

Mentoring Level I September 13, 2023

[United audio](#)

[Self assessment of your experience in nondual healing sessions](#) (1 min)

[Group attunement to the qualities of fundamental consciousness](#) (10 min)

[Core to core attunement](#) (11 min)

[Group attunement to the qualities of fundamental consciousness](#) (9 min)

[Q/A seeing is by sensing - grounding inhabiting the lower half of your body, more space inhabiting your head, more tenderness inhabiting your heart - the core is the integrative center of our body - go down from crown pearl by pearl](#) (14 min)

[John and Diana](#) 10 min)

[Feeling the loss and holding Ruth](#) (1 min)

[Internal weather states](#) (7 min)

[How we started and how this all fits togther](#) (9 min)

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