

Mentoring Level I bonus session Oct 11, 2023 (all videos)

[See-feel practice with 2 groups \(25 min\)](#)

[Being with Susan \(3 min\)](#)

[Reflections on past five weeks and topics for Teacher Talks – Andi, Katharine, Laura, John, Susan, Louise, Kirsten, Ardith \(28 min\)](#)

[Feeling diffuse, core, open heart; Ardith – grounded challenging emotions; Kirsten – depleted resourced John – relationships – feedback \(16 min\)](#)

[Meditating – center of the earth, depth of contact with yourself and others, cohering into the midline, crossing the midline \(15 min\)](#)

[Moving through space, crossing the midline, planes of existence \(3 min\)](#)

[Negative chakras, how we inhabit our body shapes the world \(8 min\)](#)

[Ardith - receiving - meeting myself \(1 min\)](#)

[Group practice – how sensing other people in the field affects us – confusion, frustrated, boomerang, annoyance, helplessness, disorientation, feeling 'safe' by 'leaving' \(19 min\)](#)

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Sorry – folks, my Zoom recording didn't work at all, but you can find the entire video in gallery view - thanks to Katharine! 😊