

Tentative schedule: Inner Renewal Week 2012

February 5–12: "Going Deeper Into God"

Sunday, February 5

- 4:45 Sadhana in Temple
- 6:30 Dinner
- 7:30 Welcome gathering and orientation in Temple

Monday, February 6

- 6:00 Wake-up bell
- 6:30-8:30 Sadhana (Energization Exercises in dining room 6:30-6:45; Meditation begins 6:45 Temple)
- 8:30 Breakfast in silence
- 10:30 "Birth: the soul's journey through time and space" in Temple—Jyotish and Devi
- 12:00 Meditation in Temple
- 12:30 Lunch
- 2:30-4 How to Meditate—*Serenity OR* What is discipleship?—in Temple
- 4:45 Sadhana in Temple
- 6:30 Dinner
- 7:30 Kirtan in Temple

Tuesday, February 7

Same as Monday, except:

- 10:30 "Life: falling back, milling around, or making progress"—Jyotish & Devi
- 2:30-4 Healing Prayers with Mary K. in Temple
- 7:30 To be decided

Wednesday, February 8

Same as Monday, except:

- 10:30 "Death: the final exam"—Jyotish and Devi
- 2-4 First Kriya Prep in Lahiri Mandir; tour of Ananda – meet front desk; CH Shrine open
- 7:45 Q and A with Jyotish and Devi - (carpool from Front Desk to Crystal Hermitage at 7:25). Turn in questions beforehand at front desk.

Thursday, February 9

Same as Monday except:

- 10:30 "The Art and Science of Kriya Yoga" in Temple—Panel of Kriyacharyas
- 12:00 Meditation in Temple
- 2-4 First Kriya Preparation in Lahiri Mandir; Crystal Hermitage Shrine open
- 4-6:30 Higher Kriya Preparation Sadhana in Lahiri
- 4:45 Regular sadhana
- 6:30 Dinner
- 7:30 To be decided

Friday, February 10

Day of Silence

- 6:30-9:30 Energization in dining room/Meditation in Temple beginning 6:45
- 9:45 Initiation ceremony for Nayaswami Order
- 10:15 Brunch (for EL guests only) and quiet time
- 2-4 Crystal Hermitage open
- 3:00 Light snack at The Expanding Light
- For those not taking Kriya Initiation:
 - 4:45 Sadhana in Serenity House
 - 6:30 Dinner at The Expanding Light in quietness
 - 7:30 DVD: "The Brain: Engineered for Divinity"
- First Kriya: 5:30 Meet at Hansa
- Second Kriya: 5:30 Meet in dining room, ceremony in Temple
- 8:30 Light dinner at EL for EL guests only

Saturday, February 11

Same as Monday, except:

- 6:30-8:30 Regular Sadhana in EL Temple
- 6:30-9 First Kriya Review at Lahiri Mandir
- 6:30-9 Second Kriya Review at Hansa Mandir
- Free morning
- 12:30 Lunch

- 2:00 Wedding of Melody and Kalidasa in Temple All are welcome!
- 4:45 Sadhana in Temple
- 6:30 Dinner
- 7:30 Sing-a-long with Swami Kriyananda's music Temple

Sunday, February 12

Same as Monday up to 9:00 am

- 9:00 Farewell Gathering in Dining Room
- 10:00 Purification in The Expanding Light Temple
- 11:00 Sunday Service at The Expanding Light
- 12:30 Lunch



"The time for knowing
God has come."