

WORKSHOP & LECTURE OUTLINES

for

Ken & Elizabeth Mellor

(For the Awakening Network Inc.)

MEDITATION PRACTICE

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ACCESSING OUR HEARTS & SOULS THROUGH MEDITATION.....	54
ACHIEVING INNER CLARITY & STILLNESS USING MEDITATION.....	44
ACHIEVING INNER PEACE, STILLNESS & CLARITY THROUGH MEDITATION.....	23
ADVANCED HEALING MEDITATIONS.....	2
ADVANCED TANTRIC MEDITATIONS.....	3
ADVANCED BREATHING MEDITATIONS.....	3
ALIVE BREATHING MEDITATIONS - Introduction.....	3
ALIVE BREATHING MEDITATIONS: Awakening Through Love and Union.....	36
ALIVE ENERGY MEDITATIONS.....	18
APPROACHING DEATH AS A CELEBRATION OF LIFE (Version 1).....	27
APPROACHING DEATH AS A CELEBRATION OF LIFE (Version 2).....	28
APPROACHING DEATH AS A CELEBRATION OF LIFE (Version 3).....	28
ASCENDING THE INNER STAIRWAY: Seven Steps to the Sublime.....	16
ASTRAL CLEANSING: Refreshing Personal Energy.....	9
ASTRAL ANATOMY – The Three Channels & Seven Centres.....	4
ASTRAL & CAUSAL ENERGY ALIGNMENT.....	2
AWAKENING LIFE THROUGH MEDITATION #1.....	1
AWAKENING LIFE THROUGH MEDITATION #2.....	53
AWAKENING MEDITATIONS.....	42
AWAKENING OUR LIVES THROUGH OUR HEARTS AND SOULS.....	58
A WORLD IN TRANSITION: Finding Security in Change.....	21
BECOMING THE STREAM OF LIFE.....	44
BEGINNING MEDITATION I.....	1
BEGINNING MEDITATION II.....	17
BEING AT PEACE WITH OURSELVES.....	19
BEING THE SELF YOU ARE AND SECURING THE SELF YOU WISH TO BE.....	58
AWAKENING HEALING – LEVEL 1 WORKSHOP.....	36
BODY AND SOUL: Pathways to complete well being.....	33
BREATHING & FULFILMENT.....	26
BREATHING MEDITATIONS.....	3
BREATHING MEDITATIONS FOR ENERGISING AND AWAKENING.....	..
CAN SPIRITUAL PRACTICES MAKE A DIFFERENCE?.....	33
CAUSAL ENERGY ALIGNMENT.....	2
CELEBRATING LIFE (long).....	27
CELEBRATING LIFE (short).....	27
CENTERING: LIVING IN THE DRIVER’S SEAT (Learning to centre in the “I” inside).....	22
CENTERING: Developing a solid sense of “self”.....	23
CHANGING THE WORLD STARTING WITH ME.....	50
CLAIMING YOUR POWER, CLAIMING YOUR LIFE.....	44
COMMUNITY AS THE GROUND FOR SPIRITUAL MATURITY.....	20
CONVERSATIONS WITH KEN MELLOR.....	43
DECISION-MAKING: Getting our priorities right.....	41
DEVELOPING OUR PRESENCE AS PRACTITIONERS: Integrating the Practical and the Spiritual.....	45
DISCOVERING OUR TRUE SELVES.....	48
DIMENSIONS OF BEING IN MEDITATION.....	15
EARTH & BEYOND.....	5
EASTER INTERLUDE.....	4
EASTERN & WESTERN MEDITATIONS:.....	1
EMBRACING THE SOURCE.....	39
ENCOURAGING CHILDREN’S SPIRITUALITY.....	21
ENLIGHTENING MEDITATIONS: Awakening Us to the Life in Everything.....	13
ENLIGHTENED MOMENTS TO ENLIGHTENED LIVES.....	17
EVERYDAY LIFE AND THE DIVINE.....	24
EXPANDING IN SPIRIT DAY BY DAY.....	56
EXPLORING MANTRA MEDITATION.....	55