

Mentoring Level I – November 22, 2023

[Meditation – being to being contact, receiving love \(22 min\)](#)

[Protective strategies – blocking off receiving love in relationship, flattening and segmenting, switching back and forth between two central channels – as a spiritual being and as disentangled \(different from oscillating in and out of fundamental consciousness \(6 min\)](#)

[Q/A – self, presence, stillness, emptiness, receptivity, two central channels, beingness, oneness \(17 min\)](#)

[Snowsuits that are all warm and comfy – relating being to being – receiving love everywhere in your body 1 min\)](#)

[Receiving love everywhere in your body is an experience of being accepted, and more than that, of being valued \(1 min\)](#)

[Louise – using the breath as a vehicle for enlightenment \(23 min\)](#)

[Diana – the mystery of the co-existence of self, personality, and fundamental consciousness \(27 min\)](#)

[Margaret – full presence, motherhood, objectifying and destroying ourselves \(24 min\)](#)

[Laura – what a blessing \(1 min\)](#)

[Downloadable Zoom link active till Dec 31, 2023](#)