



## ***Deepen your spiritual journey...***

***A small group tele-course to deepen your Dharmic understanding and enhance your spiritual growth. Topics are shared by a wide range of outstanding presenters, expert in all facets of Sikh Dharma, Kundalini Yoga, and the path of Shabd Guru—such as Sikh concepts of marriage, death and dying, and the relationship between Kundalini Yoga and Sikhism. The course inspires seekers from all paths, including Kundalini Yoga students and teachers, as well as individuals considering becoming Sikh Ministers, and people of all faiths.***

**REGISTRATION IS OPEN!**

**Register Early - Space is Limited.**

**Early Bird Registration Special: Save \$75 on course price.**

Classes meet twice monthly by phone for seven months and begin late September.

**Multiple sections available for US, Europe, and world-wide students.**

**Questions? [info@jhsd.org](mailto:info@jhsd.org) or Mata Mandir Kaur +1 (703) 887-2111**

**[www.JHSD.org](http://www.JHSD.org)**

## Students write about the course...

*Sharing openly about sensitive topics strengthened my interpersonal communication skills and my ability to reflect deeply on my beliefs and virtues. It poked, provoked and elevated me on multiple levels. Thank you! --Navneet Kaur*

*“Sat nam!! If you are debating on taking this course, you should do it without any hesitation!! My life has changed so very much!! My knowledge of the 10 Gurus has expanded. My Sadhana practice in the ambrosial hour has grown with so much force as well as my spiritual self!!! I am so very grateful and full of love on this powerful journey;))” Waheguru Ji Ka Khalsa Waheguruji Ki Fateh --Inderdeep Hammonds*

*The one area that I feel the deepest growth and that fills me with joy and peace is my relationship with the Guru. I feel a deep divine love and light within me; I don't know how to express it outwards or to others, and I am not even sure I would make sense if I tried. It is found myself experiencing the Guru throughout the Sikh Dharma experience. --Dhyan Dharma Kaur*

*When I started taking the course, I had a lot of resistance to Sikh Dharma and was worried I would feel pressured in the course to convert and to adopt the lifestyle of a Sikh such as wearing the turban, which I knew I did not want to do. However, I was delighted at how much the course focused on the true meaning of Sikh Dharma and the elevation of consciousness that it brings. It changed the way I looked at it so that I too now just focus on the elevated consciousness and light of the Gurus, which I feel so connected with, and I've realized that I don't have to officially convert or adopt all the Sikh teachings in order to bring that consciousness into my life and relate to the Sikh gurus. It has made me see how much there is in these teachings for me and what a vehicle they can be to elevate me and help me to move forward on my own spiritual path. --Japbir Kaur*

*I did “experience” what is needed to be a Minister of this Dharma. But I learned so much more. This course was a deep experience of investigating myself and my relation with Sikh Dharma. I learned a lot about the fundamentals of Sikh Dharma, but also I learned a lot about myself. This is really not a course, it's a personal training on Sikh Dharma. --Hari Bhagat Singh*

*I wouldn't change anything. I loved this course. I will truly miss it. --Manjeet Kaur*

*My intention taking this class was to be on my path with a sangat, and a formal structure somehow. I cannot say yet I have succeeded but I know I'm on the path and it will surely take a lifetime but it's why I am here on earth. --Siri Mukh Kaur*

**Tele-classes begin late September 2018**

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