

Inner Awareness Kundalini Yoga Teacher Training

♥ Your Path to Inner Peace ♥

by Guru Rattana, Ph.D.

Course Outline

References in Course Manuals by Guru Rattana, Ph.D.

- ♥ V1 = *Introduction to Kundalini Yoga and Meditation Volume 1 - Begin and Deepen Your Practice*
- ♥ V2 = *Introduction to Kundalini Yoga and Meditation Volume 2 - Awareness and Self-Initiation*
- ♥ S = *Live and Love in Peace Course Syllabus*

[1] Introduction - Our goal is to live and love in peace. How is this possible?

Evolve from Ego to Soul Consciousness (Reading - V2 - pp. 17-20) (Soul Body #1)

Self-love, Self-acceptance. It is all about me. Take responsibility for self and one's life.

Raise vibration from fear to love - Systemic Problem and Solution, In love with Love and life

- ♥ Class - My Energetic Identity (S-38-39)
- ♦ Kriya - The Navel Center and Elimination - (V1-117-118)
- ♦ Meditation - Long Ek Ong Kaars (V2 - 142-145)

[2] Dualistic and Neutral Minds

How Our Mind Works - 3 Minds and subconscious - Life is processed through the mind. (S-9)

Change Channels to Neutral Peace Channel - Stable Polarity (S-12-13)

Awareness and Consciousness - not thinking

Sensory System - how we pay attention (Reading - V2 - pp, 82-6 and 93-7)

- ♥ Class - Subtle Awareness - Kriya to break the control habit and awaken neutral mind
Reading- (S-22-25)
- ♦ Kriya - Medical Meditation for Habituation (V1-146) Kriya for Elevation (V1-105)
- ♦ Meditation - Kirtan Kriya (V1-138)

[3] Locks and Kiss the Kundalini (Reading - V1 - pp. 44-47 and V2 - p. 117)

♥ The Locks and The Ascent and the Descent (Reading - V2- pp. 62-65)

Physical Body and Elements - How we relate to the tattvas

- ◆ Kriya - Nabhi Kriya for Prana and Apana and Generating Navel Tappa (V2 - 115-116 and 117)
- ◆ Meditation - Meditation for the Central Nervous System (V1-137)

[4] Oneness with Qualities - I am that and Trust Soul and the Divine

Neutrality, Stability, Vastness, Peace, Freedom

Real or imaginary ♥ Stable Bodies and Trust

Reading - (S-14-15, 32-36, 63 and 65)

- ◆ Kriya - Raise Kundalini in Quick Order (V1-124-125)
- ◆ Meditation - Balancing the Pineal, Pituitary, and Hypothalamus (V2-130-131)

[5] Acceptance Releases Inner Conflict - Stress Programs

♥ How we create stress - non acceptance

How our minds relates to the Tattvas

Reading - (S-26-31)

- ◆ Kriya - Kriya for Nerve Balance and Relaxation Series (V2-112-113)
- ◆ Meditation - Long Sat Nams to Neutralize Tension (V1-135)

[6] Identify Soul Numbers and Path - Self-knowing and self-acceptance

Be at peace with your path.

♥ Introduce numbers and evolution of self-concept

Reading - Numerology (V2 - pp. 36-45 and S-42-57)

- ◆ Kriya - To Relieve Inner Anger (V2-118-119)
- ◆ Meditation - Brainwave Meditation (V1-p.140)

[7] Identify Your Energy Blueprint

♥ Be your own therapist -- issues related to the elements

Reading - (V2 - Chakras pp. 47-74, Chart on page 55) (S-Chart 10 p. 66)

- ◆ Kriya - Flexibility and the Spine (V2-pp.123-125)
- ◆ Meditation - Meditation to Get Out of Depression (V1-145)

[8] How we co-create our reality.

♥ Receptivity - Emotions, Water Element, Flowing Polarity

Polarity qualities - Stable and Flowing

Reading - (S-61-69)

- ◆ Kriya - Advanced Kundalini Set#3 (V1-126-127)
- ◆ Meditation - Mantras for Ecstasy (V2-155) God and Me, Me and God Are One (V2-158)

[9] Awakening Your Inner Guru - Communication Mechanisms of the Soul

Intuition and Emotions - Observe, Listen to and Feel your truth.

Learning how to be honest with oneself.

Reading - (S-p. 65-67)

- ◆ Kriya - Happy Hips, Pranayama Series to Balance Prana and Apana (V1-131-132, 114-115)
- ◆ Meditation - Triple Mantra (V2-p. 150-151)

[10] Light Bulb - 5 C's Containment

We have to feel good in our body to hold higher frequencies. Our capacity to hold higher frequencies is dependent upon (1) our relationship with the elements and our emotions and (2) the ability to focus in our mind. What distracts us?

Our emotional body is how we hold energy in our body with love. Fear repels.

(Reading - V2 - pp. 81-2)

- ◆ Kriya - Kriya for Physical and Mental Vitality, Basic Breath Series (V1-110, 113)
- ◆ Meditation - Sodarshan Chakra Kriya (Vol2 - 160)

[11] Peace in Your Ten Bodies

Surrender and Devotion - engage emotional body

Reading - (S-58-60)

- ◆ Kriya - Awakening to Your Ten Bodies (V2-120-121)
- ◆ Meditation - Laya Yoga - Spiral Mantra (V2-p.122)

[12] Holding Sacred Space of Love - Remember

Healing Circle and Partner Healing

How do we hold peace? We love it!

Reading - (S-40-41)

- ◆ Kriya - Heart of Gold (V1-p.116)
- ◆ Meditation - Ra Ma Da Sa Sa Say So Hung

Homework - Reframe Your Life Story - Evaluate Progress - Self Acceptance, and Self-Love

Using the self-knowledge you have gained from identifying your path using the 10 Body system and your energy blueprint using your astrology, reframe your life story from ego to soul consciousness.

Reading - (S-42-48)

- ◆ Kriya - Subagh Kriya (V2-pp. 132-133) and other Kriyas
- ◆ Meditation - Meditation for Prosperity, Success, and Fearlessness (V2-157) and other meditations

♥ *The Inner Art of Love - Awakening the Heart with Kundalini Yoga - recommended*