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

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

This course is held by JHO Deutschland e.V.

Kundalini Research Institute
Training · Publishing · Research · Resources
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

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