

First Weekend Review and Reference Material
October 19th & 20th

Saturday October 19

Kriyas and Meditation in Yoga Manual

Basic Spinal Energy Series pg. 6

Caliber for Constant Self Authority pg. 81

References

Book about Shadow Work

The Dark Side of the Light Chaser by Debbie Ford

Radical Acceptance by Tara Brach. Ph.D.

Presence Process by Michael Brown

The Wisdom Path: Order, Disorder and Reorder by Richard Rohr

Fierce Self-Compassion by Kristin Neff, Ph.D.

The Body Keeps Score by Bessel van der Kolk

A book by Yogi Bhanjan's students that started the allegations.

Premka by Pamela Dyson

YourTube The Guru's Shadow

<https://www.youtube.com/watch?v=OPywT6TsfW8>

Anatomy of Trust - Brene' Brown:

<https://www.facebook.com/watch/?v=484228081926329>

Universal Truths: <https://www.psychologytoday.com/us/blog/the-empowerment-diary/202307/15-universal-truths-to-understand-the-human-condition>

Attachments:

Yogi Bhanjan lecture: Discover Your Soul

AQUARIAN PISCEAN CHART

The Aquarian Shift

Sunday October 20

Kriyas and Meditation in Yoga Manual

Kriya for Morning Sadhana pg.40

Meditation for an Open-Heart pg.117

Reference

The Yamas and Nyamas by Deborah Adele

Meditation for Cold Depression

<https://www.3ho.org/meditation/meditation-for-release-of-cold-depression/>

Law of Three <https://cac.org/daily-meditations/metaphysics-conscious-participation-and-the-law-of-three-2018-06-05/>

A New Arising <https://cac.org/daily-meditations/a-new-arising-2017-03-16/>

Music

Ajeet Breath I am Free

<https://open.spotify.com/track/12HVZ2bWXmzI9B1vLN5ISo?si=2c1188fa2c4183>

Tej Randhir Wahe Guru Wahe Jio

<https://open.spotify.com/track/5VZhbsfvuvvNGky9rxHxQh?si=8b8c72cc1ef44817>