

Authentic Relationships

Level Two - NM - July 2006

Minutes	Time	Day 1- The Experience of Authentic Relationships	Page
	8:00am	Staff and Trainer Team Huddle	
15	8:15 - 8:30	Chanting --	
20	8:30-8:50	Tune in and Introduction -- TTS	
35	8:50-9:25	Meet and Greet -- PPS+NNK	11
15+35	9:25-10:15	Warm ups and Kriya for Pelvic Balance – NNK	12+14
25	10:15-10:40	Guided Meditation for Self-Assessment -- PPS	15
25	10:40- 11:05	Interactive Sharing -- PPS	16
15	11:05- 11:20	Self-Evaluation Scales -- PPS	17
15	11:20-11:35	BREAK	
40	11:35-12:15	Master’s Touch Class: Relationships and the Art of Relay - AK	19-20
10	12:15-12:25	Flash Writing -- AK	21
30	12:25-12:50	Small Group Discussion -- Study Groups AK	21
90	12:50-2:25	LUNCH	
	12:50-1:00	Event Team Check-in	
80	2:30-3:50	Group Exercise: The Characteristics and Experience of Authentic Relationships -- Study Groups TTS	22-25
30	3:50-4:20	Introduction to the Core Concepts of Authentic Relationships -- TT	26-37
10	4:20-4:30	BREAK	
45	4:30-5:15	Interactive Group Exercise: Giving and Accepting Relays -- Study Groups PPS	38-40
15	5:15-5:30	Kriya: Maha Gyan Agni Pranayam -- PPS	41
55	5:30-6:25	Small Groups: Accepting the Choice of Your Soul and Pre-Forgiveness -- Study Groups PPS	42-43
		Mool Mantra -- Guru Raj Kaur and Jetha	
10	6:25-6:35	Express Your Personal Intention -- TTS	44

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Day 2- Love and the Infinite Game of Life			
	8:00am	Staff and Trainer Team Huddle	
15	8:15 - 8:30	Chanting --	
15	8:15-8:30	Tune in and Welcome -- TTS	46
30	8:30-9:00	Check-In – Study Groups lead by ALL	
45	9:00-9:45	Topic: The Aquarian Challenge to Sustained Relationships -- AK	47-56
60	9:45-10:45	Interactive Group Exercise: Relationships, Attractions and Challenges -- AK -- Study Groups	57
45	10:45-11:30	Kriya: Fire Up the Metabolism / Meditation– Har Har Mukande AK	57-59
		Har Har Mukande YB Affirmation -- Avtar Singh -- SOUND BOOTH	
15	11:30- 11:45	BREAK	
60	11:45-12:45	Master’s Touch Class: Love Is the Absolute Power of Self-Totality /Meditation: Reverse Adi Shakti -- AK	60-61
10	12:45- 12:55	Flash Writing -- AK	62
20	12:55-1:15	Group Discussion -- AK -- Study Groups	63
90	1:15-2:45	LUNCH	
	1:15-1:25	Event Team Check-in	
40	2:45-3:30	Topic: Triangulating Your Relationships—Dimensions and Dynamics -- NNK	77-82
20	3:30-3:50	Small Groups -- NNK -- Study Groups	83-84
15	3:50-4:05	Topic: The Infinite Game of Life and Your Karmic Web of Relationships NNK	64-71
45	4:05-4:50	Exercise: Drawing and Exploring the Wheel of Relationships -- NNK -- Study Groups	72-74
15	4:50-5:05	BREAK	
15	5:05-5:20	Topic: Elevating Our Relationships with Oneness: Tolerance and Re-visioning with Compassion -- TTS	85-88
30	5:20-5:50	Kriya: To Become Super Human – HGS	89-90
		Chatter Chakra Vartee -- SOUND BOOTH	
11	5:20-5:51	Me and God Are One Meditation with Yogi Bhajan – HGS	91
		God and Me YB Destiny CD -- SOUND BOOTH	
15	6:15-6:30	Meditation: Compassion – HGS	92
		Rakhay Rakhanahaar -- SOUND BOOTH	
20	6:30-6:45	Exercise: Talk to Your Soul – TTS	93
5+20	6:45-7:00	Flash Writing / Group Discussion– TTS	94-95

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		<i>DAY 3- The Law of Polarity in Relationships</i>	
	8:00am	Staff and Trainer Team Huddle	
15	8:15 - 8:30	Chanting --	
15	8:15- 8:30	Tune in and Welcome - TTS	
30	8:30-9:00	Check In – Study Groups with ALL	
30	9:00-9:30	Topic: Polarities and Love in Relationships-- HGS	
30	9:30-10:00	Group Exercise: What challenges do relationships give us personally and as teachers?-- HGS -- Study Groups	
10	10:00-10:10	Topic: The Real Nature of Authentic Love – AK	
20	10:10-10:30	Small Group Exercise: Creative Expression of Authentic Love – AK	
25	10:30-10:55	Large Group - Presentations from Small Groups -- AK	
15	10:55-11:10	BREAK	
5	11:10-11:15	Intro to Kriya: Align & Experience Core Nature of Love through Yoga and Meditation - HGS+HGK	
20	11:15-11:35	Kriya: How Much You Love – HGS+HGK	
		Every Beat of My Heart - Nirinjan Kaur -- SOUND BOOTH	
35	11:35-12:10	Kriya: Truth and Oneness – HGS+HGK	
		Ajai Alai - Gurushabad Singh -- SOUND BOOTH	
20	12:10-12:30	Large Group Discussion – HGS+HGK	
15	12:30-12:45	Love Is Love Meditation with Yogi Bhajan – HGS+HGK	
		Love is Love YB Destiny CD -- SOUND BOOTH	
90	12:45- 2:00	LUNCH	
	12:30-12:40	Event Team Check-in	
80	2:00-3:20	Master’s Touch: Law of Polarity & Intuition / Kriya: Facing the Challenge of Tomorrow -- TTS	
10	3:20- 3:30	Flash Writing -- TTS	
20	3:30- 3:50	Topic: Mastering Polarity in Relationship and Life -- PPS	
40	3:50-4:30	Exercise: Mapping Your Personal Paradox -- PPS	
25	4:30-4:55	Kriya: Build Yourself to Act, Not React – SK	
15	4:55-5:10	Meditation: Merger of Sun and Moon – SK	
15	5:10-5:25	BREAK	
20	5:25-5:45	Topic: Elevate the Perspective of Polarity -- TTS	
15	5:45-6:00	Exercise: Creating a Diagonal within Your Paradox for Awareness and Caliber -- PPS	
15	6:00-6:15	Guided Visualization -- PPS	
15	6:15-6:30	Closing -- TTS	
		Music to Dance -- Live???	

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DAY 4 - Living as Your Authentic Self		
	8:00-8:15	Staff and Trainer Team Huddle
15	8:15 - 8:30	Chanting --
15	8:15-8:30	Tune in and Welcome -- TTS
30	8:30-9:00	Check In – Study Groups with ALL
20	9:00-9:20	Topic: Healing the Wounds of Love -- NNK
30	9:20-9:40	Interactive Group Exercise: Invoking the Authentic Self to Heal -- NNK
30	9:40-10:10	Kriya for Polarity Balance – JS
		Bountiful Blissful Beautiful - Nirinjan Kaur -- SOUND BOOTH
20	10:10-10:30	Meditation: Hast Kriya – JS
		Sat Nam Wahe Guru #2 Jagjit Singh -- SOUND BOOTH
50	10:30-11:20	The Master’s Touch: Love: Active, Reactive and Ultimate -- NNK
30	11:20-11:50	Meditation: To Heal the Wounds of Love – NNK
		Mera Manlochai-
10	11:50-12:00	BREAK
30	12:00-12:30	Flash Writing: Exploring Values -- NNK
90	12:30- 2:00	LUNCH
	12:30-12:40	Event Team Check-in
30	2:00- 2:30	Topic: The Cosmic Play of the Male and Female -- TTS & SK
30	2:30-3:00	Small Group Discussion -- SK -- Study Groups
15	3:00-3:15	Kriya: Solve Communication Problems -- SK
		Beloved God - Singh Kaur - Peace Lagoon -- SOUND BOOTH
15	3:15-4:00	Topic: Recognizing Your Patterns -- JS
15	4:00-4:15	BREAK
10	4:15-4:25	Topic: Balance and the Play of Gendered Experience - JS
30	4:25-4:55	Kriya: High Tech Yoga – AK
		Rakhay Rakhananhaar -- SOUND BOOTH
5	4:55-5:00	Topic: Merging the Masculine and Feminine within You -- TTS
20	5:00-5:20	Kriya: Healing the Self with Yogi Bhajan -- TTS
		Ang Sang Wahe Guru - Nirinjan Kaur -- SOUND BOOTH
20	5:20-5:40	Kriya: Boundless Strength with Yogi Bhajan -- TTS
		Say Sarawati - Nirinjan Kaur -- SOUND BOOTH
20	5:40-6:00	Group Chanting: Call on Kundalini Shakti TTS & NNK
		Adi Shakti Mantra –

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DAY 5 Divine Delight and the Play of Masculine and Feminine		
	8:00-8:15	Staff and Trainer Team Huddle
15	8:15 - 8:30	Chanting --
15	8:15-8:30	Tune in and Welcome -- TTS
30	8:30-9:00	Check In – Study Groups with ALL
30	9:00-9:30	Topic: Enjoying the Masculine and Feminine Energies – AK +PPS
45	9:30- 10:15	Exercises for Potency and Potentiality – AK +PPS
75	10:15-11:45	The Master’s Touch: Identity and Sovereignty of a Spiritual Woman & Meditation: Guru Dev Mata– HGS
30	11:45-12:15	Group Discussion – HGS -- Study Groups
90	12:15-1:45	LUNCH
	12:15-12:25	Event Team Check-in
		Meditations: Developing Your Arcline through Naad -- SK
30	1:45-2:15	Laya Yoga – tabla player – SK
30	2:15-2:45	Ardass Bhaee – SK
20	2:45-3:05	Flash Writing -- SK
10	3:05-3:15	BREAK
45	3:15-4:00	Invincible Man Partner Exercises – HGS
		Ardas Bhaee -- SOUND BOOTH
30	4:00-4:30	Meditation: Guidance – HGK
		Rakhay Rakhahanhaar -- SOUND BOOTH
15	4:30-4:45	Small Group Discussion -- HGS -- Study Groups
45	4:45-5:30	Interactive Group Exercise: Sat Nam Wahe Guru – TTS + musicians call and response
		Sat Nam Wahe Guru -- call and response --
15	5:30-5:45	Group Chanting: Har Singh Nal Singh -- TTS

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DAY 6 Legacy and Lineage: Passing on Grace and Consciousness		
	8:00-8:15	Staff and Trainer Team Huddle
15	8:00-8:15	Chanting --
15	8:15-8:30	Tune in and Welcome – TTS
30	8:30-8:45	Check In – Study Groups with ALL
15	8:45-9:00	Large Group: Home Study Program – PPS+NNK
30	9:00-9:30	Home Study Planning – Study Groups with ALL
30	9:30-10:00	Intro: Legacy and Lineage – TTS
20	10:00-10:20	Yoga Set: Tattwas – NNK
		Meditation - Wahe Guru Kaur -- SOUND BOOTH
10	10:20-10:30	BREAK
90	10:30-12:00	The Master's Touch: Relationship Spiritual Teacher to Student – JS
15	12:00-12:15	Flash Writing -- JS
10	12:15-12:25	General info for future courses.
5	12:25-12:30	Evaluation Forms -- fill in and hand back -- Hand Out totebags with videos - PPS
90	12:30-2:00	LUNCH
45	2:00-2:45	Activity: Relationship Spiritual Teacher to Student – SK - Study Groups
45	2:45-3:30	Passing your wisdom to future generations – SK
15	3:30-3:45	BREAK
15	3:45-4:00	Kriya: Subagh Kriya – JS
		Tantric Har -- SOUND BOOTH - JS
45	4:00-4:45	Tantric Japji -- ????
10	4:45-4:55	Scan the course and write down five most profound transformational moments / Re-evaluate yourself - AK
20	4:55-5:15	Whole Group Sharing -- AK
10	5:15-5:25	Closing - TTS
10	5:25-5:35	Closing Ceremony - Circle Dance - ????
5	5:35-5:40	Closing Ceremony - You Are My Lover Lord - ???
5	5:40-5:45	Meditation to Crystalize Personal Intention you set at beginning of course -- TTS
		Long Time Sun
		Prayer for Yogi Bhajan - NNK
		Mingle and Say Goodbyes
		AR Theme Song - Love Love Ultimate Love -- MUSICIANS