



Level Two - LifeCycles and LifeStyles: Living Your Life Purpose
Hacienda de Guru Ram Das Ashram
Espanola, NM
July 1st - July 8th, 2007

Course Description

Take a moment, close your eyes, breathe deeply and enter this vision.

It is July 1st, 2007 and the heat of a northern New Mexico summer is upon us. Over 150 teachers are gathered this morning, sitting under the big top tent on the grounds of Women's Camp – a place lovingly familiar to so many of us who came here over many years to grow with the Master's love and guidance.

Now we are here, once again, to sit at the Master's feet, to enjoy an intimate relationship with the energy and consciousness of the Master and his teachings, still so very transformative nearly three years after his passing. Today is the launch of the 4th module in Level 2 of KRI certification training for Kundalini yoga teachers and we have come here from around the world.

Over this past year many of us have flocked to three other launches -- last October in the pristine yoga studios of Yoga Yoga in Austin Texas for Mind & Meditation, in May 2006 with the late spring warmth in Vancouver, Canada for Conscious Communications, and right here a year ago in July 2006 for Authentic Relationships.

Each course brought us back into intimate relationship with the Master, our beloved teacher Yogi Bhajan, with powerful lectures on DVD featured each day.

We have come here today to take another big step forward in the path of Transformation - that is what Yogi Bhajan called Level 2. Transformation is a platform for distilling and crystallizing ourselves by engaging in a self-reflective, refining process that takes us beyond the basics and content of Level One into an intimate dance at our very core.

As KRI Director of Training Dr. Gurucharan Singh Khalsa describes it, "This is an opportunity to step onto the center platform with five mirrors that surround you in all directions. Using self-observation and techniques to enhance that, we promote the fundamental development of your capacity to be mindful and self-reflective, your ability to have feedback within your self, between your consciousness and your personality, and between yourself and other trainers and teachers."

We have already processed ourselves through three of those mirrors. In conscious communication, he says, we learned how “each word you speak creates a world and you come to awareness about that.” In Authentic Relationships you focus on your ability to have “genuine authenticity in all your relationships, both those from the past as well as present,” and then in Mind and Meditation we learn how to relate to the mind in all its aspects through the process of shunniya or stillness.

So here we are at the start of six days focusing on LifeCycles and LifeStyles – Living a Purpose-Filled Life. “In this course we’re looking at how to maintain You, your awareness of You and your elemental or spiritual identity through all the various stages of life. It is the secret to living a purpose-filled life that is both meaningful and elegant.”

As Gurucharan explains this process, “In order to do any of these things we have to develop habits. In the very first lecture Yogi Bhajan said that you’re liberated when you’re able to chose promoting as opposed to demoting habits in relationship to your elemental identity. We need to develop habits that support our ability to find ourselves and not lose ourselves in the midst of life so we can deliver ourselves in grace and healing.”

To do this we will be using key meditations to rebirth ourselves – not going back to childhood but clearing out the accumulations at each life stage to bring our thoughts into a place of innocence, awareness and that stillness where we can have a clear relation to our soul.

We’ll be talking during the week about various cycles that occur every 7, 11 and 18 years and experiencing meditations and kriyas to streamline our passage through these stages. There will be interesting generational conversations, and a focus on the mid-life crisis that can occur in the early 40s and again in the mid-50s when the cycles converge over short time spans.

All this will make for an exciting week. Those of us who were here the year before remember the high energy of the processes we experienced in Authentic Relationships and the lasting impact they had on our lives.

Each module also utilizes group processing in the form of small study groups led by trainers. The groups explore key points together and evolve a strong collective wisdom. After the six days of immersion in the course, each participant commits to a 90-day program to deepen this process -- daily meditations, journaling, re-viewing the six Yogi Bhajan DVD lectures, and meeting together in groups and with mentors. All of this is designed to take each of us through the crucible of transformation.

After this course here in Espanola, the final module will Vitality and Stress, a course that “will focus on our ability to have caliber and deliverance of what we do so that we can deliver and uplift others under any condition of life.” This module will launch in Los Angeles in February of 2008.

As for myself, I realize that after I have taken these last two modules, I will most likely wait a year and then repeat several of them, perhaps all. They reflect and support each other and the cumulative impact is so expanding that I truly believe there will be a whole new depth in going through each process again.

Level 2 is now being taught as a single coordinated global curriculum to ensure both quality of experience and continuity of training across our diverse community.

We are committed to cross all borders to create what Gurucharan calls a “culture of consciousness” formed because “we’ve shared certain common experiences together and we’ve located and understand that consciousness within ourselves.

“It’s not about any one kriya, one thought or one belief,” he explains. “It’s about taking that flame that was awakened in our heart and spirit and passing it on so that this whole planet gains an aura of light as we transition into the new age. It’s about each one of us being so enriched by that experience of stillness, kindness and compassion that anyone who encounters us senses that authenticity, depth and kindness. This is the culture of consciousness, beyond all religions, beyond all countries.”

Information packet

This packet has been designed to give you an overview of the course, the curriculum, the trainers, the environment, Hacienda de Guru Ram Das Ashram and more.

[*Note: The information packet will be available soon.]

Course Registration

On line course registration coming soon for this course.