



The Meditative Mind

A Kundalini Yoga and Gong Workshop
with Navjot and Nina Berry

January 31, 2010

7:00-9:00pm

at Golden Bridge Yoga

www.goldenbridgeyoga.com

The mind is meant to be a tool, an interface through which we experience the world, and when oriented correctly is in direct service of an individual's highest consciousness. How well we control the flow of the mind and establish its connection to the soul dictates the fundamental quality and caliber of our experience. A disorderly, fractious mind wastes time and effort chasing unproductive thought forms, and energy that could be used to expand and elevate is often subverted into negative spaces. Rather than vibrating at the frequency of the highest destiny of the individual, an undirected mind cycles and recycles within the same limiting matrix. But a controlled, directed mind can connect an individual to their most elevated, most powerful state of being. In the 28th pauree of Japji are the words, "Man Jeetai Jag Jeet" which mean, "By conquering your mind you can conquer the world."

One of the most effective ways of controlling the flow of the mind and bringing it out of disorder into a unified, elevated state is through meditation. Meditation creates a link between the body, mind and soul, a direct communication that enables you to control your perception and your projection. We are continuously experiencing our own energy field magnified through each situation we encounter, from the most dramatic to the most mundane, and each experience is processed through the matrix of the mind. A meditative mind enables us to break free of limiting thought forms and patterns and, regardless of circumstance, have an expanded experience of our own excellence, sovereignty and grace.

"Without meditation, and without a relationship to your mind, you fail to use the power of the mind. You fail to rely on your self. You complicate your approach. You do not use the beautiful designs given to you by birthright in this body, that link the effectiveness of body, mind, soul and you." -Yogi Bhajan

Join Nina and Navjot as they use yoga, meditation and the powerful vibration of the Gong to establish and strengthen this precious cosmic link.