

THE 21 STAGES OF MEDITATION – TRAINER



Leading Trainer

Simran Kaur · Hamburg, Germany

Kundalini Yoga teacher
and teacher trainer since 1981,
certified trainer for Nonviolent
Communication



Co-Trainer

Atma Jot Kaur · Goettingen, Germany

Kundalini Yoga teacher
and teacher trainer since 1986,
trainer of the Guru Ram Das Center
for Medicine and Humanology,
gestalttherapist



Co-Trainer

Satya Singh · Hamburg, Germany

Kundalini Yoga teacher
and teacher trainer since 1975,
author and musician



Co-Trainer

Tarn Taran Singh · Española, NM, USA

Kundalini Yoga teacher
and teacher trainer since 1972,
founder of 3HO Germany and musician



THE 21 STAGES OF MEDITATION

2019 – All 3 Journeys over 11 days

Location

Okreblue Seaside Retreat Center
Island of Paros, Greece

Dates

Thursday, August 29 (3pm orientation) to
Tuesday, September 10 (departure day)

Translation into German and French is possible if desired.

Course Rates

Tuition for all three journeys included

Early registration:

registered by May 29, 2019 – 500 Euro

Late registration:

registered after May 29, 2019 – 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 or www.thesource.kriteachings.org.



Leading Trainer

Simran Kaur Wester

Breitenfelder Straße 8 · 20251 Hamburg · Germany

For more information and registration

www.21-stages.de · 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: August 29 – September 10, 2019

Island of Paros, Greece

grafik-design: www.annette-koelbel.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.