Representative

for the *Guru Ram Das Center for Medicine and Humanology*, Espanola, New Mexico, she is teaching throughout Europe and in the US. Atma Jot Kaur holds a BA in Indology and Religious Studies and practices as a naturopath and Gestalttherapist.

## THE 21 STAGES OF MEDITATION

**2018 – All 3 Journeys over 11 days**

### Location

Okreblue Seaside Retreat Center  
Island of Paros, Greece

### Dates

Saturday, September 8 (3pm orientation) to  
Thursday, September 20 (departure day)

Classes will be held in English,  
translation into German and French is possible if desired.

### Course Rates

Tuition for all three journeys included

#### Early registration:

registered by May 31, 2018 – 500 Euro

#### Late registration:

registered after May 31, 2018 – 600 Euro

Accommodation, meals and excursions will be charged separately. Prices may be subject to change.

The book "The 21 Stages of Meditation" is not included, as many people have already purchased it. You can order it, e.g. at [www.satnam.de](http://www.satnam.de) or [www.thesource.kriteachings.org](http://www.thesource.kriteachings.org).



### Lead Trainer

Simran Kaur Wester  
Breitenfelder Straße 8 · 20251 Hamburg · Germany

**For more information and registration**

[www.21-stages.de](http://www.21-stages.de) · [info@21-stages.de](mailto:info@21-stages.de)



This course is held by 3HO Deutschland e.V.

# THE 21 STAGES OF MEDITATION



## A JOURNEY TO THE SELF

*Kundalini Yoga as taught by Yogi Bhajan®*

**All 3 Journeys: September 8 – 20, 2018**

**Island of Paros, Greece**

grafik-design: www.annettekoebel.de



Kundalini Research Institute

Training ❁ Publishing ❁ Research ❁ Resources

*In this course we will engage in three separate journeys; each journey is comprised of seven stages, taking you step by step into a deeper level of awakening and realization.*

*We will move through the rudimentary skills of meditation to the deeper levels of awareness and integration and finally into identity, projection and merger in the infinite pulse of creation.*



## FIRST JOURNEY THE CRYSTALLIZED SELF

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

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



*“What kind of life do you want to live? How can you develop it? What approach and formula can we use so we can grow and not suffer? Make meditation the art of life. Make meditation the science of life. Because only with that, and with that only, can you can develop intuition.”*

© The Teachings of Yogi Bhajan, July 20, 1978

## SECOND JOURNEY THE EXPRESSIVE SELF

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

Stage 8 – Rasa

Stage 9 – Delight

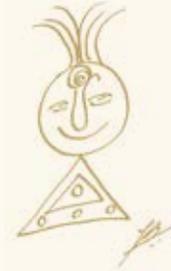
Stage 10 – Politeness

Stage 11 – Humility

Stage 12 – Elevation

Stage 13 – Graceful Enlightenment

Stage 14 – Express and Be Your Self



## THIRD JOURNEY THE TRANSCENDENT SELF

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 15 – Presence Like a Beacon

Stage 16 – Everywhere Radiance

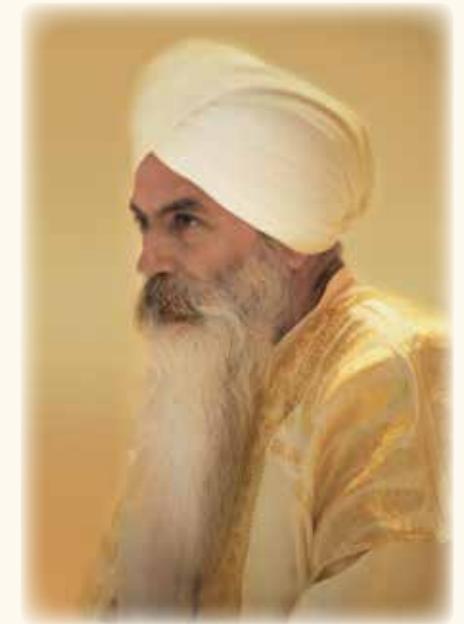
Stage 17 – Prayerful Stillness

Stage 18 – Preacher

Stage 19 – Teacher

Stage 20 – Sage

Stage 21 – Infinite Pulse



***You may ask: 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 is part of the intensive group meditation requirement for the Level Three program – REALIZATION.*