The Voice Within: Listening & Acting from Intuition

Kundalini Yoga as taught by Yogi Bhajan®
A one-day workshop using Transformation, Volume 2, Serving the Infinite

9:00 Intro & Tune-in

We are constantly surrounded by the noise of daily life: traffic, tv & radio, construction, neighborhood dogs, our own kids, you name it, it’s hard to find peace and quiet in the modern world. In fact, we shouldn’t even try. Instead, we should build the inner capacity to create peace and quiet within ourselves. This requires vitality, openness and mastery. This first sequence of exercises builds these necessary qualities in coping with the modern world. Four Stroke Breath uses a strong O breath to build vitality, Kriya to Open the Heart Center allows you to quit resisting with the outside world and invite it in. Then we move into a series of listening exercises. Tuning in and learning to listen both within and without, followed by two kriyas that attune you first to your own inner voice and then to the voice of the Infinite.

9:10 Four Stroke Breath to Build Intuition, page 16 (17 minutes)

9:30 Kriya to Open the Heart Center, page 46 (25 minutes)

10:00 Group Process: Listening Exercise Timing: 15 minutes
Now that we’ve opened the heart, let’s learn to tune in to our own sound and the sounds of those around us. Stand up and begin walking around the room. Create a sound, using simply vowel sounds or humming, O’s, Ah’s, OO’s, MM’s. Stay close to one another, create a hive vibration. If you spread out too much you lose the effect. Listen for the overtones; listen to your own sound; listen to the sounds around you. Allow yourself to flow with the sounds. Create a group sound.

10:15 Group Discussion: What did you hear? Did you change your sound in response to other’s sounds? Did you maintain your sound? What was your experience?

10:30 Break

10:40 Meditation to Listen with Simultaneous Recall, page 71 (31 minutes)

11:15 Listening to Angelic Whispers, page 86 (approx 31 minutes)

11:45 Gong Meditation and/or Deep Relaxation

12:00 Group Process: Individual & Dyad Exercises

Part One: In a meditative state, imagine a time in your childhood when your inner voice wasn’t respected or listened to by those in authority, that is, your parents or your teachers. What was your response? Did you shut your inner voice down? Did you rebel and act out? What patterns if any were generated in that moment? Write for 5 minutes on this topic.
Part Two: Find a partner and share your childhood experience of the Inner Voice. One person speaks and the other person simply listens. Don’t respond to the speaker or interject. Just listen. 3 minutes per speaker.

Part Three: Now imagine a time in your life when you were heard, when your voice was respected and esteemed. What did that feel like? What sensations arise in your body now as you imagine that time? Write for 5 minutes on this topic.

Part Four: Again, share with your partner your experience of being empowered through your voice. One person speaks and the other person simply listens. Don’t respond to the speaker or interject. Just listen. 3 minutes per speaker.

Part Five: Group Sharing (10 minutes)

12:30 Lunch

2:00 Intro and Tune-In

In this morning’s session we planted the seeds of intuition and opened our hearts to listen deeply to our Self, our own Inner Voice, as well as to those around us. To listen and respond, rather than react is test of intuition. This afternoon we’ll move from that foundation, our connection to the Inner Voice, and begin to cultivate the capacity to act from intuition. Before we can act, we must know our starting point. Kriya for Inner Assessment gives us that foundation.

2:10 Inner Assessment, page 17 (33 minutes)

2:45 Group Process: Committing to Intuitive Action

Part One. Going on Walk About. Take a walk. Whenever you come to a decision point, stop, take a deep breath and listen. Then go where your heart guides you. Left or right or straight. Continue for 11 minutes, then return to the workshop.

Part Two. Goals: Based on your experience of following your intuition and the meditation for deep inner assessment, take a moment to define at least one goal—one committed action—that you want to take in the next 3 months. Write it down.

Part Three. Values: What qualities and values within you—your inner balance, your inner projection and your inner strength—are met by this goal? Identify at least 6 core values that are being met by fulfilling this goal.

Part Four. Next Steps: Using your intuition—not your intellect—define at least 3 Next Steps you need to take to move toward your goal. Put dates beside each one. Intuition guides us to radically different steps than our business-oriented minds will. Open up and allow the flow of creativity. What unexpected thing will arise and show you a path you didn’t know was there? For example, if I want to make a documentary film, my next step may be improve classes so that
I can know what it feels like to be on the other side of the camera. Expand your awareness and go beyond your thoughts. Allow the universe to guide you.

3:30 Group Mediation with Punjabi Drums, page 107 (22-45 minutes)

4:15 Break

4:30 Gathering Energy for Creativity, page 97 (31 minutes)

5:05 Beaming and Creating the Future, page 98 (31 minutes)

5:40 Mahan Jaap, page 110 (11 minutes)

5:55 Group Process: Dyads Timing: 20 minutes
Find a partner. Share your process of speaking and listening intuitively during Mahan Jaap. Allow it to be a creative dialogue. Then, share your goals and action items from earlier this afternoon. Exchange information about your deadlines and commit to being accountable to each other over the next 3 months via phone, e-mail or facebook.

6:15 Closing Remarks and Group Sharing
6:25 Long Time Sun and Closing Prayer
6:30 Have Yogi Tea available if possible.