

PRACTITIONER TRAINING PROGRAM TELECONFERENCE DATES, TIMES, REGIONS AND TOPICS 2012

The teleconference dates, times and topics are listed below for the Practitioner Training Group.

Please record them wherever you need to in order to remember them. *Remember*, when you have signed up for the training, you will be charged for four teleconferences, whether or not you attend. So, clearly, it will be best for you to get the benefits by attending.

MP3 recordings of all sessions are available. Trainees find these valuable for listening to their own sessions again and to the ones they don't attend in each pair. They hear many things they missed. (The cost is A\$20.00.)

GUIDELINES

General

1. We recommend that you choose to attend a particular sequence of teleconferences, the ones specifically for geographical area, for example. You are then more likely to have continuity in what you are learning and will be able to build relationships with others in the sessions more easily than if you move around a lot.
2. You are welcome to attend the other sessions, too. You will be charged for any extra sessions as we have to pay our costs for your attendance. Many trainees are already aware of the richness that is available through the multi-national quality of these sessions.
3. If you are unable to attend a session in the sequence you have chosen, please feel free to make up that session in any of the others, if it is paired.
4. The times are organised as much as we can so that you will be able to attend. Time differences largely dictate what is available.

Communication

1. When you want to talk, say your name first, so others know who is talking; for example, "Ken here. I'd like to say ..."
2. When you wish to reply to someone else, use your own and the other person's name; for example, "Ken here. Elizabeth, I was wondering ..."
3. When anyone asks a general question, especially the leaders, please answer verbally; for example, "Does anyone have anything more to say on that issue?" Answer, "Yes/No". Because we can't see each other, nodding and shaking the head, smiling or scowling have little communication value.
4. Have as much fun as you can.

The Awakening Network Inc.
PO Box 271, Seymour,
Victoria 3661, Australia;
Int. Tel.: +61 3 5799 1198
Fax.: +61 3 5799 1132;
Email: contact@awakenw.net ;
Website: <http://www.awakeningnetwork.net/>
Website Shop:
<http://www.awakeningnetwork.net/shop/index.html/>

PRACTITIONER TELECONFERENCE DETAILS FOR 2012

DATES, TIMES, REGIONS AND TOPICS

Dates	Australia	New Zealand	UK	Western Europe
Session #1: April 17 th April 17 th	3.30 to 5.00 pm 6.00 to 7.30 pm	5.30 to 7.00 pm 8.00 to 9.30 pm	6.30 to 8.00 am 9.00 to 10.30 am	0730 to 1000 1000 to 1130
Session #2: June 5 th June 5 th	3.30 to 5.00 pm 6.00 to 7.30 pm	5.30 to 7.00 pm 8.00 to 9.30 pm	6.30 to 8.00 am 9.00 to 10.30 am	0730 to 1000 1000 to 1130
Session #3: August 21 st August 21 st	3.30 to 5.00 pm 6.00 to 7.30 pm	5.30 to 7.00 pm 8.00 to 9.30 pm	6.30 to 8.00 am 9.00 to 10.30 am	0730 to 1000 1000 to 1130
Session #4: November 20 th November 20 th	5.00 to 6.30 pm 7.00 to 8.30 pm	7.00 to 8.30 pm 9.00 to 10.30 pm	6.00 to 7.30 am 8.00 to 9.30 am	0700 to 0830 0900 to 1030

Note: These times have been calculated with the end of DST in Australia on 1th April, 2012, and the start of DST 7th October, 2012; with UK and Western Europe start DST on 25th March, 2012 and it ends on 28th October, 2012; and NZ starts DST on 30th September and it ends on 1st April, 2012.

TOPICS:

Session #1: Living Meditatively: For at least a month before Session #1 use the following practice regularly every day. Cultivate dual attention: awareness of what you are doing (grounding) as you use a meditation such as mantra meditation or opening your heart. Initially you may alternate these, moving from one to the other. The overall goal is to do them together and for your experiences of each to be completely integrated and at one with each other. *Report your experience in Session #1.*

Session #2: Being Fully Present Now: Practise being in the I-Am-here-and-now, free of memories and fantasies of the future. Do this by cultivating ongoing awareness of your bodily sensations, whatever else you may be aware of. Also, accept whatever you are thinking and feeling by relaxing into their physical effects in you; open up and absorb them physically (stay grounded). If you become aware of the future or past use relaxation to allow your experiences to take their own course. Report your experiences in the Session #2.

Session #3: Exploring the Unifying Meditation: At least one month before Session #3 sit and listen carefully to the introduction of the *Unifying Meditation*. Contemplate the meaning of each sentence. Then play the meditation itself and again listen to the meaning of each instruction. There is no need to do anything except this. Seek to understand the introduction and what the instructions in the meditation are seeking to reveal or release in you. Do the meditation every day, too. Report your findings at Session #3.

Session #4: Mastering the Creative Release Meditation: Follow the same instruction as for the Unifying Meditation above. Take time to contemplate the introduction and instructions. Also, read the notes on *Manifestation* that were sent to you in the email announcing these subjects in January this year. The meditation is about manifestation, about energising our worlds so they release to us what we are imagining. Do the meditation every day for a month. Report what you experience to Session #4.