

# ANTER VIDYA

The Science of Mind and Humanology  
for Leadership and Success



**Kundalini Yoga  
Specialty Course**

## **THE SCIENCE OF MIND AND HUMANOLGY FOR LEADERSHIP AND SUCCESS**

A Powerful Training to  
Manifest Your Leadership  
and Deliver Success

**Lead Trainer: Sadhana Singh**  
[sadhanasingh.org](http://sadhanasingh.org)



## Importance

**True Leadership** is a state of enhanced consciousness. It shines through when you change your focus from superficial gratification to the deeper significance of your individual life. It is from this centered presence that you truly lead.

**True Success** comes when you discover and embrace the real you. Knowing who you are and knowing what you need in order to be who you are, means you align your outer life with your inner self. Successfully living in your own greatness brings happiness and fulfillment.

*"Leadership and success are skills that everyone has inherent in themselves, we are only temporarily inhibited by subconscious obstructions, clouded by fear, which prevents us from relating to them."*

*Sadhana Singh*

In this time of critical transition, the human facade is crumbling. Every strategy that was adopted in the past is now failing to work in our personal, social and business lives. Our identity crisis is causing the global, political, economical and ecological collapse, not vice versa. Now is the time to apply the Kundalini Yoga technology on a larger scale with its ex-celence and effectiveness in all areas of our lives.

The Science of Mind and Humanology for Leadership and Success was extensively and exhaustively taught by Yogi Bhajan and subsequently proven by his life example. This training integrates Kundalini Yoga kriyas, meditations, lifestyle and philosophy, completely and practically in order to manifest pure success and prosperity in every field.





„The leader is a master of creativity going from perception, through conception to deliver what is needed, have special attitude, special intelligence to fulfil the

Sadhana

## Main Topics Cycle 1

### Module 1

- ❖ Kundalini Yoga as Raja Yoga
- ❖ Life from the angle of infinity
- ❖ The 16 aspects of success

### Module 2

- ❖ The spiritual practice to incorporate aim in life
- ❖ The spiritual art of preparing the plan for action
- ❖ The 10 natural faculties to be a successful leader
- ❖ The 5 touchstones for action

### Module 3

- ❖ Define priorities to deliver the uniqueness of the Self
- ❖ Methodological progression of the Self 1
- ❖ Applied numerology for leadership and success 1

### Module 4

- ❖ The 4 minds for leadership, business and success
- ❖ Successful communication of a leader
- ❖ The 10 steps to building and analyze a business

### Module 5

- ❖ Original Creative Frequency and Personal Transitional Frequency
- ❖ The 9 practical aspects of prosperity and success
- ❖ The mind of the leader

### Module 6

- ❖ Disciplines of a leader – Deliver yourself
- ❖ The Aquarian leader as a sensory person
- ❖ Magnitude empowering of the electromagnetic psyche to increase impact
- ❖ How to calculate the value of your job/time

### Additional topics distributed between the different modules

- ❖ Kriya, the science of angles and triangles to restore the proper flow of prana in every relationship



deliverance. She perceives the situation, finds the right people that are capable to different roles, different instruments, put all together and deliver an intention.”

Singh

## Main Topics Cycle 2

### Module 1

- ❖ Be exertive - diagnosis and therapy to be effective in the trinity of creativity
- ❖ The four corners to learn how to not react
- ❖ The art to ask the right question in which the answer is already contained

### Module 2

- ❖ The psychology of subconscious dynamic that sabotage the capacity to be a radiant leader
- ❖ Methodological progression of the Self 2
- ❖ Applied numerology for leadership and success 2

### Module 3

- ❖ The 5 faculties to be and keep being a successful leader
- ❖ The cycle of success - pursuing the completion
- ❖ The 4 conditions for a leader
- ❖ Successful relationships as a leader

### Module 4

- ❖ The 8 elements of excellence
- ❖ The application of the 5 stages of evolution to make others successful leaders
- ❖ Magnitude empowering of the electromagnetic psyche to increase radiance

### Module 5

- ❖ The 5 points to remember in the business world
- ❖ The seen and unseen part of business
- ❖ Business and the Self

### Module 6

- ❖ The 10 laws of prosperity
- ❖ Leadership in the Aquarian age
- ❖ Disciplines of a leader – Master co-existence

### Additional topics distributed between the different modules

- ❖ The energetic & mystical aspects of pranayama to let consciousness lead to excellence

**Note:** The order and delivery of the topics may vary for didactic reasons!

## Main Topics Cycle 3

### Module 1

- ❖ The 16 facets to sense reality
- ❖ Intention, word, action define who we are and co-create our reality
- ❖ The 5 rules to have mastery over yourself and become invincible

### Module 2

- ❖ Discipline of a leader to avoid reacting
- ❖ Methodological progression of the Self 3
- ❖ Applied numerology for leadership and success 3

### Module 3

- ❖ The 5 cornerstones for leadership in the Aquarian age
- ❖ Disciplines of a leader – Tune in the Universe

### Module 4

- ❖ The 10 sacred secrets of success
- ❖ A day as a fractal of life
- ❖ The consequences of success

### Module 5

- ❖ Magnitude empowering of the electromagnetic psyche to increase
- ❖ The circle of success
- ❖ Doing successfully what is needed avoiding stress

### Module 6

- ❖ Managing energy not time as the key to success
- ❖ The psyche of the business
- ❖ The 26 steps to avoid corruption of self and radiate as a leader

### Additional topics distributed between the different modules

- ❖ The science of refined states of consciousness to be in partnership with the universe

**Note:** The order and delivery of the topics may vary for didactic reasons!

the relationship with the cosmos is experienced as a common  
is revealed for what it is."

Singh

## Structure and Certification

The training is structured in 3 cycles each of 200 hours. The topics will be delivered mixing and matching to integrate them coherently as an experience, as life is, rather than theoretically, intellectually and separately. That is the model of an inner education for a methodological progression of the self in the Aquarian Age.

Please note that each cycle although interrelated with the others can stand independently by itself!

This training is carried out according to standards and guidelines as set forth by KRI. After a successful completion of each cycle of the training, you will receive the certificate. The training is supported by several course books, which are approved with the seal of KRI.

Please note: This training does not substitute any of the KRI trainings or requirements to become a certified Kundalini Yoga teacher!

Prerequisite to receive the certificate is to pass the final exams within a given timeframe consisting of the following:

- ❖ Active participation in the training units (min. of 80% compulsory attendance)
- ❖ Regular individual practice at home including homework assignments
- ❖ Thesis about a topic relevant to the training
- ❖ Full payment of the training fee

## Locations, Dates, Costs and Registration

For current training dates, locations and costs as well as for free introductory meetings, please see our website: [www.sadhanasing.org](http://www.sadhanasing.org)

**To learn about our Team of Trainers see:**  
**[antervidya.com](http://antervidya.com)**



## Anter Vidya

An institution to promote the Science, vidya, of Essence, antar, in which the human realizes to be a complete cosmos in itself.



## Contact

[sadhanasingh.leadership@gmail.com](mailto:sadhanasingh.leadership@gmail.com)

[antervidya.com](http://antervidya.com)