



The Aquarian Teacher™

Level Three – Teacher

Realization of the Infinite Within



A 1000-day commitment to the process of Realization through engagement with spiritual community, deep meditation and service.

Level Three challenges you to live the life you were meant to live. Realization is not something to be acquired but rather attained through dedication, surrender and that touch of grace – the Master's touch. In Level Three, we recognize that only the self can qualify the self. As a Teacher, you dedicate yourself to life-long learning, continual self-reflection and devotion to service.

Level Three Teacher: Realization

Discover the spiritual maturity of a Teacher and leader in the Aquarian Age, as all facets of the Teachings of Yogi Bhajan permeate every aspect of your being. This is the third stage in the development of the Aquarian Teacher Training program as envisioned by Yogi Bhajan, the stage of REALIZATION.

The Level Three Program is a personal journey to Self-Realization. In it, we refine our authentic identity as a Teacher and deepen our unique relationship to the Sacred.

LEVEL THREE PROGRAM: OVERVIEW

Level Three has been actively under development since 2011. It is still a work in progress. TTEC (Teacher Trainer Executive Council) developed the requirements, content and format, and participated in the alpha testing of the program. It was decided early on that there would be no grandfathering in Level Three –all candidates are expected to fulfill the requirements of the program. In 2015 we will launch the next (Beta) phase of the program. We invite you to join us in the Summer of 2015 to embark on this journey.

The program focuses on the three qualities of a Teacher: Spiritual Maturity, Meditative Mind and Seva. These qualities are intended to be cultivated and interwoven throughout all three levels of teacher training. However, in Level Three we experience their complete integration.

I. **Spiritual Maturity:** Develop an authentic fully integrated presence as Teacher, achieved through self-reflection, spiritual lifestyle practices and peer dialogue support.

II. **Meditative Mind:** Cultivate and refine one's meditative mind, as achieved through focused application of specific Kundalini Yoga kriyas and meditation practices individually and in intensive group practices.

III. **Seva:** Develop an ongoing attitude of Seva, aligning individual passion, purpose and destiny to build and serve community.

To receive a Level Three certificate, one will need to complete the requirements for each of these three areas.

LEVEL THREE PROGRAM: THE THREE QUALITIES

I. Spiritual Maturity

Goal: Develop an authentic fully integrated presence as Teacher, achieved through self-reflection, spiritual lifestyle practices and peer dialogue support.

Definition: The ability to penetrate through presence; Well cultivated wisdom (beyond knowledge or intellect); Humility - recognition that God is the doer; Living a spiritually conscious life in alignment with the Sola Kalyan Sampooran, and maintaining a spiritual discipline in service to our Isht; Practice of love, kindness, compassion, and seeing God in all; Pursuing one's destiny; Continuous self-improvement and self-reflection; Balance of Shakti and Bhakti; Presence of consciousness; A recognition that to be a great teacher, we must be dedicated students.

Requirements:

1. **Self-Assessment and Self-Reflection:** Complete activities and discussion questions.
2. **Participate in annual Kundalini Yoga Mela: A Level Three Experience:** Each 1000-day process includes four annual Melas. Attendance at three out of the four Melas within the 1000-day experience is required; including the commencement and orientation as well as the closing ceremony, with an additional third Mela in-between.
3. **Participate in Peer Dialogue Sessions:** The Peer Dialogue Process is a structured framework for small group dialogue that fosters an environment of safety and trust, which allows each person to both receive from and contribute to the discussion. The Peer Group takes on the role of supporting individual participants through their process. While a recommended structure and guidelines for Peer Dialogue are provided, the Peer groups are self-run and self-sustaining. They are the heart of the Level Three process.

4.
 - a. You will be randomly assigned to a peer group at your L3 launch (5 peers per group)
 - b. Expected Participation in Peer Dialogue group
 - Minimum of 1000 days (2.7 years)
 - Minimum of 10 peer sessions per year; 80% attendance *[Therefore each individual must attend a minimum of eight peer sessions per year]*
 - c. Teams are self-run and peer-facilitated
4. **Level Three candidates will offer 3 events within the 1000-day Level Three experience** that include but are not limited to workshops, community-building gatherings and seva experiences. These events will include discussion or delivery of content from the Level Three Peer Group Dialogues, that is, Seva, Spiritual Maturity or Meditative Mind. In this way, Teachers have an opportunity to apply the experience of Level Three consciousness into their role and identity as Teachers as well as seeding these guiding principles within their students and the greater community

Certification: *Peer group members verify, document participation and nominate teammates for completion of Spiritual Maturity module.*

II. Meditative Mind

Goal: Cultivate and refine one's meditative mind, as achieved through focused application of specific Kundalini yoga and meditation practices, including regular participation in group Aquarian Sadhana practiced in the Amrit Vela.

Definition: Path to the awakened self; Ability to engage in deep meditation; Process of self-refinement achieved through mastering the 21 stages of meditation; Capacity for shuniya, plus an understanding and appropriate utilization of the negative, positive and neutral minds; all leading to a continuous presence of consciousness.

Requirements:

1. **Intensive Group Meditation Practices – 18 Days**
 - a. Complete **21 Stages Course:** 6 day course (must be done at least once during Level Three)
 - b. Choose any of the following to complete **12 additional days of intensive group meditation practices:**
 - 21 Stages may be repeated—multiple times
 - White Tantric Yoga
 - Jappa or intensive group meditation courses as approved by KRI
 - Sat Nam Rasayan intensive weekends with qualified SNR trainers.
 - Other courses as approved by KRI/TTEC committee

Note: At least one of the courses needs to be for 3 consecutive days
- c. Up to 6 days of group meditation completed prior to entering Level Three can be applied to the Level Three Meditative Mind requirements, as long as they were taken after completion of Level One Teacher Training. Level Two courses do not count since they are a pre-requisite for the program.

2. Individual Practice:

- a. Personal **meditation mastery practice** for a minimum of 31 minutes per day for 1000 days. *[If you have never completed a 1000 day meditation, you need to do one for 31 minutes per day for a 1000 consecutive days during Level Three. If you have previously completed a 1000 day meditation, you are expected to meditate for a minimum of 31 minutes per day throughout your Level Three process.]*
- b. Maintains a daily sadhana, in the Amrit Vela; and if possible, participates in group Aquarian Sadhana in the Amrit Vela.

Certification: Peer group members verify, document participation and nominate teammates for completion of Meditative Mind module.

III. Seva

Goal: Deepen an ongoing attitude of Seva. Align individual passion, purpose and destiny to build and serve community.

Definition: Seva is Love expressed in actions. Seeing and serving creation; Seva is a deep understanding that I am not doing anything; Seva is done through me. Seva is the recognition of my Soul's destiny (my Soul's original intent) and my surrender (obedience) to the Will of the Infinite within to serve that destiny; Seva is answering the call of duty with no attachment to the outcome; Seva is an expression of my commitment to Dharma (spiritual path) above my self-interest; Seva is not just an outward expression of serving others, but also allowing myself to be served; The motivation is from a deep sense of joy, satisfaction, contentment and peace. Duty is Beauty.

Requirements:

1. **A LIVING LEGACY.** Provides an opportunity to fulfill the Soul's calling or personal destiny and to serve something bigger than the individual self.
 - a. Living Legacy Seva, or body of work, should be of significant scope
 - b. Seva can be carried out either individually or as part of peer group.
 - c. Document and provide a report out to peer groups – how you are carrying forward the legacy of Yogi Bhajan.
2. **SELF-REFLECTION:** Reflect on and discuss in your peer group a series of questions regarding your attitude toward seva.

Certification: Peer group members verify, document participation and nominate teammates for completion of Seva module.

LEVEL THREE TEACHER: PROGRAM STRUCTURE

Level One and Two consist of programs with defined curriculums. Each program is contracted by a qualified Lead Trainer who assembles a training team and is 100% responsible for all aspects of that

program. **Level Three is fundamentally different** in that the Level Three process is cultivated over time through the peer group process and the annual Melas are planned and delivered collectively. .

Application: Apply directly to KRI. To be eligible for Level Three you must meet the following prerequisites:

Prerequisites: Level One Certified; Level Two Certified; consciously follow the yogic lifestyle as described in Code of Excellence and completion of *at least two out of the following five practices*:

- Long Ek Ong Kars – 40 days 2 ½ hours before sunrise
- Kirtan Kriya – 40 days, 2 ½ hours plus wearing white
- Watched Yogi Bhajan videos, with consciousness of student, 1 per day for 40 days (or personally attended 40 of Yogi Bhajan's classes)
- Taught 500 hours of Kundalini Yoga (since the Level 1 graduation)
- Sahej Path (in any language)

Application process includes:

- Application Form (self-reflection questions)
- Reference Letters (with recommendations on areas of focus)
- Application fee (\$108)

Annual Kundalini Yoga Mela: A Level Three Experience: Initially to be held once a year in North America and Europe. At the required Orientation Session, applicants will receive an orientation to Level Three and training in peer dialogue. Level Three Peer Groups will be formed. Peers arrange to meet regularly throughout the year (typically by phone or SKYPE). Following the commencement orientation, Level Three participants are to attend two more KRI sponsored Melas, in order to foster face-to-face interactions with their Peer Group plus connect to other participants of Level Three realization around the world. One in the middle of the 1000-day process and the final Mela of their 1000-day journey.

Peer Groups: Throughout the Level Three program, Peer Groups support each other through their individual processes. The peer group signs off on the fulfillment of certification requirements and once participants complete all Level Three requirements, they are nominated by their peers to KRI for final qualification and graduation.

CERTIFICATION

KRI is not here to say whether an individual is a Teacher, as defined by Yogi Bhajan in the Master's Touch; the individual must self-certify. We must self-initiate, qualify our self to our Self and be recognized by our peers.

"The first faculty of a Teacher is to identify to one's self that one is a Teacher, and to identify to the whole world that one is a Teacher, and third, one should know there is nothing else but a Teacher." Yogi Bhajan, from *The Master's Touch*, page 181

As an educational institution, KRI verifies that an individual has completed the Level Three program requirements and certifies that he/she has:

- Followed the pathway laid out in the Teachings of Yogi Bhajan within the framework of the Aquarian Teacher Training Program which has been designed to provide an individual the opportunity to develop a his/her consciousness and caliber so that a Teacher can emerge.
- Completed all KRI Level Three requirements and demonstrated through behavior and action, the skills and competencies associated with being a Teacher
- Publically committed to living the Code of Excellence and embodying the Sixteen Facets of Teacher.

While the Level Three Program may be completed in a minimum of 2.7 years, we recognize that the process of realization never ends. Therefore, those who have completed the Level Three Teacher program are invited to continue co-creating and participating in the annual Level Three Melas around the world, in which we celebrate and build a culture and community of peers, representing a communal link in the Golden Chain.

CURRENT PROGRAM STATUS

ALPHA phase – April 2012 to January 2015: Participants are made up of active TTEC members.

BETA phase – Summer 2015 to Fall 2018. Participants will include qualified candidates who meet the application criteria and are members of the Academy.

Kundalini Yoga Mela: A Level Three Experience – Beta Launch DATES

Espanola NM -- June 29 – July 1, 2015

Chateau Anand FRANCE – August 2015 (dates to be determined)