

Chapter Six
The Committed Mind: Effective Action and Happiness

[Day Six Itinerary]

Check-In

Core Concept: Committed Consciousness in Action

Assigned Reading: Chapters 11, 7 & 8 from *The Mind*

Kriya: *Four Stroke Breath to Build Intuition*

Interactive Group Exercise: Question/Speaking Game

Break

The Master's Touch: *Develop Your Mental Strength*

Meditation: *Butterfly Kriya*

Break

Small Groups: Choosing Your Projection

Group Discussion: Applying Meditation to Your Habits

Kriya: *Balance the Mind 5*

Group Chanting: Long Ek Ong Kaar

Self-Assessment: A Second Look

Closing

[Day Six Content]

Committed Consciousness in Action

To be consciously conscious is all about action that originates from consciousness in each moment. Cultivating habits that give us the experience of committing the Self and using the mind to project that commitment is the singular goal of an awakened diamond mind. Today we explore the projections as well as our ability to awaken our virtues through meditation and the neutral mind.

We can approach that zero point—*shuniya*—through vastness and the experience and realization of *shakti* or by becoming humble and embodying *bhakti* by committing to devotion, love and service of the Infinite and God in each person and in each moment. We will play with the structure of the mind, look at our habits—those that serve and elevate us and those we wish to change. Then we will transmute those areas of our mind and self using the synchronization meditations, awakening our intuition and doing a deep meditation on the foundation mantra of Kundalini Yoga: The Adi Shakti Mantra.

Kriya: *Four Stroke Breath to Build Intuition* [insert here]

Interactive Group Exercise: Question/Speaking Game

We will explore how to speak and listen and be *intuitive* so that we can discern whether all the information is present in each moment. Each question contains the answer in its composition, its *tattvas* and its aspects and facets used to communicate the thought. The answer is a process of energy and an action of commitment. We explore our aspects, projections, and facets through story and how stories change as they are told and re-told.

The Master's Touch: An Experience with Yogi Bhajan
Develop Your Mental Strength
September 12, 1989

Meditation: *Butterfly Kriya* [insert here]

Kriya: *Balance the Mind 5* [insert here]

Self-Assessment [Insert scale here]