

INTERMEDIATE COURSE STRUCTURE

Week 1: Void

- Balancing
- Presentation
- Video Shri Mataji
- Meditation

Week 2: Power and importance of attention

- Balancing
- Exercises on attention
- Presentation
- Video Shri Mataji
- Working on oneself

Week 3: Vibrations

- Balancing
- Presentation
- 2 fragments of Shri Mataji's talks
- Hand massage
- Meditation
- *In email send the document on Earth's frequency and link to Schumman's resonance*

Week 4: Jung, Collective unconscious and collective consciousness

- Balancing
- Presentation
- Clip on Collective Consciousness/Turiya state made by UK yogis
- Meditation
- *In email send the 5-page summary document Heart-Math science of Interconnectivity, and the full report*

Week 5: Mantras, deities and archetypes:

- Balancing
- Presentation
- Show how to sing a mantra with Namoh Namaha
- Meditation with Nicky Wells' slokas
- *In email send the Slokas, recording of how to sing mantras and the pdf with core mantras in SY*

Week 6: Free Will, Frontal Lobe & Science behind SY

- Balancing
- Clip on Frontal lobe, Free Will and interview with Eduardo Merino
- Presentation of scientific research done by yogis on benefits of thoughtless awareness meditation.
- Meditation on Ekadesha Rudras
- *In email send all the scientific research docs, the link to scientists talk and Ekadesha Rudra meditation*

Week 7: Enlightened & Thoughtless awareness

- Balancing
- Presentation
- Video Shri Mataji
- Working on oneself
- Meditation
- Questions to seekers about their progress and stories by yogis

Week 8: Fear and uncertainty

- Balancing
- Presentation
- Video Shri Mataji
- Special meditation on fear in all chakras and special attention to centre heart.

Week 9: Sahasrara & Integration

- Balancing
- Presentation
- Video Shri Mataji
- Meditation

Week 10: Incarnations, Gurus, and Saints

- Balancing
- Presentation
- Several videos of Shri Mataji and Qawali singer embedded
- Meditation

Week 11: Mother's talk and life

- Balancing
- Presentation. Emphasis on importance of Sahasrara opening
- Several videos of Shri Mataji embedded
- Explanation of full mantra
- Meditation

Saturday seminar:

- Saturday: Presentation Bhagavad Gita and detachment etc:
- Special meditation on Krishna
- Several cleansing techniques and workshops (see separate doc with seminar structure)
- Explanation of 3 Maha mantras
- Explanation of Namaskar