

June 14, 2023

[Edited audio](#)

[Meditation on luminosity](#) (10 min)

[Somatic inquiry into a cell – childhood stress or distress](#) (27 min)

[Kirsten](#) (10 min)

[Marijana](#) (6 min)

[Emma](#) (1 min)

[Perception of space](#) (7 min)

[Speak within the jewel of the throat chakra](#) (4 min)

[Previews: sessions 4 & 5](#) (4 min)

[John](#) (1 min)

[Meditation: truth resonates and reverberates & closing](#) (9 min)

Click on Zoom link for downloadable recordings (good for 30 days)

https://us02web.zoom.us/rec/share/B7BldLmCB-4WWFau4gt5GBRGw60pq7sc0sb3FhndyMTXZu_nJj7rjlQfzjc76IY._sC6ZLvPVBxJWP5y?startTime=1686762505000