

Mentoring Level I Session 10 October 4, 2023

[Audio](#)

[Video](#)

[Opening meditation – presence – vibrating, resonating, core points, subtle circuitry](#) (11 min)

[Laura – Creativity](#) – Video (22 min)

[Laura – guided meditation](#) (9 min)

[Laura – Q/A dialogue](#) (11 min)

[Diana & John – autonomy – attunement](#) Video (31 min)

[Diana & John – Q/A/dialogue](#) (10 min)

[Diana & John’s video clip for presentation 10-3-23 \(confidential – for your eyes/ears only\)](#) (13 min)

[Q/A creativity, relationships](#) (10 min)

[Guidance for study groups, 10-minute personal ‘burning topic’ teaching talk](#) (10 min)

[Meditation – core points, central channel, subtle circuitry, spine, head, front of body, resonating, shimmering, silkiness, cells receiving](#) (7 min)

[Zoom link downloadable till Nov 15](#)