

Turya Course - Teacher Guidelines

The Turya Course has been designed to provide a simple and direct path for aspiring Sahaja Yogis to understand the basics behind Sahaja Yoga principles and practice. As such it is essential that the meditation remains the core focus of any course, and the teaching serve only as an aid to deepening the experience. At all times teachers should try to encourage attendees to focus primarily on just meditating. Each session is split into 6 talks/areas.

* Session One

Key theme: Basics of Sahaja Yoga

1. **Theme:** Introduction to the subtle system (15 minutes)
Intro to Chakra system, Channels, Kundalini, What is Self Realisation?, how to meditate (including length and frequency), Shri Mataji and how meditation can help us in our day to day lives.
2. **Chakra:** No Chakra covered in Session One.
3. **Meditation:** Process of Self – Realisation, left Channel. (20 minutes)
4. **Video:** Foundation Course, 1st clip - US interview. (15 minutes)
5. **Workshop:** Guided workshop. All course attendees pair up. Two course teachers (or one teacher + student) at front of class. Everyone works **simultaneously** on their partner on each Chakra up the Central Channel and then everyone swaps over and does it again. Includes introductory demonstration of raising Kundalini and putting on Bhandan. (20 minutes).
6. **Chat/Refreshments.**

* Session Two

Key Theme: Understanding ourselves properly

1. **Theme:** Know thyself and balancing (15 minutes)
5 min intro to SY for new people + brief reprise of main points of last week. Explanation of the oscillation between the right channel and left channel. How we use meditation to achieve balance and how we can make this more effective. Techniques to warm up the left channel and cool down the right.
2. **Chakra:** Mooladhara. a) Qualities. B) Causes of catch c) How to clear catches. (10 minutes)
3. **Meditation:** Left or central channel meditation (choice optional). (20 minutes).
4. **Video:** Foundation Course video, 2nd clip. (15 minutes).
5. **Workshop:** Guided workshop. 3 minute introduction to feeling sensations on fingertips at start. Otherwise same as Session One. (20 minutes).
6. **Chat/Refreshments.**

* Session Three

Key Theme: Gaining confidence in our subtle system

1. **Theme:** Advanced techniques in meditation. (15 minutes)
5 min intro to SY for new people + brief reprise of main points of last week. Explanation of Vibrations and the use of elements like the candle and water. Introduction of footsoaking. Explanation of working on ourselves and others using the SY decoding system.
2. **Chakra:** Swadhisthan. a) Qualities. B) Causes of catch c) How to clear catches. (10 minutes)
3. **Meditation:** Left or central channel meditation (choice optional). (20 minutes).
4. **Video:** Foundation Course video, 3rd clip or Introduction to Vega machine. (15 minutes).
5. **Workshop:** Guided workshop. 5 minute introduction to working on specific Chakras guided by fingertip sensations. Otherwise same as Session One. (20 minutes).
6. **Chat/Refreshments**

* Session Four

Key Theme: The connection between the physical and the subtle

1. **Theme:** The physical body and the spiritual body (15 minutes)

5 min intro to SY for new people + brief reprise of main points of last week. Explanation of link between the physical body and the subtle system. How meditation physically calms and benefits us. The importance of the liver. Practical uses of meditation to improve our health and hardiness.

2. **Chakra:** Nabhi. a) Qualities. B) Causes of catch c) How to clear catches. (10 minutes)

3. **Meditation:** Left or central channel meditation (choice optional). (20 minutes).

4. **Video:** Foundation Course video clip. (15 minutes).

5. **Workshop:** Workshop. Introduction to freeform (normal) workshop – Yogis to pass around the room assisting newcomers work on one another + swap over after 10 mins. (20 minutes)

6. **Chat/Refreshments**

* Session Five

Key Theme: Advanced Vibrations

1. **Theme:** Introduction to Mantras (15 minutes)

5 min intro to SY for new people + brief reprise of main points of last week. Explanation of the use of vocal Vibrations to work on each centre, i.e. mantras. Contrast English Affirmations with Sanskrit Mantras. Explanation of effect of Mantra on Chakras. Emphasise they're not to be ritualised.

2. **Chakra:** Heart. a) Qualities. B) Causes of catch c) How to clear catches. (10 minutes)

3. **Meditation:** Central channel meditation starting with OM x 3 mantra. (20 minutes).

4. **Video:** Foundation Course video clip. (15 minutes).

5. **Workshop:** Guided workshop as in Session One. (20 minutes).

6. **Chat/Refreshments**

* Session Six

Key Theme: Becoming our own Guru

1. **Theme:** How are we progressing? (15 minutes)

5 min intro to SY for new people + brief reprise of main points of last week. Explanation of the need to gain confidence in our use of Vibrations and techniques. Emphasise the importance of meditating diligently, and give personal experiences of personal growth in Sahaja Yoga.

2. **Chakra:** Vishuddhi. a) Qualities. B) Causes of catch c) How to clear catches. (10 minutes)

3. **Meditation:** Left or central channel meditation (choice optional). (20 minutes).

4. **Video:** Foundation Course video clip. (15 minutes).

5. **Workshop:** Workshop. Return to freeform (normal) workshop – Yogis to pass around the room assisting newcomers work on one another + swap over after 10 mins. (20 minutes)

6. **Chat/Refreshments**

* Session Seven

Key Theme: Integrating Sahaja Yoga into our lives

1. **Theme:** The relationship between true spirituality and our personal faith (15 minutes)

5 min intro to SY for new people + brief reprise of main points of last week. Explanation of Sahaja Yoga as a way of life as well as a practice of meditation. Emphasise becoming rather than merely belonging. The role of ceremonies in SY. Open invitation to anyone to attend one soon!

2. **Chakra:** Agnya. a) Qualities. B) Causes of catch c) How to clear catches. (10 minutes)

3. **Meditation:** Left or central channel meditation (choice optional). (20 minutes).
4. **Video:** Foundation Course video clip. (15 minutes).
5. **Workshop:** Workshop. Freeform (normal) workshop – Yogis to pass around the room assisting newcomers work on one another + swap over after 10 mins. (20 minutes)
6. **Chat/Refreshments**

* **Session Eight**

Key Theme: Spreading the light

1. **Theme:** Where to go from here (15 minutes)

5 min intro to SY for new people + brief reprise of main points of last week. Explanation of the beautiful power to give Realisation. Encourage attendees to pass on the light by giving Realisation to their friends and family and by integrating the new found practice, Attention and Vibrations into every day life. Give personal examples of how to pass on Realisation at work and at home.

2. **Chakra:** Sahasrara. a) Qualities. B) Causes of catch c) How to clear catches. (10 minutes)

3. **Meditation:** Left or central channel meditation + OM (choice optional). (20 minutes).

4. **Video:** Foundation Course video clip. (15 minutes).

5. **Workshop:** Workshop. Freeform (normal) workshop – Yogis to pass around the room assisting newcomers work on one another + swap over after 10 mins. (20 minutes)

6. **Course ending words.** Thanks for attending, please do continue coming, special events will be coming up over the course of the next few weeks (if not already introduced). Leave details if want to be notified (if not already registered). Above all 'Keep meditating and Enjoy!'.

6. **Chat/Refreshments**

General Points

Handouts should be given out maximum two per week. If possible only one set per week should be given out in chronological order. This ensures that people are encouraged to return and learn more bit by bit.

Obviously all timings and talk content are subject to personal choice. These suggestions are offered as guidelines only.

The basic message that must be repeated again and again throughout the course, however, is that the meditation is the key to everything. Meditation answers questions, gives us balance and health and offers the peace and satisfaction missing from everyday life.

** Guided Workshop.

The guided workshop is a great way to loosen up the class, and get everyone involved in the workshop. The teacher/s at the front should explain everything very slowly for the benefit of newcomers, and not be afraid to make sure that everyone understands. Each Central Channel Chakra can be worked on for around a minute or so (including intermittently raising the Kundalini with the hands to help the flow), whilst explaining the benefits of the workshop or pointing out some particular feature (eg when working on someone else, you're actually working on yourself, etc). At the end raise the Kundalini and put on Bandhan again and then everyone swaps over and repeat exactly. If only one teacher available, obviously they can repeat the session tutorial on the student without swapping over.