

# Summary of Level Three Certification Requirements

## I. Spiritual Maturity

- **Participate in Annual Kundalini Yoga Mela: A Level Three Experience.** Attendance in Three (full) of the Four Melas in the 1,000 consecutive day experience required; this includes the Opening and Closing Melas, as well as a third mela during the 1,000 consecutive day experience.
- **Participate in Peer Dialogue Sessions.** The Peer Dialogue Process is a structured framework for small group dialogue that fosters an environment of safety and trust that allows each person to both receive from and contribute to the discussion. The Peer Group takes on the role of supporting individual participants through their process. While a recommended structure and guidelines for Peer Dialogue are provided, the Peer groups are self-run and self-sustaining. They are the heart of the Level Three process.
  - You will be randomly assigned to a peer group at your L3 Mela (5-6 peers per group)
  - Minimum of 1,000 consecutive days (2.7 years)
  - Minimum of 10 peer sessions per year; 80% attendance [*Therefore each individual must attend a minimum of eight peer sessions per year*]
  - Teams are self-run and peer facilitated
- **Level Three candidates are expected to apply, share and integrate Level Three concepts into their teaching.** As participants in the Level Three program you are expected to reflect on these concepts, utilize them in your teaching and report back each year to your peers on your experiences during the 1000 consecutive day Level Three program. Ways you might integrate and share Level Three concepts, include but are not limited to workshops, community-building gatherings and seva experiences. These events may include discussion or delivery of content from the Level Three Peer Group Dialogues, such as Isht, Seva, Spiritual Maturity or Meditative Mind. In this way, Teachers have an opportunity to apply the experience of Level Three consciousness into their role and identity as Teachers as well as seeding these guiding principles within their students and the greater community. Once all requirements are fulfilled, peer group members verify, document participation and nominate teammates for completion of Spiritual Maturity module.

## II. Meditative Mind

- **Intensive Group Meditation Practices – Total of 18 Days**
  - Complete 21 Stages: 6-day course (may be completed prior to Level Three; encouraged to repeat course during Level Three)
  - Complete 12 additional days of intensive group meditation practices, such as:
    - 21 Stages (*may be repeated multiple times*)
    - White Tantric Yoga (*may be repeated multiple times*)
    - Japa course such as Re Man or Kundalini Surjee
    - Sat Nam Rasayan intensive course with qualified SNR trainers who are also KRI certified Level One Instructors
    - Any group Kundalini Meditation course or workshop that meets the following criteria:
      - Taught by a KRI certified Level One instructor
      - Contain at least 6 hours of meditation practice within a 24 hr period (study, lecture, discussions, etc. do not count towards “meditation” time)
      - Are within the tradition and teachings of Yogi Bhajan

**NOTE:** *These additional course options do not have to be pre-approved by KRI. Rather, one’s peer group may assist the candidate in determining whether a course or workshop meets the above eligibility criteria.*

- At least one of the above courses needs to be for 3 consecutive days.
- Up to six days of group meditation completed prior to entering Level Three **may** be used to fulfill the Level Three Meditative Mind requirements, as long as they were taken after completion of Level One Teacher Training.
- Level Two courses do **not** count since they are a pre-requisite for the L3 program.

- **Individual Mastery:** Personal meditation practice for a minimum of 31 minutes per day for 1000 consecutive days; if you have never done a 1,000 consecutive day meditation, you need to complete the same 31-minute meditation for 1,000 consecutive days during Level Three. If you have previously completed a 1,000 consecutive day meditation, you are expected to meditate for a minimum of 31 minutes per day during Level Three. Maintaining a daily, and if possible, group Aquarian Sadhana practiced in the Amrit Vela is also part of the identity of a Spiritual Teacher as defined by Yogi Bhajan.

If you will be completing your 1,000-day practice during your Level Three experience: To avoid disagreements later, we ask that you get pre-approval from your peer group for the 1,000-day practice that you propose to complete.

*Once requirements have been completed, peer group members verify, document participation and nominate teammates for completion of Meditative Mind module.*

### III. Seva

- **Seva/Legacy Project.** Provides an opportunity to fulfill the Soul's calling, your destiny, and to serve something bigger than the individual self. This project or body of work is documented and shared with others to inspire and uplift. The Seva/Legacy presentation should:
  - Demonstrate how it furthers the teachings and legacy of Yogi Bhajan
  - Share who is being served by the project
  - Be of significant scope
  - Be carried out either individually or as part of a peer group (provided each individual contributes to the project).
  - Documented and presented to peers from one's own peer group and at least three representatives from another L3 peer group.
  - Be in a format that can stand alone, and is easily understood by viewers, in an online database

The Seva/Legacy Presentations are historical. They mark admirable and inspiring accomplishments of selfless service by Kundalini Yoga Teachers who have completed the Level Three Program. For this reason, the presentations will be documented and recorded for future generations. Presentation can be done in a mode of one's choice (e.g. video, PowerPoint, webcam, etc). If not accompanied by verbal recording, then there should be notes accompanying the presentation so that it becomes self-explanatory. If being presented at the Mela, presentation should be no longer than 15 minutes.

The expectation is that your seva project will be something that you choose and act upon during your Level Three experience. If it is something that you have begun prior to entering Level Three, it is expected that you will continue to develop it while you are in Level Three.

To avoid disagreements later, please get pre-approval from your peer group for the legacy project that you propose to complete. You want to ensure that there is agreement among your peer group that your proposed project is "of significant scope," and "furthers the teachings and legacy of Yogi Bhajan."

- **Self-Reflection:** Reflect on and discuss in peer group, your choice of seva project, as well as a series of questions regarding your attitude toward seva.

*Once requirements have been completed, peer group members verify, document participation and nominate teammates for completion of Seva/Selfless Service module.*