

INDIA YATRA 2012

with **Sunder Singh Khalsa**

March 2 – 16, 2012

Journey Into the Heart

A yatra is a spiritual pilgrimage, an exploration of the self in all aspects. Come to India for an experience of transformation that will remain with you for the rest of your life.



The yatra will start and end in Amritsar, home of the Golden Temple. The Golden Temple opens its four doors in all four directions to welcome everyone irrespective of one's caste, creed or religion. We will travel to Dashmesh Sadan, Yogi Bhajan's home in Anandpur Sahib, for a six day retreat with Sunder S Khalsa. We will visit Goindwal Sahib.

It is said that if a person recites Japji on each of the 84 steps followed by dipping in the sacred waters, the karmas of 8.4 million lifetimes would be washed away.

5 day workshop

The Awakened Human - Spiritual Maturity

Recognize and awaken from the trances that drive our psychology and our ego so we can rest in our inherent open nature and act instead of react to life. There is a saying in the Sikh prayer that says, "See the faults of others and upon seeing them un-see them." To un-see something is different than forgiveness. Forgiveness means we recognize there is a wrong and we want to let go of it. To un-see implies a different viewpoint in which we see the formless in the play of the form. For this we need to understand how we construct our personal prism of Reality, so we can de-construct it. Or as the saying goes, "To get out of prison you have to know you are in prison." Explore with Sunder Khalsa the ways to experience the inherent emptiness of the trances.



Dashmesh Sadan



One day workshop - Baba Siri Chand

Let yourself dive deep into the history and legend of Baba Sri Chand, Guru Nanak's eldest son and one of the world's greatest acknowledged yogis. Baba Sri Chand mastered the techniques of yoga at a very young age. He remained devoted to his father, and established the Udasin order.

Fee US\$2,500 Includes shared accommodation, 2 - 3 meals daily, all teaching and course fees, local transportation.

For information and registration: yatra@kundaliniyogaasia.org
www.kundaliniyogaasia.org

