

June 7, 2023

[Meditation – wherever there's suffering, compassion arises. Let uncried tears flow to the ground, flowers bloom \(14 min\)](#)

[Meditation – nonduality – made of fundamental consciousness, simultaneously human \(5 min\)](#)

[Meditation – integrating and deepening qualities of awareness, physical sensation, emotion through core points\(14 min\)](#)

[Garland of connections – word or phrase, gesture, gestured mirrored back in this felt sense of kinship \(15 min\)](#)

[PhD integral consciousness – white supremacist norms and consciousness – disconnect, forgetting, protective patterns \(7 min\)](#)

[Somatic inquiry – safety, trust, connection, respect – integrating our humanness into fundamental consciousness – body, heart, and mind\(14 min\)](#)

[Q A compassion, pleasureable ease – human experiences we access as we integrate our humanness into fundamental consciousness – our suffering not dominant – and we're free \(4 min\)](#)

[Spiritual practice – unbinding ourselves from being 'good girls' \(1 min\)](#)

[Q A Katherine – client – erratic strong heartbeat – huge rush of energy – can you be with that experience say 'no' , Andi – direct path, stages \(12 min\)](#)

[Closing – let core points sing to you \(4 min\)](#)

[Zoom recordings](#) – downloadable for 30 days