

Class 101: Remarkable Mind On-Demand Event

MODULE 4

Session 1 (1:05:15)

- Focus Session: LM Candle Mirror_Work_Process_BB_Webs
(You will need 1 of your focus cards with symbol, and a blue ink marker or pen to web your face)

Session 2 (1:37:14)

Part 1:

- Instructions for next session of Fieldwork® (Start Time: 0:00)
- Focus Session: The Neighborhood Walk® (30 mins), into Fieldwork® (60 mins)
- Focus Session for those without a field: Candle Focus with your cards (Start Time: 0:42)

Part 2:

- Instructions for next session of Fieldwork® and making new cards for focus (Start Time: 0:00)
- Focus Session: The Neighborhood Walk® (30 mins), into Fieldwork® (60 mins)
- Focus Session for those without a field: Candle Focus with your cards (Start Time: 5:18)

Session 3 (2:41:21)

- Acknowledgment of students who accomplished the discipline of Fieldwork® (Start Time: 0:00)
- Introduction to Blue Body® and the symbology of Shiva (Start Time: 5:15)
- Instructions for applying Blue Webs on the body for healing and restoration (Start Time: 14:10)
- Instructions for the Blue Body® Dance and Demo (Start Time: 37:40)
- Guided Practice Run for the Blue Body® Dance (Start Time: 1:04:20)
- Focus Session: Blue Body® Dance (Start Time: 1:19:10)
- Focus Session (continued): Blue Body® animation video clip (Start Time: 2:35:00)

Session 4 (1:05:15)

- Focus Session: Blue Body® Neighbor Walk® (30 minutes)
- Focus Session: LM Candle Mirror_Work_Process_BB_Webs
(You will need 1 of your focus cards with symbol, and a blue ink marker or pen to web your face)

- CONCLUSION OF MODULE 4