

2. Program Title:

"Raja Siddhi Yoga"

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3. Teaching time breakdown - 48 hours

Presentation of the course

One of the most important consequences described in Patanjali's Yoga Sutras is the activation of commonly unused areas of the nervous system and the consequent development of ultrasensory capabilities called Siddhi. This meditation course aims to guide the student to the recognition of innate and already active siddhi at the unconscious level and to the expression of siddhi not yet manifested. This incredible state of superconsciousness is transmitted as an opportunity for personal growth, gift and help to others, paying special attention to the ethical and moral preparation in the use of such skills through the practice of Yama and Niyama, The everything will be completed and accompanied by modules dedicated to scientific studies in the field of physics and biology.

The course consists of two levels, the first of 20 hours and the second of 16 hours plus 12 hours of scientific seminars, also available online.

The course can be held in extended mode with 4-h monthly mini-courses, as indicated in the program, or in intensive form by grouping the lessons. The course will be held in Italian or English.

INPERIAL PREREQUISITES: Have an established practice of Yoga Asana and meditation. Have an established vegetarian diet. Have a discipline of Yoga Saucha (physical purifications, half-fasting, fasts, intestinal washes, etc.) already consolidated. Admission will be assessed in an entry interview, even at a distance via video call, in which to assess the level of the practice of yoga saucha, yoga and meditation and the motivations of the aspiring student.

4. Breakdown of daily frontal teaching hours including breaks

Raja Siddhi Yoga – Level 1 – 20 h

Program and course content

FIRST LESSON – 4 h

- **A nod to the History of Yoga:** the birth of yoga, the first book on Yoga "Yoga Sutra di Patanjali" contents and developments. Raja Yoga or Royal Yoga. *Yama* and *Niyama* ethical and moral precepts, Importance of ethics in Raja Siddhi Yoga.
- **The physical practices of Raja Yoga:** *Asana* postures of Yoga, *Pranayama* first breathing techniques. Effects on the body, rebalancing of the psychophysical system, effects on the nervous system and healing effects. Yoga as a natural medicine.
- **Sadhana Pada II book Yoga Sutra Patanjali.** The klesa theory.
- **Practical exercises:** Observation of oneself, in relation to Yama and Niyama, restoring techniques according to the Pythagorean tradition.

SECOND LESSON – 4 h

- **Chakra, vortices of energy and consciousness:** the body's energy field, the connection between the aura and the outer herd.
- **Physicality of the human body:** *Nadi* energy channels, organs and emotions, health and disease status.
- **Practical exercises:** opening, closing and rebalancing of chakras, resonance among them. Rebalancing of meridians, expulsion of states of imbalance or disease. Connect to The *Atman* (or the universal cosmic energy) to recharge the *Jivatman* (or our individual soul). From **Vibhuti Pada III** book Yoga **Sutra Patanjali:** samyama on the sun, samyama on the chakra of the crown, samyama on the heart and knowledge of the mind.

THIRD LESSON – 4 h

- **Meditation physiology:** Theta and Alpha waves. Clinical trials and experiments.
- **The first Siddhi:** vision, clairvoyance, empathy, self-healing, prophecy.
- **Observation and Witness:** power of the third eye, vision, observation. The point of view of quantum physics: vision and reality. Samyama on hearing and ether.
- **Free will and Co-creation:** the point of view of the spiritualities of the world, rereading the Gospel and the message of Jesus. Sadhana Pada II book Yoga Sutra Patanjali. Klesa theory.
- **Practical exercises:** *chidakasha* or inner space, exercises on the third eye, Vipassana meditation, Tibetan technique of the witness.

FOURTH LESSON - 4h

- **Vibhuti Pada II** The book **Yoga Sutra Patanjali:** land achievements, powers and techniques to realize them
- **The technique on body health: meditate on the** state of health of the body, samyama on the navel and the organization of the body, technique of rebalancing and stimulating healing. Samyama on the qualities of the animals and obtaining them. Samyama on beauty, grace, strength and solidity.
- **Technique on emotional body health:** meditating on negative emotions, technique of elimination of negative emotions and amplification and integration of positive emotions.
- **Technique for recalibration and creation of Feelings:** Meditation on Missing Feelings. Creating Feelings.
- **Technique on mental and mental body health:** belief systems, social conventions, influences of family and school education, the four levels of conviction. Meditate on your self-limiting beliefs and change them.

FIFTH LESSON – 4 h

- **Vibhuti Pada II** The book **Yoga Sutra Patanjali**: samyama on the three types of transformation and consciousness of the past and the future
- **Previous lives and clairvoyance**: techniques of reminiscence and clairvoyance.
- **Twin souls and influences of past relationships**: contact new soul mates and cleanse themselves of the trappings of past relationships.
- **Vibhuti Pada III book Yoga Sutra Patanjali**: samyama to move as fast as thought, the development of the faculty to act without tools of action and the domination of the secret of nature
- **Law of attraction and manifestation**: the point of view of Raja Yoga and the point of view of quantum physics.
- **Techniques for creating reality**: attracting situations and creating in the physical world. Practical exercises: Clean up your life before helping others.

Raja Siddhi Yoga – Level 2 – 16 h

FIRST LESSON – 4 h

- **The energy of kundalini**: chakras, nadi and kundalini,
- **The aura**: Bioenergy and aura enhancement
- **Vibhuti Pada III book Yoga Sutra Patanjali**: samyama on the state of others and knowledge of his state of consciousness. Samyama on love, compassion, joy and indifference.
- **Telepathic and third-eye connection**: collective practice
- **Practical exercises**: meditation in pairs, breathing and connection to each other, sharing the aura and information, verbal and subliminal communication exercises. Ethics and fairness.

SECOND LESSON – 4 h

- **Collective meditation**
- **Connection to the other: see and remove imbalances in the body**, see and remove blocked emotions, see, remove and replace self-limiting beliefs, travel through previous lives, integrate missing feelings.
- **SatSang**: Communication. Ethics, fairness and accountability

THIRD LESSON – 4 h

- **Collective meditation**
- **Connection to the other: see and remove imbalances in the body**, see and remove blocked emotions, see, remove and replace self-limiting beliefs, travel through previous lives, integrate missing feelings.
- Manifesting reality for each other
- **SatSang**: Communication. Ethics, fairness and accountability

FOURTH LESSON - 4h

- **Collective meditation**
- **Remote practice**: see and remove imbalances in the body, see and remove blocked emotions, see, remove and replace self-limiting beliefs, travel through previous lives, supplement missing feelings.
- Manifesting reality for each other
- **SatSang**: Communication. Ethics, fairness and accountability

FIFTH LESSON - 4h – Internship and practice activities

Mandatory seminars: Relativistic and quantum physics, BIOchemistry and DNA biophysics applied to siddhi – 12 h

RELATIVISTIC PHYSICS AND QUANTUM PHYSICS - 4 H - ALSO ONLINE

- **Purification techniques through breathing and meditation** (practice of 1 h)
- **The cell and its functioning:** DNA, structure and supercoiling of DNA, transcription and translation of information, not-junk DNA, DNA modification, mutations and genetic damage
- **Origin of toxins with damage to cellular structure:** chemicals, radiation and negative emotions and stress

CELL BIOCHEMISTRY, DNA AND CELL TRANSMUTATIONS- 4 H - EVEN ONLINE

- **Purification techniques through breathing and meditation** (practice of 1 h)
- **The cell and its functioning:** DNA, structure and supercoiling of DNA, transcription and translation of information, not-junk DNA, DNA modification, mutations and genetic damage
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CELL BIOCHEMISTRY, DNA AND CELL TRANSMUTATIONS- 4 H - EVEN ONLINE

- **Purification techniques through breathing and meditation** (practice of 1 h)
- **DNA self-repair mechanisms:** repair proteins
- **DNA correction and transmutation processes through meditation**
- **Detoxifying properties of plant-based nutrition:** benefits of the vegetarian, vegan and raw food diet

5. Breakdown of teaching hours carried out by the Training Lecturer

The entire course will be taught by the Principal Lecturer in the person of Rosalia Stellacci (ERYT), the techniques will be presented and taught according to group and individual skills.

6. Distribution of teaching hours carried out by Consultants

No

7. Non-frontal teaching hours breakdown

Practice of techniques at home according to the skills of the student.

8. Course format

Individual lessons within the school or elsewhere.

9. Cost of course per person

First level 250 euros. Second level 250 euros.