

ADVANCED COURSE STRUCTURE

Week 1: Left side Part 1:

- Balancing
- First 25 minutes of Video Shri Mataji on left side Brighton 1982
- Short ppt summarizing the talk
- Short video clip of Mother on viruses.
- Document on left side & centre heart (precautions against viruses).
- Work with 3 candles & Meditation with 21 names of Shri Bhairava

Week 2: Left side Part 2:

- Balancing
- Second 25 minutes of Video Shri Mataji on left side Brighton 1982
- Short ppt summarizing the talk
- String burning & Meditation

Week 3: Left side Part 3:

- Balancing
- Last 25 minutes of Video Shri Mataji on left side Brighton 1982
- Short ppt summarizing the talk
- Paper burning
- Meditation starting with Ganesha Atarva Sheersa (version Rina)
- *In email send the different speed versions of GAS & text*

Week 4: Right side: Balancing:

- Talk on Right side Brighton 1982
- Short ppt summarizing the talk/Introduce Shri Rama & Shri Hanumana
- Play Hanumana Chalisa
- Meditation on the 3 Granthi knots & narrow gate in Agnya
- *In email send the Hanumana Chalisa text*

Week 5: Ego and Humility:

- Balancing
- Talk on Ego & Humility in Hampstead 1982
- Short ppt summarizing the talk
- Short clip of Shri Mataji showing how to do a head rub
- Presentation of Brain Pithas
- Do a head rub, short mediation at the end

Week 6: Buddha talk in Belgium:

- Balancing **with handsoak**
- Talk on Buddha in Deinze (Belgium)
- Short ppt summarizing the talk
- Buddha Saranam Gatchami
- Meditation with 21 names of Shri Buddha

Week 7: Kundalini, Spirit (focus on Shiva) & soul + meditation on introspection:

- Balancing
- Presentation
- Video Shri Mataji
- Meditation on Introspection

Week 8: 6 enemies of the soul:

- Balancing
- Presentation
- Video Shri Mataji
- Ask seekers about their 'evolution' and/or Workshop
- Meditation

Week 9: Divine Feminine:

- Balancing
- Presentation
- Video Shri Mataji
- Workshop
- Meditation

Week 10: Deeper presentation on Innocence:

- Balancing
- Presentation
- Video Shri Mataji
- Meditation on 4 petals Mooladhara

Week 11: Agnya & Shri Jesus:

- Balancing
- Presentation
- Video Shri Mataji
- Meditation starting with using candle for centre agnya

Week 12: Karma:

- Balancing
- Presentation
- Video Shri Mataji
- Meditation

Week 13: Practical Well-being tips:

- Balancing
- Presentation on practical tips for well-being
- Seekers Questions
- Power of bhandans and Hand massage
- Meditation

Weekend seminar:

- **Presentation** on Krishna & Virata & 3 Gunas:
- Maha-Virata Meditation
- Explain Guru & Sat-Chit-Ananda mantras. Cleansing techniques. Workshops.
- Introduce Bhajans
- Havan. Scientists on interconnectivity/one consciousness. Mother's compilation on collectivity
- **Presentation** on different aspects, activities etc of Sahaja Yoga: