

## **A New Beginning - Wake Up to Love**

### **Topics for 2019 Teacher Training**

1. **A New Beginning - Wake Up to Love - 2020 Astrological Alignments**  
**Awakening with Kundalini Yoga**  
Guidelines to Awaken Neutral Mind and Consciousness and the Sensory System
  - ◆ Peace Manual - Chapter 1/Part 4 - 'Guidelines'  
Chapter 10/Chart #9 - 'Stable and Flowing Polarities'
2. **Practicing and Teaching Kundalini Yoga**  
The Myths and Magic of Kundalini Yoga - handout
3. **Six Relationships - Creating, Manifesting, and Abundance**  
Altitude and Attitude - Transformation and awakening happen with self-love.
  - ♥ I am creative energy/consciousness - Ong So Hung Meditation (Aries Blog 2017)
4. **Ego to Soul Identity - Upper and Lower Chakras**  
**Self-initiation - I am only who only I can be.**  
  
Discovery of neutral divine and soul qualities
  - ◆ Love Manual Chapter 2 - Journey to Self-Knowing  
Peace Manual - Chapter 4 - 'Immediate Ego, Subtle Soul'. Chapter 9 - 'Introduction to Self-Concept' (pp. 43-4). Chart 3 - 'Inner Peace and Self-Concept' (pp. 47-48)
5. **The Locks and Chakras- Raise/Kiss the Kundalini - Center in Spine**
  - ◆ The Locks/Bhandas - excerpts from Chakra book
  - ♥ Navel Kriyas from *Your Life Is in Your Chakras*
6. **Universal Energies and My Energetic Blueprint - Astrology**
  - ◆ Love Manual - Chapter I - Overview of Reality
  - ◆ Love Manual - Chapter IV - The Energetic Blueprint of Your Soul

7. **Working with the Elements - Steps to Awakening**
  - ◆ Love Manual - Chapter III - Parts 1 and 2
  - ◆ Peace Manual - Chapter 10/Chart 10 'Chakras and Elemental Awareness'
  - ◆ Peace Manual - Chapter 5 section on 'Upper and Lower Chakras'
  
8. **The Ten Bodies - My Numerology**

Peace Manual - Chapter 9/Chart 1 'Ten Bodies and Soul Realization'  
Chart 2 'Ten Bodies Are Awareness Mechanisms'
  
9. **Healing Father Wounds**

Who is my Guru? What connects me to the Divine/
  
10. **Healing Mother Wounds**

What nurtures me? Love from Mother Earth
  
11. **Living from Your Heart - Out of Victimization - Save Myself**

Acceptance and Forgiveness. From fate to destiny - Rewrite your life story.

  - ◆ Peace Manual - Chapters 9 and 10 - How We Create Our Reality and Self-Evaluation
  - ◆ Love Manual - Ad Such Mantra for Suchness Chapter III/5
  
12. **Stages of Awakening - Life, Death, and Dying**
  - ◆ Revised Chapter from Inner Art of Love
  
13. **Jap-ji - the Spiritual Path**

4 Steps/Frequencies to Healing and Happiness - physical, emotional, mental, spiritual

  - ◆ Excerpts from Jap-ji book
  
14. **Projection, Powers, and Presence**

Sitting with your breath. Being present to your presence  
Tapping into the powers of my energetic identity
  
15. **Life/Energy Management - Taking Love into the World**

Touchstones C's - center, cozy, contain, cosmos, content

  - ◆ Love Manual - Chapter III - Life Management Course
  
16. **The Role of the Kundalini Yoga Teacher**

Holding Sacred Space for awakening and healing to happen  
Trust Kundalini Yoga, yourself, and a higher power.