

				
FIRST JOURNEY <i>The Crystallized Self</i>		SECOND JOURNEY <i>The Expressive Self</i>	THIRD JOURNEY <i>The Transcendent Self</i>	
Recognize, experience and crystallize the Self for it is this crystallized sense of Self that is needed for consciousness to work.		Develop a sensitivity to the Self; in this second journey we maintain our integrity in action and ultimately find the stillness within each action.	Open the dimension of the Transcendent Self in which you become You, nothing more, nothing less. In this journey, we become realized human beings.	
→ STAGE 1 Upset	→ STAGE 5 Focus	→ STAGE 8 Rasa	→ STAGE 12 Elevation	→ STAGE 15 Presence Like a Beacon
→ STAGE 2 Boredom	→ STAGE 6 Absorption	→ STAGE 9 Delight	→ STAGE 13 Graceful	→ STAGE 16 Everywhere
→ STAGE 3 Irritation	→ STAGE 7 Experience and Crystallize the Self	→ STAGE 10 Politeness	→ STAGE 14 Express and Be Your Self	→ STAGE 17 Prayerful Stillness
→ STAGE 4 Frustration		→ STAGE 11 Humility		→ STAGE 18 Preacher
				→ STAGE 19 Teacher
				→ STAGE 20 Sage
				→ STAGE 21 Infinite Pulse
		<p>"The three gunas, the three forces of nature, are all balanced. That opens the heart. On that the head is fixed and steady. You are aware of All and the Crown Chakra shines as the Sixth Chakra commands."</p> <p>Yogi Bhajan</p>		<p>"Happy. Full above and below. Heaven and earth mingle in the heart of the sage. You are balance. Fruition comes to those who encounter you. Your prayer is reality."</p> <p>Yogi Bhajan</p>
				

Join us for 21 Stages of Meditation Online Beginning May 20th. It is time for you to take this deep dive into your relationship with your Self.

The 21 Stages of Meditation is a program that offers you 3 journeys. Sign up for all three journeys or just one, two or single day option. This program is open to everyone, there are no prerequisites...however it does help if you have done some meditation previously. Each journey is comprised of seven meditation stages, taking you step-by-step into a deeper level of awakening and realization. We will move through the rudimentary skills of meditation to the deeper levels of awareness and integration and finally into identity, projection and merger in the infinite pulse of creation.

- **1st Meditation Journey: "The Crystallized Self" (May 20th & 21)**
- **2nd Meditation Journey (7 stages): "The Expressive Self" (May 22nd & 28th)**
- **3rd Meditation Journey (7 stages): "The Transcendent Self" (May 29th & 30th)**

Location: Online via ZOOM. (There will be a different link for each journey)

Times:

9am – 430pm Pacific time zone each day; lunch approximately 12:30-1:30pm

Manual

There is a wonderful book, 21 Stages of Meditation, available for purchase at retail. It is not included in your tuition nor is it a requirement for this program. If interested, please visit the KRI bookstore to make your purchase for the **e-book** or the **print book**. (Also available through Amazon).

Cost (payments made via paypal, apple wallet, or Zelle):

ALL JOURNEYS

- ***Early Bird by April 20th 2022: \$550***
- ***Regular price: \$675***

Individual JOURNEY

- **Early Bird by April 20th 2022: \$185**
- **Regular price: \$235**

SINGLE DAY

- ***Early Bird registration one week prior to each course date: \$107***
- ***Regular price \$118***

Note: payment plans available. Also 1/2 price if you've taken any of these journeys before!

- **Let us know if you are Signing up for All Journey's, One, Two, Single day**
- **Full Legal Name, Email Address, WhatsApp, Phone, Mailing Address**
- **Include Spiritual Name if you have one**
- **Name you prefer to go by in this program**

- Birth date, city state country, and time
- Do you have prior Meditation experience?
- Any health concerns you want to share with us
- Do you have a device available for this program that will allow you good audio as well as be able to have your video on so that we can see you during class time?

Cancellation Policy:

All requests for refunds due to inability to attend will be subject to an administration fee of \$150 for all Journeys or \$50 for each Journey. Thank you for your understanding.

Join
Sathari Kaur and Haridass Kaur
May
20th - 22nd and 28th - 30th
Online
to learn more:
satharikaur@protonmail.com

KUNDALINI RESEARCH INSTITUTE
21 STAGES OF MEDITATION

21 STAGES
OF
MEDITATION

*Immerse yourself into a
deep meditation experience*