

THE 21 STAGES OF MEDITATION

Minutes	Start	End	Trainer	Day 1- FIRST JOURNEY: The Crystalized Self - part one	Page	Mantra
0:45	8:30	9:15		Tune in and Introduction --		
0:30	9:15	9:45		Key Focus for Journey One		
0:45	9:45	10:30		Adi Shakti Mantra -- 37 1/2 min		
0:15	10:30	10:45		BREAK		
0:30	10:45	11:15		Interactive Process		
0:45	11:15	12:00		Stage One Meditation - UPSET -- 31 min		
1:00	12:00	13:00		LUNCH		
0:15	13:00	13:15		Walk / Breathwalk / Social		
1:15	13:15	14:30		Stage Two Mediation -- Boredom -- 62 min		
0:15	14:30	14:45		Pause		
0:35	14:45	15:20		Stage Three Mediation -- Irritation -- 31 min		
0:20	15:20	15:40		Pause		
1:05	15:40	16:45		Stage Four Meditaion -- Frustration -- 62 min		
0:15	16:45	17:00		Pause		
0:30	17:00	17:30		Guided Visualization & Kriya		
0:30	17:30	18:00		Debrief & Conclude		

Minutes	Start	End	Trainer	Day 2- FIRST JOURNEY: The Crystalized Self - part two	Page	Mantra
0:30	8:30	9:00		Weclome, Day Overview, Check In		
0:45	9:00	9:45		Key Focus for Day		
0:30	9:45	10:15		Har Aerobic Set 11min / twist dance 11min / free dance 11min		
0:15	10:15	10:30		BREAK		
0:40	10:30	11:10		Stage Five -- Focus -- 31 min		<i>SatNamWaheGuru for BOF pacing</i>
0:15	11:10	11:25		Pause		
1:05	11:25	12:30		Stage Six -- Absorption -- 62 min		
1:15	12:30	13:45		LUNCH		
0:30	13:45	14:15		Interactive Process: Crystalize Self Image		
2:30	14:15	16:45		Stage Seven -- Crystalize the Self -- 2 1/2 hr -- 5 x 31min		
0:30	16:45	17:15		Deep Relaxation with Gong		
0:15	17:15	17:30		Dance / Break / Walk		
0:30	17:30	18:00		Closing		

Minutes	Start	End	Trainer	Day 3- SECOND JOURNEY: The Expressive Self - part one	Page	Mantra
0:45	8:30	9:15		Tune in and Welcome		
0:30	9:15	9:45		Key Focus		
0:45	9:45	10:30		Adi Shakti Mantra -- 37 1/2min		
0:15	10:30	10:45		BREAK		
0:30	10:45	11:15		Interactive Process:		
0:45	11:15	12:00		Stage Eight -- Rasa -- ??min		
1:00	12:00	13:00		LUNCH		
0:15	13:00	13:15		Skill Enhancement: Witness Your Consciousness		
0:45	13:15	14:00		Stage Nine -- Delight -- 31min		
0:15	14:00	14:15		BREAK		
0:45	14:15	15:00		Skill Enhancement: Kunalini Healing & Mental Beaming		
0:30	15:00	15:30		Interactive Process:		
0:40	15:30	16:10		Stage Ten -- Politeness -- 31 min		
0:15	16:10	16:25		Pause		
1:25	16:25	17:50		Stage Eleven -- Humility -- 90 min		
0:10	17:50	18:00		Close		
Minutes	Start	End	Trainer	Day 4- SECOND JOURNEY: The Expressive Self - part two	Page	Mantra
0:15	8:30	8:45		Focus of Day		
0:15	8:45	9:00		Introduce Kundalini Laya Mantra		
0:30	9:00	9:30		Introduce Kundalini Laya Mantra		
0:10	9:30	9:40		BREAK		
0:25	9:40	10:05		Interactive Process		
0:35	10:05	10:40		Stage Twelve -- Elevation 3x11min		
0:10	10:40	10:50		Pause		
0:35	10:50	11:25		Skill Enhancement: Pranayam Clearing with BOF		
0:05	11:25	11:30		Pause		
0:30	11:30	12:00		Stage Thirteen -- Graceful Enlightenment -- 31min		<i>GobindeMukande - Mantra Girl</i>
1:30	12:00	13:30		LUNCH		
0:30	13:30	14:00		Interactive Process		
3:00	14:00	17:00		Stage Forteen -- Express Your Self -- 5x Laya mediations		
0:30	17:00	17:30		Deep Relaxation & Gong		
0:30	17:30	18:00		Debrief and Close		

Minutes	Start	End	Trainer	Day 5- THIRD JOURNEY: The Transcendent Self - part one	Page	Mantra
0:45	8:30	9:15		Welcome and Intro		
0:30	9:15	9:45		Key Focus		
0:45	9:45	10:30		Adi Shakti Mantra -- 37 1/2min		
0:15	10:30	10:45		BREAK		
0:30	10:45	11:15		Interactive Process		
1:15	11:15	12:30		Stage Fifteen -- Presence like a Beacon -- 75min		
1:30	12:30	14:00		LUNCH		
1:45	14:00	15:45		Stage Sixteen -- Everywhere Radiance --individual and partner exercises		
0:15	15:45	16:00		Deep Relaxation		
0:45	16:00	16:45		Stage Seventeen - Prayerful Stillness -- 31min + 11min		
0:15	16:45	17:00		BREAK		
0:30	17:00	17:30		Stage 18 - Preacher -- 31min		
0:30	17:30	18:00		Closing: Debrief, Sharing, Movement, Song		<i>Mantra with guitar?</i>
Minutes	Start	End	Trainer	Day 6 - THIRD JOURNEY: The Transcendent Self - part two	Page	Mantra
0:45	8:30	9:15		Welcome and Overview of Day		
0:30	9:15	9:45		Key Focus		
0:45	9:45	10:30		Adi Shakti Mantra -- 37 1/2min		
0:15	10:30	10:45		BREAK		
0:30	10:45	11:15		Interactive Process -- Shunnia		
0:45	11:15	12:00		Stage 19 - Teacher - 31min		
1:00	12:00	13:00		LUNCH		
0:45	13:00	13:45		Stage 20 - Sage - 31min		
0:15	13:45	14:00		BREAK		
2:30	14:00	16:30		Stage Twenty-One -- Infinite Pulse -- 2.5hr Sodarhan Chakra Kriya		
0:30	16:30	17:00		Deep Relaxation		
0:30	17:00	17:30		Interactive Process		
0:30	17:30	18:00		Debrief, Sharing, Closing		