

[Day One Itinerary]

Introduction and Overview of the Course

Check In with Study Groups

Meet and Greet Exercise

Meeting Your Mind: A Guided Self-Evaluation

Small Groups: Sharing Your Assessment

Interactive Group Exercise: Meeting Your Mind & Meeting the Unknown

Group Discussion

Break

Kriya: *Balance the Mind 1*

The Master's Touch: *Break the Mind's Hypnotic Trance*

Meditation: Breaking the Piscean Hypnotic Trance

Small Groups

Lunch

Core Topic: What Is Mind and Consciousness? Its Nature, Qualities and Dynamics?

Assigned Reading from *The Mind*: Chapters 1 & 3

Break

Core Topic: Meditation and the Need to Control the Mind: "Man Jeetai Jag Jeet!"

Meditation: *Adjusting Your Tattvas and Elevation in Life*. See *The Mind*

Dancing and Movement 11 minutes

Small Groups

Close