

"The Radiant Road to Reality"

Course in One Star Spirituality - Abiding in the non-dual Self / Understanding KY

The Course Program:

- Duration: One weekend per month for 4 months, a Saturday and Sunday, from 7:30 am to 6 pm, including a one hour break for a light lunch of fruit.
- Cost: 1,200 Baht (appx US\$35) per weekend session. Book of scripture, articles and sets also included. (4 weekends - 4,800 Baht, ~\$140)
- Location: **Bangkok**.
- Tutor: Pieter, an early student of Yogi Bhajan, with focus on the non-dual teachings
- Accreditation: None

Pre-requisites for taking the course:

- Having taken some KY classes - as taught by Yogi Bhajan - anyplace, so that the basics of breathing, locks and basic techniques are understood.
- Some fitness, as the course may be somewhat rigorous mentally and physically.
- Desire to know what the unmitigated experience of one's True Self.

The purpose of this course:

The intention is to deepen and expand one's Sadhana by achieving a better understand the non-dual aspects of KY practice and how that practice supports the process towards the direct experience of abiding in their True Being, the non-dual plenum and impartite Self.

Insightful information will be conveyed concisely in each 2 day weekend so that the experience can be effectively grasped. The basic theme and segments will be the same each month, using different examples in order to improve the understanding and, therefore, enable one's practice to be more purposeful, powerful and effective.

To foster a deepening sense of "*poising in inner consideration*" as to how and why the practice of these KY teachings and reading of certain non-dual scripture can unearth the Treasure of the Self.

Syllabus:

The Course will be comprised of "Talks" on certain subjects and practice of KY with emphasis on the proper practice of basic techniques, together intended to maximize the intended experience, the fruit of which is "hearing" "recollection" "abiding" - the isolation of the sense of "I" from the murky mind to reveal the True "I" and how the pulsing of this True "I" entirely eradicates the notional / conceptual / imagined "i"

Talk Topics

1. Stories of the Saviors – as a Paradigm of living as the True Man / in one's True Self:
 - 11 Sikh Gurus
 - The Jesus story and the Christ story
 - Rama and the Ramayana
 - Krishna
 - The Revelations of the Buddhas

2. Saviors, Saints and Sages, and their core Teachings - namely: "hearing" "recollection" "abiding"
 - Stories of their Lives and Teachings, as a means to "hearing"
 - Stories of Sages, Saints and Avatars
 - How the Lives and Teachings effect the awakening of the Self
3. Religion as an Archetypal force of the Creator
 - How scripture, properly used, becomes a map back "Home"
4. The experience and understanding of the Self - Sat (the force of Truth) Chit (the force of Intelligence) Ananda (the force of Love)
 - What is the Self! and what is the experience of the Self?
 - Abiding without concepts, the undifferentiated non-dual state
 - How the notional self ("i") is formed, resulting in the forgetfulness of the True Self and the wheel of karma?
 - Judgment, impression taking and the mechanism of attention - separateness and differentiation
 - The purpose of Sadhana and scripture in bringing about the process of remembrance, i.e., "hearing" "recollection" "abiding"
 - Non-judgment, forgiveness and love, disengaging the mechanism of attention - undifferentiated being
 - The emergence of a sense of "*poised singular consideration*" and the advent of the pulsation of the single pervasive "I" as "I"
5. The use of imaging techniques combined with affirmations visualizing one's self in and as the chosen image, together with the trigger of emotion/devotion to change one's projections and experience of reality.
 - The use of the "I" with imaging and emotion in sports, business, the arts, as well as the use in ancient spiritual practice in all Religions.
6. Grasping KY's core teaching and its uniqueness as a map of how the teachings work to enable Self Realization
 - Understanding who Yogi Bhajan is by experiencing his Teachings
7. Understanding the balanced Paths of Radiance (Laya) and inner withdrawal (Pratyahar)
 - The practices of Radiance, and how resulting pervasive penetration of increasingly sustained voltage impacts the Radiance of the Infinite Spirit
 - What is the experience of Radiance?
 - The practices of withdrawal, and how they enhance the experience of Radiance
 - What is the experience of withdrawal?
 - How these 2 together emulate and set the process of the experience of the Self
 - What is the experience of the pulsing of the self-effulgent One Star in the Spiritual Heart, and how abiding in This experience culminates in the Transfiguration into single pervasive non-dual Being.
8. Why the emotions inherent in the trials and tribulations, the stresses and strife of life are beneficial, like fodder is to a cannon, to the practice of KY.

Technical aspects of effective practice:

1. Applied awareness, how it is achieved, its purpose and benefit
2. Active and passive aspects of KY exercises to systematically increase voltage and Radiance, how and why
3. The benefit and effect of proper Prana / Apana breathing in LDB to dissolve impurities in the nadi system.
4. Understanding the nadi system as filaments, where increasingly sustained voltage results in the awareness of illuminated consciousness in and around the body.
5. Proper expansion and contraction of the lungs and the resulting effect on all organs and the nervous system
6. Breath of Fire versus Kapalabati, bastrica and other breathing techniques.
7. How to enter into a KY exercise: posture or movement, to better maintain awareness throughout.
 - o Effective spinal flex and spinal twist techniques, how and why
8. Effective breathing in asana and movement, how, why and the benefits
9. Various types of body drops, effective practice and the benefits.
10. The understanding and practice of specialized techniques and kriyas for opening the Spiritual Heart and Atma nadi (Mind Nerve) from the Heart to the Sahasrara
11. Pratyahar, the awakening to seeing and knowing through the light of consciousness versus the senses, as a step to understanding the nature of consciousness and isolation of the seer, resulting in absorption into the single and all-pervasive Self
12. Deep Naad: An understanding of surat shabad yoga (spirit sound current), how it works and effective techniques
 - o How to pierce the third eye through directed attention, and what is to be seen
 - o Using the power of Sound effectively in certain Mantras, such as Long Ek Ong Kar
 - o How and why certain Naad techniques work
13. Cadence Mantras, their effective practice and experience.
14. Activation of the Nabhi chakra, Saraswati nadi / reverse channels
 - o Sat Kriya variations. Understanding the purpose of the technique and its effect
 - o Har variations. Understanding the purpose of the technique and its effect
15. Specialized KY Meditations, how they work and the experience.

The overall result of the 4 month course:

1. You will know what the Self is, as distinct from yet in support of the non-self, and how that is already manifest in the body and mind
2. KY core/hub of the Wheel of Teachings is understood, and
3. How the proper practice inexorably leads to the awakening to one's **immanent and imminent Primordial Self**

Schedule:

1. June 2/3
2. July 8/9
3. August 4/5
4. September 8/9

Morning: from 7:30 am to 12:30 pm

- Yoga and meditation
- Talk
- Yoga and meditation

Lunch: fruit and liquids

Afternoon: 1 to 6 pm

- Talk
- Yoga and meditation
- Talk
- Meditation

Price: 1,200 Baht (\$35 per 2 day weekend, 4,800 Baht or \$140 for the 4 monthly sessions)

Price includes

1. light lunch of fruit, and liquids
2. A Book of articles and non-dual scripture texts of various Religions

CDs remixes used in the course extra.

Accommodations:

For those traveling to Bangkok, accommodations are not included. However various categories of hotels nearby the Location can be suggested.

We're going back home
We won't be long
Taking things as they come
Me and God, God and me
Me and God are One.

Rain or shine
It's only the mind
Which lives to add a tear
Me and God, God and me
Me and God are One.

He's the only one who sees
The only one that hears
The only one that speaks and thinks
Me and God, God and me
Me and God are One.

*Blessed am I
In Freedom am I
I am the Infinite
In my Soul
I can find no beginning
No end
All is my Self
All is my Self*