

MASTER PRACTITIONER TRAINING PROGRAM TELECONFERENCE DATES, TIMES, REGIONS AND TOPICS 2019

The teleconference dates, times and topics are listed below for the Master 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. We will charge you A\$90.00 per session for our teleconferencing and other costs.

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 not be charged for any extra sessions as a bonus for your participation in the program. 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. You are expected to do the exercises for each teleconference from the end of the previous until the next one. These are daily exercises, too.
6. Not doing the home practice lets everyone down, including yourself, and slows your learning significantly.
5. Have as much fun as you can.

MASTER PRACTITIONER TELECONFERENCE DETAILS FOR 2019

DATES, TIMES, REGIONS AND TOPICS

| Dates | Australia | New Zealand | UK | Western Europe |
|--|------------------------------------|-------------------------------------|-------------------------------------|------------------------------|
| Session #1: March 12th March 12th | 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 |
| Session #2: June 11th June 11th | 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 0900 1000 to 1130 |
| Session #3: August 20th August 20th | 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 0900 1000 to 1130 |
| Session #4: November 5th November 5th | 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 7nd April, 2019 and the start of DST 6th October, 2019; with UK and Western Europe start DST on 31st March, 2019 and it ends on 27th October, 2019; and DST in NZ ends on 7th April, 2019 and DST starts on 29th September, 2019.

TOPICS:

Session #1: *Cultivating the observer:* Notice your reactions, thoughts, responses to events, or interactions that occur in your everyday life. These may be troubling or joyous or something in between. Notice where in the body the feelings are sited. Make a note of these observations each time you notice them. Reflect on the root of your responses. What patterns emerge? What self-knowledge have you gained from this process?

Session #2: *Love:* Explore your experience of love moving from the personal love you have for yourself and others close to you and using that as a base to experiencing the Love that surpasses the individual. Centring in your heart and allowing yourself to open to your Crown centre and beyond allow the energy of universal love to permeate you and all that you are aware of. Breathe in and out the love that flows through you from the Source of Life and allow this to encompass everything. Do this meditation every day between the sessions and make brief notes about what you experience both during the meditation and in your life. What changes? How are people with you? Are there differences now that you're doing this meditation? How are you responding to the world and to the events we see every day in the news?

Session #3: *Impermanence:* 'I really cherish your approach focusing on live/aliveness so much, and this changed my life. But at the bottom of my heart, it was/is always accompanied by the wish that it lasts. Yet the other text* really stressed the acknowledgement and acceptance of impermanence. Philipp suggests that ... it would be possible to meditate on the impermanence of all things and share the experiences or insights we got from that.'

The reading I am talking about is a chapter about "Impermanence, Suffering and Egolessness" in the Audiobook "When Things fall apart" from Pema Chödrön

Session #4: *The function and influence of geography on spiritual awakening:* Identify the impact that the physical land or space you are occupying has on how you meditate, how available you are to the world, and how you relate to yourself and others in the world. Take the opportunity to move between different kinds of spaces and places, and find out what differences and similarities there are. What is the function of deserts, mountaintops, jungles and the deep sea? What is the impact of highly populated areas? How is the expanding use of Smart phones/Apps/Social media impacting our Spiritual Awakening (the good and not good aspects)?