

PRACTITIONER TRAINING PROGRAM TELECONFERENCE DATES, TIMES, REGIONS AND TOPICS 2018

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. 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.

PRACTITIONER TELECONFERENCE DETAILS FOR 2018

DATES, TIMES, REGIONS AND TOPICS

Dates	Australia	New Zealand	UK	Western Europe
Session #1: April 10 th April 10 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 0900 1000 to 1130
Session #2: May 29 th May 29 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 0900 1000 to 1130
Session #3: August 14 th August 14 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 0900 1000 to 1130
Session #4: November 13 th November 13 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 1st April, 2018 and the start of DST 7th October, 2018; with UK and Western Europe start DST on 25th March, 2018 and it ends on 28th October, 2018; and DST in NZ ends on 1st April, 2018 and DST starts on 24th September, 2018.

TOPICS:

Session #1: What next for this year? What meditations have you been doing? What results have you noticed? What do you want in you plan for the year? Discuss your answers to these questions in the first teleconference on April 10th.

Session #2: Five-minute delivery. Prepare yourself to give a five-minute delivery about one of the meditations you have selected for special attention this year. You will give this delivery in the teleconference on 29th May. Think about the major characteristics and common uses.

Session #3: You, your spiritual practice, and Awakening Network meditations: Choose any two of the meditations on the Network's list, practise them regularly each day until the session on November 13th. In Session #3 describe to the group how this meditation helps you practically and how this helps with your spiritual practice

Session #4: Practical and spiritual practice discussion: Report back to the group about your experience and conclusions with the last task. Also, report on what you have learned during the current year.