

Pedagogy Report For Level 2: Life Cycles and Lifestyles

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Introduction:

The Kundalini Research Institute (KRI) conducted an international online “Life Cycles and Lifestyles” Level Two Teacher Training in October/November 2023, building upon the insights gained from the previous year's training on Vitality and Stress directed by the lead trainer Ardaas Singh.

This report aims to highlight the format used in this occasion, proposed changes, results, and conclusions for future Teacher Trainings.

Format Used:

- We highlight and emphasize how L2 is a bridge between L1 and L3. Therefore, how important that is in terms of sangat connection and group work.
- In this respect, we continued dedicating 25% of the daily schedule for them to meet up, get to know each other and sharing together.
- Daily Structure:
 - Daily Aquarian Sadhana with Hukam.
 - 6h main group classes, for the delivery of the content.
 - 2h small group meetings, working on Yogi Bhanan's lectures/videos. · Yogi Tea Time. Sessions of 30 min to facilitate a closer interaction between trainees and trainers.
 - Ending Meditation of the day.

Main Contribution:

- In this training, the most notable innovation was the allocation of the trainers during the 6 training days, paired up for each day, and distributed throughout the whole program.

This marked a significant exploration from previous Level Two courses, which followed a more structured format in short blocks of times, distributed in the participation of all the teachers team during each day.

In this teacher training, we provided trainers increased flexibility in time to organize the day's topics as they saw fit. Thus, each trainer was the main responsible for that day, distributing a good rhythm between the delivery of the teachings, and the practices such as meditations (usually presented by the secondary teacher), group work, PowerPoint presentations, videos, guided exercises and other supporting elements.

This approach aimed to infuse dynamism into the sessions and keep students engaged, being aware of the potential fatigue that might come after spending extended hours on the screen.

- Another contribution is the possibility for the mentees to optionally choose

some counselor, mentor, therapist, teacher (or the teachers of the module themselves) for some extra guidance in their process during next months as a follow-up for implementing in their lives what has been learned.

Feedback from Previous Year and Adjustments:

- One of the points from last Level 2, was students struggling in leading Sadhana; in this promotion, very surprisingly went really well. All days sadhanas were lead flowing smoothly, and each group was very well organized. The delivery was great and their capacity for disturbing the different sections among them.

Results:

- Positive feedback from 33 trainees.
- Positive feedback also from trainers reporting that this new way of pairing up and being responsible for their day, was allowing them more 1me for tuning into the group easily, and feeling more relieved about not having to finish into a specific 1me for the next trainer to deliver.
- A very good support was to have a technician responsible for zoom. Trainers felt more relieved not having to coordinate that technical aspect and rely on someone else to take care of any technical issues on the online sessions.

Conclusions and Considerations for the Next Training:

- Continued success with the current format, emphasizing small group work, trainee led Sadhanas, and Yogi Tea Sessions.
- More emphasis on the students to keep with their cameras on, unless it was pre-approved beforehand. And probably having someone checking their attendance, maybe the zoom wizard.
- It would be worthy to reflect on how exhausted they might be after sadhana and the training hours, to then meet up again between Saturday-Sunday on their own to watch the YB lecture of that day. A possible suggestion might be to reduce the lunchtime on Saturday, for them to have the time to read/watch the video. And regarding the YB's meditation, could be included at the end of the teachings-time, so that it can be done without having to extend the time online.

Closing:

The training received positive feedback. This report also invites feedback from the community of trainers in the ATA, aiming to enhance future level 2. Many blessings!