

The 10 Steps of QUP

1. The Unique Nature of your Body Mind - How you think, feel and do?

Who you are as a limitation? When the infinite incarnates as a limitation in you... How you are hardwired to operate in the world. What was your childhood setting, while growing-up? What are your fixated behavioral styles? And much more...

This step includes New-Age Astrology, Enneagram, Psychology Questionnaires, Investigative Contemplation

2. What you want? Finding your Root Desire.

To find out your real driving force, motivations and desires. In this step, we will discover your motivations behind what you do. Whether what you do is aligned with what you want and need? You will learn to prioritize in life and to differentiate the essential from the non-essential. And most important - Finding and understanding the root desire of man and your root desire in particular.

This step includes Law of Magic, Alien Exercise, Discovering your WORD, Prioritizing in life.

3. What you Believe? Finding your Program/Software

To find out the beliefs, thoughts, ideas that are dear to you and at the same time to know their limitation. The goal is to arrive at a state of absolute freedom from all belief systems. Belief is the barrier for every scientist, seeker and investigator alike. Digging out these layers of beliefs, exposing them and eradicating them from our worldview frees us for the first time to experience life freely, unchained and spontaneously in the present moment.

In this step participants will also find their bio-program/bio-software, which is the source of all individual thoughts, emotions and actions.

This step includes Investigation through questionnaires and exercises, Introspection, Objective Analysis

4. The Search Ripens - Investigate, Doubt, Seek, Question

Getting rid of the taboo against knowing who you are. Digging into mind-stuff, asking the fundamental questions of life. This is where you are getting set to accelerate the most important journey of your life. The truth is - there are no ready-made answers. The questions must be yours and the answers too. Only then, can they awaken you. In this step, introspective investigations and guided visualizations are used to get positive results.

This step includes Questioning Tools, Exercises for Rediscovering the Sense of Wonder, Contemplation, Parallels between modern Science and Mysticism, Scientific facts and their limitations.

5. Emotional/Mental/Physical Unburdening

Unburdening the body-mind organism of repressed emotions, stress and mental garbage. Emotional, mental and physical unburdening is an essential step before we hit the highway!

Suppressed feelings of rage, anger, resentment and accumulated stress are proven to create many psycho-somatic imbalances, health complications, besides making us easy prey for banes such as fatigue and depression... This step will ensure that you unburden and let-go of many unwanted emotions, memories and hangovers – take an emotional/mental bath, so to say, and come out clean for a new innings!

This step includes Dance Therapy, Catharsis, Self-Talking, Who am I?, Scream Therapy!

6. The Highway of Meditation – The Ending of Confusion, Knowing what Meditation points to.

Knowing that Meditation is the highway to fulfill all root desires. Learning to switch-off and send the mind on a holiday. Experiencing meditation, relaxation and silence. Knowing the importance of practice. The road to authentic seeking.

We have done enough ground-work and now it's time to hit the highway. Yes, it is said rightly – meditation is the highway to peace, silence, love and joy. Just a slight shift in gestalt is needed, a little change in the way you look at things and you can see colors like never before. In this step we come to know what it means to be at ease and peace with oneself and to be joyful without a reason!

This step includes Meditation: Various Techniques including Vipassana, Zazen, Boketto, Fura Fura, Guided Relaxations.

7. Nature of Body Mind Organism – How it Functions?

Finding out the true nature of the body-mind. Looking, studying, understanding this bio-machine and how it functions? And why there's no problem with that and nothing to worry!

The Body-Mind is a bio-machine and we want to see and study how it functions. The thoughts and emotion-thoughts it creates in different situations. How the body and mind is one organism – one subtle and the other gross manifestation of the same reality. And we do this study objectively, without getting involved. Just seeing the facticity of things and experiencing inconceivable freedom in return.

This step includes Reflective Exercises, Meditation/Mindfulness techniques, Focusing Exercises, Objective Analysis.

8. Know Thyself: Awareness Intensive

The ancient adage stands the test of time. To those, who think they are what they think, feel or do, I wish best luck! To others, the mystery starts here. In the first step, we already saw who you are as a limitation. Good. Now, it's time to know whether you are anything more than the limitation - the aggregate of flesh, blood, bones, thoughts, emotions, sensations?

This step includes Awareness Intensive Exercises, Practicing methods from different forms and schools of meditation, Meditation in Activity, Paradox Exercises.

9. The Pathless Path – Conscious Choice, The Background

Now you are officially a seeker of truth, silence, beauty and love. And now is the time to live this romance and your love affair with existence and to have non-stop access to your own inner peace sanctuary.

The path is your journey in time – your experiences, understandings, insights, conclusions, epiphanies! It is a metaphor. A beautiful one. When a seeker enters the highway of meditation, the path becomes the pathless path! It becomes as unpredictable as an electron! It winds and wiggles and straightens and returns...

Yes, the path can be painful and frustrating and long... But, if your search is authentic and you want to know what is true just like a thirsty man wants water in a desert; then every path reaches the cliff! This is where QUP strives to bring you in the end – the cliff of peace, joy and understanding.

This step includes Exercising Conscious Choice, Picking up Favorite Meditations and practicing them, 'The Knack' of Slipping into the background, The Art of Valuing 'What is'.

10. Quantum Knowing

Coming to the cliff – to a point in your life wherefrom you are ready to take, what they call in Zen, the last jump. The lesser said, the better. When we reach here you'll know.

This step includes amongst others - Zen, Zazen, Boketto, The Art of Doing Nothing.

Program Fees/Details/Requirements

1. The course will **start with an orientation meeting of 3 hours** on a decided date and time between Shivam and the participant.
2. Afterwards, there shall be **2 personal meetings with Shivam, every week for 2 hours**, also mutually decided, during the duration of this course.
3. A participant needs to **take out minimum 2 hours every day from their personal time** for the duration of this course.
4. The course **requires total commitment, continuity and intensity** of a participant to **see it through till the end**. Only in case of emergencies can the course be deferred and continued later.
5. The **cost** for doing the **whole program** (10 weeks, 21 meetings) in one go is **INR 65000/-**. If a participant wants to defer it into 2 parts of 5 steps each then it will cost INR 35000/- each. And if a participant wants to defer the course into 3 parts then the course fee is as follows – 1. First 3 steps – INR 23000/- 2. Next 3 steps – INR 23000/- and 3. Last 4 Steps – 29000/-.
6. The course intends to help you to wake up and **reach the peak of your spiritual journey** – and it gives you all the insights, understandings and tools for that. It is essential that you **start with an open mind, an empty mind**.

I'll like to tell you a story here. There was once a great mathematician and writer P.D. Ouspensky. He had already written, arguably one of the greatest books ever in the history of mankind, Tertium Organum. Searching for a master, he reached the door of G.I. Gurdjieff. Gurdjieff was a mischievous master and he gave Ouspensky a few empty sheets of paper and asked him to write on them – what he knows; all that he knows. He gave him three hours to write. Ouspensky sat there staring at the empty sheets of paper for a whole 3 hours. He could not bring himself to write a single word. When he came out, Gurdjieff asked him – 'so, what do you know'. Ouspensky replied – 'nothing'. Gurdjieff smiled and said – 'now that's a good start.'
7. This program is **progressive and transcendent in nature**. What that means is that as we go along from one step to another we'll learn and integrate on one hand and transcend and include on the other. **Every tool we'll be using would be dispensable/disposable**; it would be either like a thorn that is used to remove another thorn or a boat that needs to be left behind after you reach the shore.
8. This is a life-transforming program. It is a quantum leap; it **takes you straight to the point, from where truth is easy and simple and you can wake**

up! This program **culminates in Zen**, which doesn't go about and about things, but comes straight to the point of truth! Zen is the end of becoming, it is the end of seeking and the end of confusion; it is an experience beyond experience and a space where nothing happens. Zen is the last frontier. It doesn't wait. It regards each human being as supremely intelligent and points you to the truth right now and right here.

9. The **methodology** we'll be using during the whole process is **scientific**. And for this, as I already hinted, the participant has to keep his/her beliefs, opinions, ideas, speculations etc out of the way. Whatever you know, you must keep aside. Whatever you believe, you must ignore. Only then is it possible to see things directly without the prism of your mind. Your best thought is your biggest hurdle! Truth is impartial. It doesn't change with our thoughts and feelings and doings. It stays. It is. And the scientific way is the best way to know it. It is a **no-nonsense, direct, factual and simple approach**.

10. This program is not a retreat or workshop. It is a personal coaching program with **the aim of integrating life's most important understandings and insights into daily, ordinary life**. Truth, joy, peace... need to be experienced in the midst of chaos, during emotional storms, despite a moral crisis and beyond this body-mind. This program is truly revolutionary - without going anywhere, doing your job or daily chores with the same routine and same people - right here and now, it helps you to wake up! It frees you from doctrines, religions, dogmas, gurus, philosophies, beliefs... so that you can know the naked, unadulterated, pure truth!

11. The pace of collective evolution and the growth of information technology, has made it **possible for contemporary man to experience the life-long journey of a seeker in a program of 10 weeks!** Quantum Understanding was not possible a decade ago. But today it is. Today, more and more people are getting ready to wake up and live their true potential.