

## FULL AND NEW MOON CIRCLES 2017

On February 10, 2017, the Full Moon Circle will begin and will take its place alongside the New Moon Circle as a regular gathering for committed students to learn, practice together and grow.

Full Moon Circle is how to go deeper.

If you feel a natural commitment to going deeper into your own practice and to working with Shambhavi, you can ask Shambhavi for permission to join the Full Moon Circle. The Full Moon Circle comprises a group of students who move together, attending a series of traditional, formal teachings and practicing under Shambhavi's guidance. Full Moon Circle participants meet as a group with Shambhavi and also attend core Jaya Kula teachings. The list of core teachings is attached below.

Group gatherings will be live-streamed. Core teachings may or may not be live-streamed, depending on the suitability of the subject matter. Shambhavi will make reasonable efforts to offer West Coast students some of the core teachings that cannot be live-streamed, but there will be instances in which students will have to travel to receive teachings and keep their commitment. When needed and when funds permit, Full Moon Circle students will be given priority for teaching fee discounts and air travel scholarships in order to offset the costs of traveling to Maine for teachings.

### Rules

- In order to join the Full Moon Circle, you must have taken Jaya Kula Foundations.
- You must have a firmly established, daily seated practice consisting of sadhana taught to you by Shambhavi. "Daily" means literally every day unless you are seriously ill.
- Students commit to attending for three years and to maintaining a daily seated practice for the duration of their participation in the Full Moon Circle.
- You must feel a natural desire to give your undivided attention into the stream of teachings offered by Shambhavi. Those students who have significant, active commitments in other spiritual traditions, or to other streams of teachings, should consider not requesting to join the Full Moon Circle. Please discuss with Shambhavi if you are uncertain about your readiness to participate.
- You may attend the required core teachings at your own pace, but you must attend all of the teachings on the list within three years.

- You commit to regularly attending Sunday night satsang. Participation in the upcoming Wednesday night Lotus Satsang for text study is recommended. Both satsangs will now be live-streamed.
- If you have already taken a core teaching, you may retake it or not as you prefer.
- The Full Moon Circle will meet five times as a group in 2017 (See dates below). Students are required to attend except in cases of a serious illness or emergency.
- Students who miss group teachings for reasons Shambhavi deems to be frivolous or not in keeping with the spirit of the Full Moon Circle will be asked to leave the group.
- The Full Moon Circle opens to new students at times specified by Shambhavi.

Contact Shambhavi if you want to participate in the Full Moon Circle.

## New Moon Circle

The New Moon Circle is a group of engaged students who meet with Shambhavi monthly to practice and study together in a less formal way. Students generally have already attended the core teachings. Participation in the New Moon Circle is by invitation only. However, students of the Full Moon Circle who complete their three-year commitment may ask to join. The New Moon Circle cannot be live-streamed.

### Rules

- Participants attend a minimum of nine gatherings a year.
- You must maintain a daily practice guided by Shambhavi.
- You must feel a natural desire to give your undivided attention into the stream of teachings offered by Shambhavi. Those students who have significant, active commitments in other spiritual traditions, or to other streams of teachings will not be invited to participate in the Full Moon Circle.
- If you have not taken all of the core teachings, you must do so as soon as the remaining teachings are offered.
- You commit to regularly attending Sunday night satsang. Participation in the upcoming Wednesday night Lotus Satsang for text study is highly recommended.
- You commit to undertaking one solo retreat per year under Shambhavi's guidance. Retreats are a minimum of three full days duration.

## Full and New Moon Circle 2017 Dates

### Full Moon Circle

All gatherings are from 2-5pm Eastern / 11am – 2pm Pacific except for the inaugural gathering.

First gathering: Friday, February 10<sup>th</sup>, 7pm - 10pm Eastern / 4pm -7pm Pacific  
(This will necessitate some West Coast folks missing a bit of their work day. Blame it on the moon!)

Subsequent 2017 gatherings:

4/8; 8/5; 9/9; 11/11

### New Moon Circle

1/28; 2/26; 3/25; 4/22; 5/20; 6/24; 7/22; 8/19; 9/16; 10/28; 11/18

## JAYA KULA CORE TEACHINGS

Jaya Kula Foundations

Saving Shakti (should be taken soon after Foundations)

Five-Element Foundations (prerequisite to Ayurveda for You)

Ayurveda for You

Guru Yoga

Bhuta Shuddhi

Tattva Shuddhi

Quiet in the Mind

Garland of 21 Natural Precepts

Death and Dying

Sex and Relationships

Emotions and Self-realization

Kriya Yoga Foundations

Kriya Yoga of the Heart

Puja Foundations

Mantra Foundations

Shamatha meditation

Dream Yoga

Sounds of Awakening (Sanskrit)

Goddess teaching – Shambhavi occasionally offers special teachings related to the female deities of the Shakta Tantrik and Kashmiri traditions. Full Moon Circle students take at least one of these teachings.