

## Building Community through Teacher Training with Ravi Kaur

Two Parts: 1) Local through Teacher Training, and 2) Globally integrating

### #1 Locally Through Teacher Training

- “You cannot pass to universal consciousness without group consciousness.” – Yogi Bhajan
- We need the local sangat at home to create oneness globally.
- Developing the mind to one pointed
- Community built in Teacher Training will have an impact on the community it is in.
- We work as a group to elevate other groups; invite others to group yoga classes (ie schools, HIV/ AIDS)
- Example:
  - 2 classes a week at a school with marginal living conditions to elevate them as a group.
- After finished Teacher Training each teacher gives community classes for 3 years. After three years they get their certificate. (After Teacher Training they receive KRI certificate)
- All classes are seva
  - As best they get paid transport
- Identify the need for a special area (school, community center) and ask for the number of sevadars that are needed. And then each teacher can sign up to teach the class as seva.
- Teacher Training is always taking into the training what is happening in the community to be relevant.
- The shift from individual to group consciousness. As individual consciousness has a shadow the group consciousness has a shadow.
- The trainings are about 50 – 53 students. They are put into peer groups from the beginning and they stay in peer groups during 2 years. All is taken to the group.
- Training is 4 modules of a week at a time.
- In order to heal and bring together we need to honor what is. And us the teaching to heal, to transform and elevate.

### #2 What skills are needed to build community in a Teacher Training

- Understanding of what community is
- Understand your local area and what the needs are.
- Be patient
- Not attached to the result
- Let it grow!!! Sow the seed, and let it grow.
- Have a focus to grow the group consciousness.
- Introduce group consciousness in the first module to cultivate the group consciousness.
- Start with what you have and where you are.
- Use humor, common sense, and keep communicating. Do not make a big thing about obstacles – make it work!
- Meet and greet people where they are. Be personal and be entrusted in meeting the persons.
- Serve others! That opens doors.
- This seva will lower cost for whomever is receiving seva classes
  - health insurance used less
  - sick leave decreasing
- Connect students with previous students through 5-weeks... Student subjects that connect to another's work.