

Conscious Communication Schedule

FRIDAY, MARCH 24, 2006 EXPERIENCE OF CONSCIOUS COMMUNICATION

8 - 9 Registration etc. Spacial integration.

9 - 9:30 INTRODUCTION. Intro, course goals **(20-30 min)**

9:30-9:45 MEET & GREET **(10 min) + buddies**

9:45-11 SELF-ASSESSMENT **(Total: 1 hour 15 min)**

Warm-up *KRIYA: Becoming Crystal Clear* (45 min)

MEDITATION: Guided Meditation for Self-Assessment as a Teacher (11 min)

EVALUATION of Personal Communication Skills (5 min)

Flashwriting (6 min)

Interactive Group Activity. Sharing Our Self-Assessments (10 min)

11-12:30 **CONSCIOUS COMMUNICATION (Total: 1-1/2 hour)**

VIDEO Conscious Communication and the Experience of Naad (Lecture + 31 min Meditation = 1 hour)

MEDITATION: for Conscious Communication & to Experience the Naad (Say Saraswati) (31 min)

Flashwriting (5 min) Sharing & Understanding the Class

Small Group Discussion (5 or so) (15-20 min)

12:30-1:30 **L U N C H**

1:30-2:45 EXPERIENCING THE CHARACTERISTICS OF CONSCIOUS COMMUNICATION **(Total: 1-1/4 hours)**

Interactive Group Activity. Comparing Ordinary & Conscious Communication **(60 min)**

Step One (15 min)

Step Two *MEDITATION for Positive Communication* (11 min)

Step Three (15 min) Step Four (10 min) Step Five (10 min)

Interactive Group Activity. (Pairs) Consciously Speaking About the Teachings (15 min)

2:45-4:15 **USING GOD'S TONGUE (Total: 90 min)**

Interactive Group Activity. Gossip or Gospel? Intro (15 min) *(1st condition)*

Small Group. Part One. Knowing Your Patterns (5 min prep, 3 min write 10-15 = 20 min)

Part Two. Tattle Tales.

Group Demonstration: Body talk & Gossip & Muscle Testing (3 + 5-10 + 5-10 = 15 min)

Group Discussion of Observations and Implications (5-10 min)

MEDITATION to Eliminate Inner Conflict (11 min + 3 min self-assessment = 15 min)

LIES & DECEPTION (Total 20 min) Intro (10 min)

MEDITATION Seven Wave Sat Nam Meditation (11 min)

4:15-5:45 **HARMONIOUS COMMUNICATION (Total: 40 + 50 = 90 min) (2nd condition)**

Intro (15 min)

Flashwriting (5 min)

Interactive Group Activity. Small Group. What is harmonious communication? (15 min)

Partner Exercise (5 min)

INTRO TEAMS & GROUPS (10 min)

MEDITATION Divine Shield Meditation for Protection & Positivity (11 min)

KRIYA Experience Your Own Strength (31 min)

5:45-6:30 MAPPING. **Interactive Group Activity. (Total: 30-45 min)**

SATURDAY, MARCH 25, 2006 MEDITATIVE & INTUITIVE SPEAKING

8:30 REINTEGRATION OF THE GROUP (10 min)

8:35-9:30 **EFFECTIVE SPEAKING (Total: 45 min - 1 hour)**

Interactive Group Activity. Speaking to be Heard in Public & Private.

Step One-Five with SA TA NA MA walking, then talking with partners (30 min)

Step Six & Seven. In full group. (15 min)

9:30-12:30 **INTUITIVE SPEAKING (Total: 3 hours)**

Intro (15 min)

VIDEO Intuitive Speaking & Applied Consciousness (Lecture + 11 min Meditation = 50 min)

MEDITATION for Intuitive Speaking & Applied Consciousness (11 min)

Flashwriting (10 min)

Interactive Group Activity. Sharing Impressions on Speaking Intuitively

Part A (10 min)

Part B **Small Group Discussion** (6 of 6) (15 min)

KRIYA Developing Command Reflex & Alertness (30 min)

MEDITATION for the Six Sounds (5 parts 45 min)

12:30-2 **LUNCH**

2-4 **SILENCE: THE FULCRUM OF CREATIVE COMMUNICATION (Total 2 hours)**

INTRO SILENCE (30-45 min)

Group *MEDITATION on Silence* (31 min)

Flashwriting (10 min)

Small Group Interactive Activity. Stillness and silence. (10 min)

Interactive Group Activity. posting of ideas (5 min)

MEDITATION Mahan Jaap (15 min)

Whole Group Discussion on Mahan Jaap (10 min)

4-5:30 **(Total 90 min)**

VIDEO Qualifying Yourself in Intuitive Awareness (Lecture + 11 min Meditation = 50 min)

MEDITATION into Thoughtlessness (11 min)

Whole Group Discussion on qualifying the self (15 min)

Intro & 15 minute exercise *KRIYA Speaking to Reach the Other Person* (20 min.)

MEDITATION Aad Naad Kriya (11 min)

5:30-6 **INCREASE THE POWER OF YOUR VOICE (Total: 25 min)**

Interactive Group Activity. Expressing in Jaw Language (25 min)

6-6:10 **ENDING INTERACTIVE GROUP ACTIVITY (Total 10 min)**

Day's Insights

SUNDAY, MARCH 26, 2006 THE ART OF DEEP LISTENING—SUNNI-AI

8:00 REINTEGRATION OF THE GROUP (10 min)

8:10-8:45 **THE ART OF LISTENING—SUNNI-AI**

KRIYA to Relieve Inner Anger (31 min)

8:45-10:30 **LISTENING MIND (Total: 100 min)**

Interactive Group Activity. Tuning into the Listening Mind.

Steps One-Three (31 min if in groups of 3)

VIDEO *The Art of Communication* (31 min) (Lecture + 11 min. meditation = 45 min.)

MEDITATION to Open the Lock of the Heart Center (11 min)

Flashwriting (10 min)

Small Group Discussion (6 of 6) (15 min)

10:30-12:30 **BREAK/GURDWARA/LUNCH** (LUNGAR at 11:30)

12:30-1:30 **DEEP LISTENING (Total: 1 hour)**

JAPJI PAUREES

Playing (5 min)

Step One: Reading individuals (10 min)

Step Two: Group discussion (15 min)

Small Group Activity. (6 of 6) Creating the Communication Flight Checklist

Step One-Three (20-30 min)

1:30-3:30 **Simultaneous Hearing and Perceiving (Total: 2 hours)**

Step One: *MEDITATION to Listen with Simultaneous Recall* (31 min)

Step Two: Pair communicating (25 min)

Step Three: (5 min)

Step Four: *MEDITATION: Pran Bandha Mantra Meditation to Rewrite the Destiny in your Hand* (31 min)

Small Group Discussion (6 of 6) (20 min)

3:30-4 **Alert Listening Beyond Distractions (Total: 25 min)**

Intro (5 min)

Interactive Group Activity. Listening to each other beyond distractions (15 min)

Debrief (5 min)

4-4:45 **THE SPECTRUM OF COMMUNICATION (Total: 45 min)**

Intro (15 min)

Interactive Group Activity. Dialogue & the Four Positions (30 min)

4:45-5:30 **LISTENING TO THE SUBTLE, THE INTUITIVE & ANAADEE NAAD (Total: 45 min)**

Intro (10 min)

MEDITATION to Listen to the Intuitive Sounds Around Us (22 min)

MEDITATION: Create a Group Sound Current & Hear the Subtle Interplay of Naad (11 min)
with SA TA NA MA “rounds”

FRIDAY, MARCH 31, 2006

MASTERY OF THE FIFTH CHAKRA & APPLIED CONSCIOUSNESS

8:30 Framing of the Day

8:45-11:15 **MASTERY OF THE FIFTH CHAKRA (Total: 2 hour 30 min)**

KRIYA Balancing the Chakras & Corresponding Organs (1 hour)

VIDEO Introduction to the Fifth Chakra (Lecture & 22 min Meditation = 1 hour)

MEDITATION for the Fifth Chakra (22 min included in video)

Flashwriting (10 min)

Small Group Discussion (5 or 6) (20 min)

11:15-12:45 **USING CHAKRA COMBINATIONS FOR EFFECTIVE SPEECH (Total: 1 hour 30 min)**

Intro (30 min)

Small Group Discussion (5 or 6) (15min)

12:45-2:15 **L U N C H**

2:15-3:45 **REFINING YOUR PROJECTION BY ENGAGING 8TH CHAKRA (Total: 1-1/2 hours)**

Intro: (10 min)

MEDITATION Gyan Chakra Kriya Meditation (11 min)

Interactive Group Activity. Shift Awareness to 8th Chakra & Golden Chain (20 min)

Intro: Conscious Communication Under Attack (5 min)

Interactive Group Activity. Role Playing #1 (15 min)

MEDITATION for Balance in the Circumvent Force (22 min)

Interactive Group Activity. Role Playing #2 (15 min)

3:45-5 **REFINE USE OF CONCEPTS OF SHABD GURU (Total: 1-1/4 hour)**

Intro: (10 min)

MEDITATION: Antar Naad Meditation (31 min)

Flashwriting (10 min)

Small Group Discussion (20 min)

GROUP RECITATION of the Teacher's Oath (5 min)

HOME STUDY TONIGHT:

Read pages 144-156 and pages 168-171 for tomorrow

SATURDAY, APRIL 1, 2006

SHADOW & LIGHT. LETTING YOUR PRESENCE SPEAK

8:30 Framing of the Day

8:45-9:45 **LETTING YOUR PRESENCE SPEAK (Total: 1 hour +)**

Intro: (30 min)

KRIYA to Make You Aware, Intelligent & Radiant (15 min) + begin with 10-15 minutes warmup

Flashwriting (10 min)

9:45-10:45 **YOUR REACTIVE PERSONALITY AND YOUR IDENTITY (Total: 1 hr)**

VIDEO Your Reactive Personality & Your Identity (30 min)

Flashwriting (6 min)

Partner Discussion. (5-10 min)

10:45-12:15 **THE SHADOW, HIDDEN SELF & AGENDA (Total: 1-1/2 hours)**

Intro: (30 min)

Interactive Group Discussion. On the Hidden Self (15 min)

Small Group Interactive Activity. Skit demonstrating one of the core ideas (20 min)

12:15-1:30 **L U N C H**

1:30-4 **MEET YOUR HIDDEN SELF & AGENDAS (Total 2 hours 30 min)**

INTRO (10 min)

Small Group Interactive Activity. (1 hr 45 min)

Step One (15 min)

Step Two (15 min)

Step Three (9 min prep / 15 min drawing time) = 24 min

Step Four (11-15 min = 26 min)

Step Five Sharing (10 min)

Step Six Group sharing (10 min)

MEDITATION to Break the Mask (31 min)

4-6:30 **BUILDING EFFECTIVE COMMUNICATION THROUGH PRESENCE (Total: 2-1/2 hours)**

Intro (30 min) including THE POWER OF BANA

KRIYA for the Frontal Brain (35 min)

Interactive Group Activity. Meditative Walking & Radiance Part One (10 min)

MEDITATION for Blessings (11 min)

KRIYA for Balancing the Aura (31 min)

MEDITATION to Develop the Radiant Body (11 min)

Interactive Group Activity. Meditative Walking & Radiance Part Two (15 min)

MEDITATION: Healing Imagery Meditation (11 min)

Small Group Discussion. Positive Teaching and Darshan (15 min)

SUNDAY, APRIL 2, 2006

COMMUNICATING WITH THE INFINITE. PRAYER, GRACE & THE FLOW OF SPIRIT

8:00-9:30 **THE CONVERSATION BETWEEN YOUR KNOWN & UNKNOWN (Total: 1-1/2 hours)**

Aquarian Perspective of Prayer (20 min)

Interactive Group Activity. Breaking the Old, Inviting the New

Step One (10 min)

Step Two (15 min)

KRIYA to Open the Heart Center (22 min)

9:30-10:30 VIDEO How to Pray (50 min) (total video time + meditation = 50 min.)

MEDITATION to Teach You to Pray (15 min)

Flashwriting (10 min)

10:30-12:30 **BREAK/GURDWARA/LUNCH** (LUNGAR at 11:30)

12:30-2:30 **EFFECTIVE PRAYER (Total: 2 hours)**

Intro (30 min)

Small Group Discussion. (4 or 5 per group) (20 min)

MEDITATION for Effective Prayer (Isht Sodhana Mantra Kriya) (11 min)

KRIYA: Har Aerobic Kriya (15 min)

MEDITATION Kriya to Know through Intuition (31 min)

MEDITATION to Bless Your Self (11 min)

2:30-3:10 **APPELLATE PRAYER (Total: 40 min)**

Intro (15 min)

Interactive Group Discussion (20 min)

3:10-3:30 **EMPOWER YOUR WORDS FOR MANTRA & PRAYER (Total: 20 min)**

Intro (5 min)

MEDITATION for Word Power (11 min)

3:30-4:15 **PRAYER AT THE END OF YOGA CLASS (Total: 45 minutes)**

Intro (5 min)

Interactive Group Discussion (15 min)

Small Group Activity Consolidate Your Experience (20 min)

4:15-5:00 **EXAM**

5-5:30 **SELF-EVALUATION ON THE SKILLS OF CONSCIOUS COMMUNICATION (Total: 30 min)**

Intro (5 min)

Evaluation of Personal Communication Skills #2 (10 min)

Flashwriting (10 min)

5:30-6:15 **ENDING (45 minutes)**

Interactive Group Activity Writing a Group Prayer (30 min)

MEDITATING on the Different Names of God (5 min)

Wrap up (10min +?)