



*THERE IS A VERSION OF YOU THAT IS NOT AT THE
MERCY OF YOUR CIRCUMSTANCES*

ENLIGHTEN

**A 12-WEEK GUIDED JOURNEY TOWARD YOUR
TRUE SELF**

**THE STEADY, CLEAR AND ALIVE YOU
THAT WAS ALWAYS THERE**



*Weekly live sessions via Zoom
Guided practices and meditations
In-depth notes and video teachings
Private WhatsApp group for ongoing reflection and
support*

*A PSYCHOSPIRITUAL FRAMEWORK COMBINING
THE HIGHER LIMBS OF YOGIC PRACTICE,
KABBALISTIC WISDOM, AND THERAPEUTIC DEPTH.*



ENLIGHTEN

FROM REACTIVITY TO INNER AUTHORITY

Enlighten is for those who sense they are living at some distance from themselves. Maybe not in crisis, but not fully at home either. They want a deeper quality of aliveness, connection, and inner ground that does not shift with circumstances.

You are naturally self-reflective.

You may have studied and practised for years through yoga, meditation, or other paths of inner or spiritual work.

You are interested in self-development, but the gap between knowledge and emotional stability remains. You feel reactive at times, relationships are strained, the world out there is uncertain, and there is a quiet sense of not knowing where you are heading.

Humanity is at a crossroads, and you are in it too.
So what do we do?

There is another way to meet life. You can sense it already.

You just need guidance and consistency for it to fully land.

You even wonder if life itself is trying to tell you something, and whether reality will shift once you learn to see it more clearly from the inside out.

Enlighten is about seeing your truest self clearly enough to live as what you already are in your deepest essence.

This structured 12-week inner work roadmap will develop that capacity, and the tools will stay with you for life, continuing to elevate your consciousness and the reality it shapes.



RAJI DEVA ELIJAH

OUTCOME



- *Steady inner calm and presence*
- *Understanding of your patterns and how to shift them with clarity and precision*
- *Connection to yourself, leading to a sense of direction and purpose*
- *Real agency, being the cause rather than the effect*
- *Access to deeper states of fulfilment that are independent of outer circumstances*
- *A more integrated and alive spiritual practice that draws on everyday experience and stays with you for life*
- *A healthy mind in service of your deepest nature*



RAJI DEVA ELIJAH

FACILITATOR



RAJI DEVA ELIJAH B.A.

Raji is a counsellor, therapist, yoga teacher, and practitioner of Kabbalistic wisdom, with over thirty years of dedicated practice, study, and clinical work.

Her path began with a profound lived experience. At twenty-one, during travels in India, she encountered a prolonged three-week period in which the ordinary stream of thought became unexpectedly absent. What remained was a state of luminous, unbroken presence and infinite fulfilment.

After returning to ordinary consciousness, she devoted the next thirty years to understanding what she had touched. Moving through the full range of human experience, travels, career, relationships, and motherhood, that encounter remained the northern star of a lifelong dedication to building a path toward self-realisation, lived from within the fabric of everyday modern life.

What she brings to this work is a deep knowing that beneath the patterns, the reactivity, and the noise of the so-called outer reality, there is an infinitely more conscious, alive, and authentic Self waiting to be met.

Her work is devoted to creating the conditions for that meeting.





RAJI DEVA ELIJAH

THE PROCESS:

We meet once a week for seventy five minutes via Zoom, in a small, intimate group of around twelve participants. Sessions will be recorded.

Each week builds on the last, guiding you through a structured progression of inner development that combines teaching, guided inquiry, group work, and experiential practice.

Between sessions, in-depth notes and video teachings keep the work alive during the week.

Tailored guided meditations and practices give you direct tools for daily life, and a private WhatsApp group holds the space for ongoing reflection and support.

The approach combines psychological depth with practical spiritual principles and existential laws drawn from eastern traditions, precise, time-tested tools for working with awareness and intention, applied directly to your everyday life.



Through consistent practice, what begins as insight becomes a lived experience.

What was once a reaction becomes a conscious choice.



RAJI DEVA ELIJAH

OUR JOURNEY

Phase One: **Landing in Trust and Certainty** (Weeks 1 to 3)

You build a fundamentally different relationship with life itself.

Not blind optimism, but a genuine knowing that everything arising in your reality is here to elevate you. When this settles, challenges become the very material turned to gold, and your experience moves from separation to unity, chaos to clarity.

Phase Two: **Becoming the Cause** (Weeks 4 to 6)

You learn to recognise the difference between operating from lack and fear and operating from genuine inner fullness. This is where real agency begins, not the agency of controlling the outside but of changing the inner signal that shapes how life presents itself. Through psychotherapeutic tools, including parts work and different nervous system regulation techniques, you learn to identify your triggers, sit with discomfort, and meet yourself precisely where your highest potential waits to be unlocked.

Phase Three: **Restriction and Stillness** (Weeks 7 to 9)

You practise the sacred pause between impulse and action, withholding, purifying attachments and instant gratifications, and redirecting from egoic needs into genuine giving.

You begin to master the law of karma, that every conscious action becomes a force that shapes your reality.

Through the higher limbs of yogic practice, you enter deeper communion with your true nature.

Phase Four: **The Only True Relationship** (Weeks 10 to 12)

You embody the sense that you are held within a larger infinite intelligence and that you are in a living relationship with it.

You take events less personally and more directionally, as precise invitations toward the areas where your inner work is most significant. Now you have purpose, meaning, and a frame that keeps you anchored connected and truly alive.

You are home in yourself.



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THE APPROACH

This program draws from three distinct sources, each offering something the others cannot.

Psychotherapy: *A contemporary evidence-based approach to psychological and emotional well-being. Through trauma-informed practice, it supports the nervous system, develops self-awareness, and cultivates a more compassionate relationship with oneself. It provides the emotional foundation from which all deeper inner work can unfold safely.*

Yoga *is one of the world's oldest paths toward oneness or self-realisation, originating in ancient India and well established in the West. Its disciplines of meditation, concentration, and self-inquiry, the higher limbs, train the mind to settle and turn inward, developing the capacity for sustained presence and direct experience of one's own true nature.*

Kabbalah *is a wisdom tradition originating in ancient Israel. It understands the human being as a vessel designed to receive the Light of the Creator — the goodness and fulfilment that is our inherent purpose. Its practice refines character through conscious inner work and trains the shift from self-centred ego toward genuine giving and connection, what Kabbalah calls affinity of form with the Creator. Daily life becomes the primary arena for this work.*



Together, these three form a complete psychospiritual path, one that is emotionally honest, spiritually rigorous, and grounded enough to live in the real world.



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INVESTMENT

12 weeks / \$73 AUD per week

Paid in full: \$880 AUD
(approx. \$590 USD / €520 EUR)
before commencing

Payment plan:

Two payments of \$484 AUD
Payment plan: +10%
#1 payment before commencing
#2 payment by week 6

Limited to 16 people

A brief call may be arranged for new participants to ensure the program is a good fit (not required if referred through a yoga space)

**Dates are arranged to suit the group
Reach out to discuss and reserve your place**

**Email: mpenlighten@gmail.com
WhatsApp: +61 418 699 925 *text first***



Additional information:

WWW.DEVARAJE.ORG

WWW.KABBALAHYOGAINSTITUTE.COM



Please note that this program is designed for personal and spiritual development and is not a substitute for clinical treatment. It is not suitable for those currently experiencing acute mental health challenges, trauma processing, or substance dependency. If you are unsure whether this program is right for you, please reach out for a conversation.



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SHOWING UP

This work unfolds progressively. Each session builds on the last, and the full benefit comes to those who attend consistently, engage actively, and commit to the practices between sessions.

Arriving a few minutes early, ensuring Zoom is working, and being present and open make a genuine difference – to the quality of your own experience and to the group as a whole.

This is a space for honest self-inquiry and creating a shared vessel with the group for the deepest transformations.

The group is held with care and confidentiality. What is shared in the space stays in the space, and that trust is what allows the work to go deep.

A private WhatsApp group keeps the community connected, offering a space for reflection, shared practices, and ongoing support throughout the twelve weeks.

If you show up consistently and bring your genuine self to the process, this work will meet you there.

