

July 1, 2023 Optional bonus reflections and preview session (90 min)

Zoom recordings (downloadable for 30+ days)

[https://us02web.zoom.us/rec/share/CDLR-5S82zWUEfyUVpY8L3KlojZhncU5Ruo4NqfZ9\\_oPgNaWsv9uTaYShnn3zev3.pr0-mDBI1-oJUwxM?startTime=1688229572000](https://us02web.zoom.us/rec/share/CDLR-5S82zWUEfyUVpY8L3KlojZhncU5Ruo4NqfZ9_oPgNaWsv9uTaYShnn3zev3.pr0-mDBI1-oJUwxM?startTime=1688229572000)

Opening meditation (3 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/Opening-meditation-Embodied-Presence-3-min-1.mp4>

Reflections on sessions 1-5 (edited for conciseness) (12 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/Video-excerpted-Reflections-on-sessions-1-5.mp4>

Glimpse at lesson planning with Kishore & Michelle (Experiencing Delight) – sorry that the shared screen glimpse doesn't show up but you perhaps can get a sense of things and we can look together at a later date - we planned each segment, practiced their segments, and hit almost every minute marker (2 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/shared-screen-no-visuals-Experiencing-Delight-lesson-planning.m4a>

Here's an explanation of how I gather quotes on Kindle – these quotes on Wholeness are in our portal – and what's really important – a brief explanation and direct experience with a somatic inquiry – make sure you really understand this – and operationalize it in your life ☺ (5 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/Preview-wholeness-quotes-somatic-inquiry-practice-and-explanation-4-min.mp4>

Practical information – when you're ready to share an offering publicly, you can submit it to Judith to put on her website and in her monthly newsletter (1 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/Get-your-offerings-on-Judiths-website-and-her-monthly-newsletter-1-min-1.mp4>

An overview of the planning (2 meetings thus far) with Michelle and Karen (13 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/Autumn-Unity-class -Whole-and-Human-with-Michelle-Karen-overview-of-our-process-and-the-series-including-Artificial-Intelligence-advice-13-min.mp4>

Summer work: Mediate daily (I go over the written directions on our portal with some additional guidance) (12 min)

[https://www.romahammel.com/wp-content/uploads/2023/07/Meditate-daily-Library-portal-purpose-of-practices-questions-spiritual-guiding-repairing-relationships-4-5-x\\_hr-resolving-conflicts-12-min-1.mp4](https://www.romahammel.com/wp-content/uploads/2023/07/Meditate-daily-Library-portal-purpose-of-practices-questions-spiritual-guiding-repairing-relationships-4-5-x_hr-resolving-conflicts-12-min-1.mp4)

Summer work: Read for a purpose (3 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/Reading-for-a-purpose-burning-topics-selecting-relevant-quotes-3-min.mp4>

Summer work: Courageous acts (1 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/Courageous-acts-1-min.mp4>

Summer work: 4 very short articles and questions to reflect upon and share in your study groups

<https://www.romahammel.com/wp-content/uploads/2023/07/Summer-short-articles-with-questions-healing-process-role-of-therapist-summer-study-groups-ask-for-what-you-want-1-min-1.mp4>

A preview of where we go in the fall – including examples of ‘burning questions – and how affinity groups get formed – and concerns about time zones and time for adequate preparation for the “live healing sessions” sessions 10-12 (8 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/Sessions-6-10-bonus-session-for-reflections-burning-questions-affinity-groups-live-healing-sessions-10-15-minutes-per-group-concerns-about-time-zones-preparation-8-min.mp4>

burning questions shared today – very confidential (19 min)

<https://www.romahammel.com/wp-content/uploads/2023/07/Burning-questions-today-7.1.23-very-confidential-19-min-2.mp4>

