

Level Three FAQs

1. Is it required for Lead Trainers in the Aquarian Trainer Academy to start the Level Three Program?

Answer: Yes, there is a new Lead Trainer Level Three Requirement.

In response to feedback from our Lead Trainers in the field, TTEC made the following policy revision (*unanimously approved by TTEC September 21, 2016 and KRI Board*):

POLICY REVISION

- All current Lead Trainers are required to be Level Three Certified or to have entered the Level Three program by 2020.
- All 2017 Lead Trainer Initial Candidates will be required to have entered the Level Three program before their Follow Up Interview.
- Starting in 2018: All Lead Trainer Initial Candidates will be required to have entered the Level Three program before (or during) the year they apply.

2. If I already started the Application (previously called Commitment Form) and Self-Reflection Form (previously called Application) in a previous year but did not end up starting the program, do I need to do them again this year?

Answer: Yes, you will need to do the Application again. This will give you a chance to update your form on any new accomplishments since last year.

3. If I already paid the Application fee (previously called the Commitment fee) of \$108 in a previous year but did not end up starting the program, do I need to pay again?

Answer: No, you do not need to pay again.

Please communicate with SatShabad Kaur if you are submitting another Application for 2017, she will need to give you a special code in order to submit your Application without making another payment. satshabad@kriteachings.org

4. May I switch Mela locations from year to year?

Answer: No, you will need to pick one location and continue going to the same location each year. During your first year, you'll join a peer group with people in the same cohort and location. Throughout the years you will need to have long distance peer group meetings as well as face to face discussions with these same people. The face to face discussions will most likely happen at the Mela each year. Therefore, you will need to return to same Mela location.

5. What is the primary language spoken at the Melas?

Answer: At this point, English is the primary language spoken by the facilitators at the Mela in Espanola, NM and at the Mela in France. You are welcome to organize your own translator, if necessary. When peer groups are formed, we do our best to match common languages to make it easier for participants. We have plans to start a Level Three Mela in Latin America within the next few years, where Spanish will be the primary language.

6. When will I know if I'm in the Level Three Program?

Answer: If you have completed the necessary prerequisites and have submitted your Application and paid the Application fee of \$108 (step 1), you will be considered in the Level Three Program. However, it will be up to you to complete the Self-Reflection Form and provide 3 Letters of Reflection (step 2), Register and pay for the Mela (step 3), and attend the Mela in order to have truly started the program.

7. I have almost all the prerequisites, will you make an exception?

Answer: It is in your best interests to have completed the necessary prerequisites.

8. I already did the 21 Stages of Meditation Course, does it count towards the Level Three requirements?

Answer: Yes, it will count as long as it was completed after you took Level One. However, you may take it again while in Level Three and it will count toward the remaining 12 days of intensive group meditation practice that is required during Level Three. This falls under the requirement for the Meditative Mind quality. The requirement states...

Meditative Mind

GOAL: To cultivate and refine one's meditative mind, as achieved through focused application of specific Kundalini Yoga and Meditation practices.

REQUIREMENTS:

- **Intensive Group Meditation Practice (18 days).**
 - Complete 21 Stages: 6 day course (May be completed prior to Level Three, as long as after Level One).
 - An additional 12 days of intensive group meditation practices (fulfilled during Level Three), such as:
 - 21 Stages (may be repeated multiple times)
 - White Tantric Yoga
 - Japa or intensive group meditation courses as approved by KRI

- Sat Nam Rasayan intensive weekends with qualified SNR trainers.
- Individual Mastery - Personal meditation practice for a minimum of 31 minutes per day for 1000 days.
- Aquarian Sadhana - Maintaining a daily, and if possible, group Aquarian Sadhana practiced in the Amrit Vela is also part of the identity of a Spiritual Teacher as defined by Yogi Bhajan.