



Vishoka Meditation Level 2 Meditation on the Lotus of the Heart

with

Pandit Rajmani Tigunait, PhD

July 31st - November 15th, 2023

All Times are Eastern Time

Part 1 - Mastering the Practice

Week 1

Monday, July 31

7:00 - 8:30 p.m.

Session 1:

Vishoka Meditation: All About Change and Mastering the Mind

Wednesday, August 2

7:00 - 8:30 p.m.

Session 2:

Chakras, Kundalini, and the Dynamism of the Pranic Force

Week 2

Monday, August 7

7:00 - 8:30 p.m.

Session 3:

Ajna Chakra: The Doorway to the Space of Consciousness Locked in Our Subtle Body

Wednesday, August 9

7:00 - 8:30 p.m.

Session 4:

Lotus of the Heart: The Center of Chitta Samvit, the Knowing Power of the Mind

Week 3

Monday, August 14

7:00 - 8:30 p.m.

Session 5:

Assimilation Session with Ishan Tigunait

Wednesday, August 16

7:00 - 8:30 p.m.

Session 6:

Question & Answer Session

Week 4

Monday, August 21

10:00 - 11:00 a.m.

Session 7:

Lecture: The Journey of Vishoka from Ajna Chakra to the Lotus of the Heart

11:00 a.m. - 12:00 p.m.

Practicum: The Practice of Prapancha Vyapti and the Revelation of Pranava

Wednesday, August 23

10:00 - 11:00 a.m.

Session 8:

Lecture: Anchoring the Mind on the Lotus of the Heart

11:00 a.m. - 12:00 p.m.

Practicum: Vishoka-centric Nadi Shodhana and the Practice of Pranava Anusandhana

Week 5

Monday, August 28

10:00 - 11:00 a.m.

Session 9:

Lecture: Pranava Anusandhana: The Practice to Intensify the Meditative Experience at the Lotus of the Heart

11:00 a.m. - 12:00 p.m.

Practicum: Pranava Anusandhana: Intensifying the Meditative Experience at the Lotus of the Heart

Wednesday, August 30

10:00 - 11:00 a.m.

Session 10:

Lecture: Immersion in the Lotus of the Heart

11:00 a.m. - 12:00 p.m.

Practicum: Pranava-centric Meditation on the Lotus of the Heart

Week 6

Tuesday, September 5

7:00 - 8:30 p.m.

Session 11:

Assimilation Session with Ishan Tigunait

Wed, September 6

10:00 - 11:30 a.m.

Session 12:

Guided Practice: The Complete Practice of Meditation on the Lotus of the Heart

Thursday, September 7

7:00 - 8:30 p.m.

Session 13:

Question & Answer Session

End of Part 1 - Mastering the Practice (Part 2 begins on the next page)

Part 2 - Fortifying the Practice with Wisdom & Compassion

Week 1

Monday, September 25
7:00 - 8:30 p.m.

Session 1:
Kriya Yoga — Contour Mapping of the Mind and
Consciousness

Wed, September 27
7:00 - 8:30 p.m.

Session 2:
Tapas — Embracing the Sacred Fire

Week 2

Monday, October 2
7:00 - 8:30 p.m.

Session 3:
Svadyaya — Living with Buddha

Wednesday, October 4
7:00 - 8:30 p.m.

Session 4:
Ishvara Pranidhana — Immersing in Pure Being

Week 3

Monday, October 9
7:00 - 8:30 p.m.

Session 5:
Assimilation Session with Ishan Tigunait

Wednesday, October 11
7:00 - 8:30 p.m.

Session 6:
Question & Answer Session

End of Part 2 - Fortifying the Practice with Wisdom & Compassion (Part 3 begins on the next page)



Part 3 - Integrating the Power of Mantra

Week 1

Monday, October 30
7:00 - 8:30 p.m.

Session 1:
Pranic Pulsation and the Rise of Mantra at the
Ajna Chakra

Wednesday, November 1
7:00 - 8:30 p.m.

Session 2:
The Flow of Mantric Power — Rishi Lineage and Us

Week 2

Monday, November 6
7:00 - 8:30 p.m.

Session 3:
Vishoka-Centric Mantra Meditation

Wednesday, November 8
7:00 - 8:30 p.m.

Session 4:
Vishoka-Centric Purash Charana of Our Ishta Mantra

Week 3

Monday, November 13
7:00 - 8:30 p.m.

Session 5:
Assimilation Session with Ishan Tigunait

Tuesday, November 14
10:00 - 11:30 a.m.

Session 6:
Guided Practice

Wed, November 15
7:00 - 8:30 p.m.

Session 7:
Question & Answer Session

End of Part 3 - Integrating the Power of Mantra