

## FIRST JOURNEY

### *The Crystallized Self*

Recognize, experience and crystallize the Self for it is this crystallized sense of Self that is needed for consciousness to work.

- |                          |                                                        |
|--------------------------|--------------------------------------------------------|
| 🌀 STAGE 1<br>Upset       | 🌀 STAGE 5<br>Focus                                     |
| 🌀 STAGE 2<br>Boredom     | 🌀 STAGE 6<br>Absorption                                |
| 🌀 STAGE 3<br>Irritation  | 🌀 STAGE 7<br>Experience<br>and Crystallize<br>the Self |
| 🌀 STAGE 4<br>Frustration |                                                        |



## SECOND JOURNEY

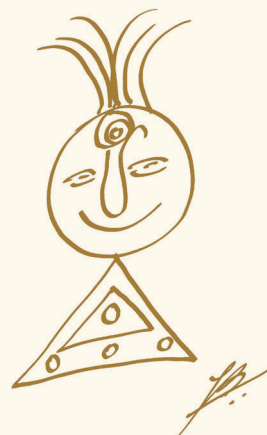
### *The Expressive Self*

Develop a sensitivity to the Self; in this second journey we maintain our integrity in action and ultimately find the stillness within each action.

- |                          |                                           |
|--------------------------|-------------------------------------------|
| 🌀 STAGE 8<br>Rasa        | 🌀 STAGE 12<br>Elevation                   |
| 🌀 STAGE 9<br>Delight     | 🌀 STAGE 13<br>Graceful<br>Enlightenment   |
| 🌀 STAGE 10<br>Politeness | 🌀 STAGE 14<br>Express and Be<br>Your Self |
| 🌀 STAGE 11<br>Humility   |                                           |

"The three gunas, the three forces of nature, are all balanced. That opens the heart. On that the head is fixed and steady. You are aware of All and the Crown Chakra shines as the Sixth Chakra commands."

Yogi Bhajan



## THIRD JOURNEY

### *The Transcendent Self*

Open the dimension of the Transcendent Self in which you become You, nothing more, nothing less. In this journey, we become realized human beings.

- |                                         |                              |
|-----------------------------------------|------------------------------|
| 🌀 STAGE 15<br>Presence Like a<br>Beacon | 🌀 STAGE 18<br>Preacher       |
| 🌀 STAGE 16<br>Everywhere<br>Radiance    | 🌀 STAGE 19<br>Teacher        |
| 🌀 STAGE 17<br>Prayerful Stillness       | 🌀 STAGE 20<br>Sage           |
|                                         | 🌀 STAGE 21<br>Infinite Pulse |

"Happy. Full above and below. Heaven and earth mingle in the heart of the sage. You are balance. Fruition comes to those who encounter you. Your prayer is reality."

Yogi Bhajan

