

## **Dying Into Life Training – A Six Month Pilot Course - with JivanJoti Kaur Khalsa PhD**

A KRI Certified Training in the Teachings of Death, based on an Eastern tradition and the teachings of Kundalini Yoga and Meditation. It could be called an Eastern/Yogic Death Doula training.

This first training is for people who want to be trainers in this field. JivanJoti Kaur is one of if not the most knowledgeable of these teachings on death than anyone else in our Dharma. She started Kundalini Yoga in 1970 and soon after was exposed to the teachings on death, when a young girl in the Espanola Ashram fell from a cliff in Nambe Falls, New Mexico. And in 1976 she witnessed first-hand a tragic death at Ladies Camp. How those events were dealt with sparked her awareness that death could be experienced differently than as she was taught as a child.

Her Masters' Thesis and Doctorate Dissertation were both on the topic of Death. Over the years, she taught many classes in Death, witnessed many deaths in and out of the Dharma and wrote the book *Dying Into Life*, First Edition. She tried to have a special training in *Dying Into Life*, but the time was not ready yet. She has recently completed the Second Edition of *Dying Into Life*. As JivanJoti's health is compromised, she is especially anxious to train interested people to take over this training while she can and at a time when these teachings are so crucially needed. It cannot be postponed any longer.

### **Requirements for the Training**

- KRI Level 1 Certified Teacher
- Some prior teaching of Kundalini Yoga and working with people is preferred
- An interest and passion in the material to the extent to be willing to become a trainer in the program of *Dying Into Life*
- Willing and able to commit to all the class times, support group gatherings, homework, and debriefing meetings
- As this is a pilot program, able and willing to be a part of the evaluation of the program as we go and be flexible to changes if needed, only if agreed upon by all participants
- Commit to teaching in another *Dying Into Life* training with JivanJoti Kaur, as a part of the intern process.
- Willing to be interviewed by JivanJoti Kaur to determine if this program is right for him/her at this time and to answer questions.
- Meet the financial commitment

### **Details of Training**

The whole course will be conducted online, in a zoom format. Classes are 4-4.5 hours long every other week (**Tuesdays**). Classes will consist of a lecture, (done in this first training by JivanJoti Kaur), an interactive group process and Kundalini Yoga/Meditation (done on chairs and a bed...hopefully eventually led by class members).

Each participant is in a support group, which will meet during the off weeks with the purpose of going over homework and supporting each other in their process. These groups are 2 hours long. Longer if needed if agreed upon by all group participants. Compassionate Listening Skills will be used to promote peer support and trust building. The goal is for participants to have a safe place to share their healing process without judgment.

As this is a pilot program, three times during the course, we will have a 1-1.5-hour debriefing meeting to evaluate how the course is going. What is working well and what could be improved upon. All participants are encouraged to contribute their insights and creativity. We may also decide to evaluate as we go.

The techniques of Compassionate Listening Skills and teaching Chair and Bed Yoga will be woven into each class. All the kriyas are done on a chair; the yoga sets were personally altered and approved by Yogi Bhajan. To this date, *Dying Into Life* is the only KRI approved book that has chair and bed yoga in it.

*Dying Into Life: The Yoga of Death, Loss and Transformation, Second Edition* is the textbook for the course. Most everything covered in the course is in the book. All participants will receive a link for the current version of the book before final editing began, which can be printed out and put into a 3-ring binder or read online. All participants will receive the final version of the book as soon as it is available. It is advisable that all participants keep a hardcopy notebook or a file online with supplemental materials JivanJoti will be sending as appropriate.

Mentoring – As this first training is for those who want to eventually facilitate *Dying Into Life* Trainings, JivanJoti will mentor every participant as long as it takes until she and the participant feel he/she is ready to teach the materials on their own, which includes observation of teaching in a subsequent course.

## **Classes and Curriculum**

**Class One** – Introduction, Goals, Expectations, Meet and Greet, Compassionate Listening, Support Groups

**Class Two** - God Is Within

**Class Three** – Karma, Dharma, Reincarnation

**Class Four** – Jiwan Mukht – Liberation While Alive

**Class Five** – Types of Death (special attention to suicide)

**Class Six** – Children and Death and Leaving a Legacy

**Class Seven** – Healing Through Prayer, Meditation and Shuniya

**Class Eight** – Tools to Work with Someone Transitioning and Families

**Class Nine** – Preparing for and Rehearsing Death

**Class Ten** – Journey of the Soul Through the Five Blue Ethers

**Class Eleven** – The Importance of Rituals and Ceremonies

**Class Twelve** - Spiritual Perspective on Stages of Grieving and Intro to Developing a Relationship After Death

**Class Thirteen** – Continuation of Creating a Relationship After Death and Pulling it all Together

**Number of Participants:** 10-15 (TBD depending upon interviews)

**Cost of Course - \$1000** (Payment plans are available – worked out in interview)

**Course will begin Tuesday, January 11.** Classes will be on Tuesdays - 9-1:00 Espanola, Mountain Time every other week.