ay		AM/PM	Track Description	Time	
_					
	T/P		Intro + Meditation: Life Themes/Patterns (3)	0:00	
	Prac.	AM	"Peace Prayer" (Sahana Vavatu)	0:24	
	Talk		Intro continued: Why Do The Four Desires?	0:26:00	
	Talk		Intro of Laurie Dean / Julie Reid	0:38	
	Talk		Defintions of Four Desires	0:41	
	Talk		Conversation on Themes - positive and negative, why you are here	0:48	
_	Talk Talk		Background of 4D wisdom - Bhagavad Gita - how to find way through chaos to What's Next?	0:53 1:00	
_	Talk		Explanation of "desire" / Deepest Driving Desire (DDD)/ Dharmic vs Adharmic Explanation of Thriving Moment Exercise	1:12	
-	Talk		More about Thriving Moment exercise	1:29	
-	Prac.		Meditation: Thriving Moment	1:34	
-	Prac.		Workbook p3: Write a poem about this thriving moment experience	1:50	
-	Talk	AM	Poem highlights exercise	1:53	
-	Talk	AM	The Four Desires - Purusharthas	2:17	
-	Talk		Explanation and assignment of Testimonials exercise	02:33-END	
+	Talk		Review of process up to this point and Group Sharing: how's it going so far?	0:00	
+	Talk		Discussion on DDD	0:58:00	
+	Prac.	PM	Yoga Nidra Practice	1:08	
-	Prac.		Resting in spacious awareness - asking the question - Who Am I? 3 Words	1:42	
+	Talk	PM	Discussion on writing 1st Dharma code draft	1:43	
-	Talk	PM	Writing 1st draft / Breakouts / Closing	2:20-END	
	Prac.		Opening meditation on breath - remembering intention for time with 4D - kindness to ourselves	0:00	
-	Talk		Struggles encountered during the process	0:07	
+	Talk		Breakouts into Q&A, conversation on mindfulness/cultivating awareness	1:03	
	Talk		Sankalpa Defined / category of desire to focus on when building a Sankalpa	1:18	
7	Prac.	AM	Bliss meditation, leading to Sankalpa choice	1:38	
_	Talk		Discussion on writing the Eulogy	01:58-END	
	Talk	PM	Yves' discussion on Eulogy	0:00	
_	Talk	PM	Discussion on Vikalpa	0:14	
	Talk	PM	Discussion with Nick on Vikalpa	0:42	
	Talk	PM	1st step on writing vikalpa - workbook pg 45	0:54	
	Talk		Breakouts for Vikalpa	1:05	
	Prac.	PM	Yoga Asana Practice	1:05	
	Talk	PM	Vikalpa Continued	1:27	
	Talk		Vikalpa / Dharma code refinement - discussion as antidote	1:50-END	
	Prac.		Brief opening discussion / Meditation - Self Compassion	0:01	
	Talk	AM	Vikalpha Work	0:14	
	Talk		Prep for vikalpa work in groups of 3	0:55	
	Prac.		Yoga Asana practice: Cultivate Self Compassion	0:55	
	Prac.		Meditation to Increase Shakti	1:14	
	Talk		Sankalpa - MIND Map	1:34	
	Talk		Writing Sankalpa	02:05-END	
	Prac.		Opening Meditation	0:00	
_	Talk		Q&A The empowered sankalpa	0:05	
_	Talk		How to word Sankalpa + explanation of upcoming meditation/exercise	0:17	
_	Prac.		Meditation: Revisit feeling, images, etc. related to fulfillment of Sankalpa (intention)	0:23	
4	Talk	PM PM	Refining Sankalpa - Wkbk pg. 98 + Alternative approach: "I can, I will, I must, I am"	0:30	
4	Talk	PM PM	The Secret to Achieving Your Sankalpa: Doubtlessness + Journal: list non-constructive habits	0:46	
_	Prac.	PM PM	Yoga Nidra with Sankalpa	0:53 1:29	
4	Talk Talk	PM PM	Q&A Creation Faustion (Si + Vi > Ki = PV Departure Point & Seed the Can	1:29	
4	Talk		Creation Equation (Si + Vi > Ki = P), Departure Point & Seed the Gap Exercise: Pain of Not Changing (wkbk pg. 87-88; pg. 286 in book)	2:25	
4	Talk	PM PM	0 0 10 710 7	2:25 2:46-END	
4	ıaıĸ	1 1/1	Closing Thoughts	Z.40°EIND	
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