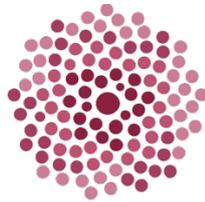


Meditative Healing Program™  
Information package for the First Grade.

# Meditative Healing Program™

First Grade • “Practitioner”

Tampere • Winter 2019 - 2020



**Meditative Healing™**  
The Healing of Awareness

A “Specialty Course”.

With KRI “Seal of Approval”



Developed and Directed by Jivan Mukta, PhD.

Based on the Teachings of Yogi Bhajan®

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**Dates:**

First Module: 30. November -1 December.

Second Module: 18-19 January 2020

Third Second: 15-16 February

Fourth Module: 13-15 March (Retreat in Frantsila)

**Venues:**

Three first modules at Kundaliinijoogakoulu Ong Namu  
(Tampere) & last module at Frantsila Hyvän Olon  
Keskus (Hämeenkyrö).

**Contact information and Organizer:**

Sach.Amrit.Kaur@gmail.com



[www.meditativehealing.org](http://www.meditativehealing.org)

# Meditative Healing Program™

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## Meditative Healing Program™, First Grade.

The Meditative Healing Program™ is simultaneously a modern and a traditional approach to deep health and healing. It is a meditative, theoretical and self-sensorial study based on the teachings and methods by Yogi Bhajan, the core ayurvedic teaching and the essential Western knowledge on psycho-emotional health.

### 1. What you get.

The Meditative Healing Program™ delivers the experiences, the awareness and the perception of some of the most known healing systems. These experiences are the deep spiritual connection, the depth and heights of meditation, the power of prayer, the insights of the different layers of consciousness and the healing force of *grace*.

The Program provides the knowledge and the experience to heal one's self and to gain the skills to heal others. This process starts with a gradual refinement of:

- the Self-sensory awareness (*Sunié*),
- the breath and energy awareness (*Pranayama*),
- the still meditative awareness (From *Dhyana* to *Shunia*)
- the channelling of healing Grace (*Kirpa*).

*“I am just teaching a science. This is how it is and this science is not modern. Only its application is modern. The scriptures show that people were being given this knowledge 20.000 years B.C.E. This human science existed much earlier than these modern times. My old notes suggest that anyone can be cured of a disease through the meditative process and the pituitary gland.”*

Yogi Bhajan, PhD

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## 2. What you need to do.

The Meditative Healing Program™ is an 8-9 days course (with a total of 50 hours). The course-structure consists of 4 weekends (Saturday and Sunday, from approximately 10-18hrs). Each day of the program roughly consists of 33% of theory, 33% of practice of meditation and 33% of practice of healing. 100% attendance is necessary to complete the course.

The students will also get the support with a fan of tools to maintain and deepen the learning process outside of the classroom hours. These tools are the **Study Guide** and the **Video Homework**, that contain material and tasks to keep the continuity of the learning process between the modules. The **Video Homework** is designed to establish and engage into a form of a daily practice (a total of 100 hours of self-study and practice). The meditation practice is to be done in periods of 7 to 10 days to explore specific aspects of the mind, the consciousness, the perception or the application of the healing force of meditation. These provides the students a chance to maintain and deepen the experience and channels of meditation, meditative consciousness and Meditative Healing™. Once the students have participated in 100% of the classes and accomplished all tasks and homework (the student must write a brief report of no more of one page per each **Video Homework**). At the end of the journey they will receive a Certificate as a “**Practitioner**”.

Video Homework		
<b>#1: Diving in the essential functioning of the Mind:</b> 7 days, Negative Mind 7 days, Positive mind 7 days, Neutral Mind	<b>#2: The energy field and the inner sensorial experience</b> 7 days, Pranayama 1 7 days, Pranayama 2 7 days, Pratyahara	<b>#3: The depths of the mind, and the heights of the Spirit</b> 21 days of Dream research + Meditation for Shunia

*“We may cultivate the power of concentration and remove the obstacles to enlightenment which cause all sufferings . . . this can be overcome through meditation”*

**Patañjali**

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### 3. And you must do “Case Studies”

The students are encouraged to develop their Meditative Healing™ skills through 5 case studies in which they will offer their support as *Practitioners in practice*. This consists of having 5 different people to whom the student of the Program will give 3 Meditative Healing™ sessions to each of them.

Each case is a person who will receive 3 Meditative Healing™ sessions in total. Each case of 3 sessions is to be completed within a period of 3 to 5 weeks. The recommendation is that the student gives sessions to 1 to 3 people per week. Each case study is completed after 3 sessions and when the 3 sessions per person are ready, then the experience has to be reported in a written electronic form towards the last weekend of the Program (or within 90 days after the last day of the Program).

Note: All homework reports of meditation, case studies, and dream research have to be documented in electronic form and be sent together attached in an email to: [meditativehealingprogram@gmail.com](mailto:meditativehealingprogram@gmail.com)

*“I take the medicine of meditation on the Lord’s Name, which has cured all diseases and multitudes of sufferings.”*

**Guru Ram Das**

### 4. About Jivan Mukta, PhD and the Meditative Healing Program™

Meditative Healing™ and Jivan Mukta are closely connected. His first yoga teacher in Chile in 2001, Jorge Guthrie, was a talented yogi, a meditator and a Naturopath with whom he learnt the first lessons on

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healing, meditation and yogic spiritual practices. Since 2004 Jivan Mukta has formally participated in different trainings in the field of Sat Nam Rasayan®, therapeutic massage and as researcher of spiritual experiences (*As a Doctorate in Study of Religions*) while being instructed by Yogi Bhajan on how to answer the call of healing.

The Meditative Healing Program™ has been designed and led by Jivan Mukta with the spiritual guidance of Yogi Bhajan and the Fourth Guru of the Sikh tradition. His inner experiences have been articulated with his vast knowledge plus the spiritual, scholar and meditative research that he has been conducting for nearly two decades. Since 2012 Jivan Mukta has taught the Program to over a hundred students in five countries in Europe. Until the present moment, the Program has succeeded in removing stress, sorrow and pain from the lives of many people throughout Europe.

In 2012 the Program was accredited as a CEU course by the International Kundalini Yoga Teachers Association (IKYTA). In 2018 the Meditative Healing Program™ was upgraded, becoming a “Specialty Course” and given the “KRI Seal of Approval”. According to the Kundalini Research Institute. This status “honours those specialty courses that successfully meet the standards of KRI [and] ensure that The Teachings of Yogi Bhajan® are conveyed with accuracy and integrity”.



**“KRI Seal of Approval”**

**“This is the meeting of a transformative practice of meditation with our profound psyche and the instruments and sentiments of Bhakti Yoga. Altogether for those who love health and seek healing”**

**Jivan Mukta, PhD**

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## 5. The Weekend Modules

### Weekend 1: Introduction to Healing with the Mind (Day 1 & 2):

- Meditative posture and consciousness: Building the attitude of inner silence (Shunia), Meditative Mind and the healing intention.
- Meditative Healing: Terminology & Principles of the course
- Healing 1: Sensory awareness and Self Sensory System

### Weekend 2: Enhancement and Awareness of Prana (Day 3 & 4):

- Regulation of the breath and stabilization of the mind
- Foundation of pranayama & meditation
- Focus (dristi), multiple focus and engaged attention.
- Stress and the key of illness, diseases and misbalances.
- Healing 2: Contemplation of the pranic body and the effects on healing

### Weekend 3: From concentration (Dharana) to Meditation (Dhyana); (Day 5 & 6):

- The dilemma of the unconsciousness and subconsciousness
- Inner conflicts and the use of sound current to dissolve them
- Continuity of the attention
- Healing 3: Observation of the psyche and the thought processing

### Weekend 4: Awakening the Healer & the Grace in Healing (Days 7, & 8):

- Accessing Super-Consciousness and Grace
- The power of Prayer
- The Power of Faith and the Golden Link
- Healing 4: Universal Awareness in Prayer & distant healing

*“The tradition and the legacy left to us is a support that provides the security that Meditative Healing™ does not depend on a person or personality, an institution or a religion, but rests on a vaster ocean of awareness and energy”*

**Jivan Mukta, PhD.**

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## 6. Price and Payments

- A non-refundable registration fee of **100€**
- Plus 1, 2, 3 or 4 payments of:

Option 1: <b>790€</b> as a single payment	Option 2: In 2 instalments of <b>420€</b>
Option 3: In 3 instalments of <b>300€</b>	Option 4: In 4 instalments of <b>250€*</b>

(\*All course material, teaching, royalties for KRI, taxes and course services are included in this prices)

- Food over the Program weekends and the accommodation and food of the last residential module are not included. The residential module in Frantsila on 13-15 March 2020 is to be payed directly at the venue and it costs 170.

## 7. Registration Form

**\*Do the registration online at [www.onnamolive.com](http://www.onnamolive.com) (in Finnish only) or manually:**

Legal name.....

Spiritual Name.....

Date of Birth.....

Address.....

Post Code.....City.....Country:.....

Telephone +.....Payment Plan (Option 1, 2, 3 or 4).....

Email:.....@.....Contact in case of emergency.....

Disclaimer: To the best of my knowledge there is no physical or mental medical reason why I should not do this course. I have consulted my physician if any treatment or medication I am using is conflicting with yogic practices of meditation, energy work and breathing. And I understand that the practices of meditation, yoga and "Meditative Healing™" in the Teaching of Yogi Bhajan® do not constitute medical advice but a complementary path to health and health improvements.

Signature .....Date and Place.....

Please attach this form in an e-mail and send it to [Sach.Amrit.Kaur@gmail.com](mailto:Sach.Amrit.Kaur@gmail.com)

*"Until you make the unconscious conscious, it will direct your life and you will call it fate."*

**C.G. Jung**

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### 8. Testimonials

- "The series of Meditative Healing treatments I received during a crisis I went through some years ago was one of the truly remarkable transformational experiences of my life. The healing sessions and the work I did with myself afterwards helped me come to terms with and integrate traumatic experiences of the past and raise to a new level of understanding and acceptance of myself and my journey. Years later I'm still full of gratitude for the blessing I received in the form of Meditative Healing." (Woman, 33, Finland)

- "This program gave me more than I could have dreamt of when it comes to finding myself and God! It helped me in my own healing progress and gave me a deep insight in doing healing work." (Sara 44, Sweden)

- "A course that is healing to whom goes through it, with approachable content, but with great spiritual depth. A journey through consciousness. There is a before and after within me. Jivan Mukta is an easy going and straightforward person who welcomes with his gentleness and humour. His manner of imparting the contents touches your mind and spirit "(Conxa Devi Kirin Kaur, Barcelona)

- "Taking part in the Meditative Healing Program opened up a new way of meditating for me. It gave me many useful tools to use both in offering healing sessions but also in my work as a Kundalini Yoga teacher. The program has been the beginning of a beautiful, peaceful and deeply meaningful journey towards the heart of healing." (Siri Vedy, Finland)

- "For me the contact with teachings of kundalini has been a great experience – it was the first time. It is a truly transformative training for the Self that has helped me to feel the connection to the heart to go further. The Master Jivan Mukta feels like a being of great accomplishment. With great skill, he has led me to know more of the mental process, teaching in a practical way how to unlock hidden patterns and face our unconscious issues. It has a great ability to teach the truth very simple, direct and without missing anything. And he has an authentic presence. It has been an experience that has changed my way of meditating and given me tools to advance the commitment for helping others. The course program has been very well structured, with appropriate meditations to go deeper into the mind, with clear written materials and videos homework for in-between weekend courses. All this has made me feel accompanied and cared for through the course. I recommend it one hundred percent. I am very grateful for having been able to receive a gift from heaven!" (Irene, Barcelona)

- "Doing the training in Meditative Healing has aroused my interest and curiosity to keep digging deeper and learning about this theme. It has been the first step to understand and understand the messages that my intuition has been sending me all these years. It is an incredible experience! I want to repeat the training and further deepen. I feel it is a wonderful tool that can, helping myself, help many people. I recommend it to everyone interested in healing!" (Lilawanti Khatnani, España)

- "Jivan Mukta is a master with capital "M". He has a deep theoretical and experiential knowledge of what is taught, ability to transmit what he knows with clarity, high doses of humility and kindness and an undeniable gift for healing. It was an enlightening experience for me. I learned to meditate more deeply and opened a path through which transit hereafter. I am infinitely grateful. Sat Nam" (Paula, Argentina)

"Through this program there has been a path opened towards greater depth of self-knowledge, acceptance and mercy. It has provided me with fuller meaning of surrender and true grace, as well as clear and sufficient conceptual understanding of the processes related to healing, disease, meditation and prayer. Through this program a graceful way of service and a very practical way of devotion towards God and of love towards "my neighbour" has been pointed out to me". (Risto 32, Finland)

- "I have found a state where I feel love in me, my mind is at peace and my body is relaxed. Meditative Healing has given me drastic help to find this state. I also have now more tools to stay in this state longer and not only during meditation but even in the situations that I earlier have experienced as stressful. Instead of feeling fear, sadness or anxiety I am now more and more at peace in my everyday life and also, I am having more harmonious relationships. This new state of being has already started to impact my health positively." (Woman 32, Finland)