

16 Dec' 25

→ Checking Sahajayoga presentation

HW: (1) Your description shouldn't be like you are reading text. You should be explaining in your own words

(2) When you have multiple bullet points, show one by one and describe it, so your audience know what to look at — update your notes based on this

(3) Add 'Uppy uppy' song for raising Kundalini & Bandhan

- (4) Update the Poster notes Google doc
 - full description & 5 line summary
- (5) Change video to that of 'self-realization'.
- (6) Daily meditation steps - after describing, follow those steps and meditate
- (7) Bandhan video - fix timing
- (8) Include videos directly in the presentation
- (9) Once all the changes are done, meditate and then record the whole presentation at once, in that meditative state.