

Mentoring Level I Sep20, 2023

[Meditation – breathing in the thigh bones, substantiveness, refined attention, energies begin to flow, we have a choice, quiet dignity, empathic ground](#) – 25 min

[Louise, Kirsten, Susan – Healing trauma](#) – 40 min video spotlighting them

[Two categories of trauma – Louise](#) – 3 min

[Foundational grounding meditation – Louise](#) – 8 min

[Freeing bound constrictions meditation](#) – Kirsten – 7 min

[Gifts of Inhabiting the body meditation](#) – Susan – 4 min

[Q/A and Reflections – in three parts](#) – 22 min

[Baby falls in the wall, rescuer and baby drown, rescuer gets help but still baby and rescuer drown, rescuer gathers resources from the community, and everyone survives](#) – healing schisms within us – healing schisms in consciousness at deep levels – 9 min