

# Class and Lab Procedures

## **Zoom Conference Meeting Procedures**

**The “Main Classes:”** In the Tuesday classes, we generally discuss the topics on the schedule and demonstrate a technique that you will practice in the optional Thursday lab, if you choose to attend.

As a reminder, the general sequence of the teachings is for you to complete the homework ahead of each class. In the class, our intention is to take the study materials further and share our current insights on them. To receive the greatest benefit, please have your study materials available during the class.

If you are not able to complete the homework, please attend anyhow. You will still get a lot out of the class and you can follow up with the homework.

Here are some guidelines for the classes

1. Time is of the essence during the classes, so it’s important to stay on topic. We also want you to have opportunities to speak with us about anything and everything related to the program, so we have created “after hours.”

After hours starts when the formal class ends and we stay until everyone has had an opportunity to ask their questions or discuss topics that are on their minds. If something comes up that you want to discuss privately, you can also email us or call us.

2. In the Tuesday classes, we open the presentation for your input, questions, or comments periodically and greatly appreciate your input. When we open the discussion for your input, please raise your hand if you have a question or comment.

If you are on video mode, you can physically raise your hand. If you are on audio just introduce yourself by name and let us know you have a question or comment.

3. Between these input times, please avoid interrupting the flow of the presentation unless there is an urgent reason to do so so we can stay on topic.
4. Remember during the class that if you have questions and comments that don’t fit into the specific subject or questions that might take extra time to address, we are happy to discuss them during after hours.
5. As you may realize, demonstration time is limited and our main purpose is to demonstrate the techniques. Wonderful healings can occur, though in many cases, we would take more time with actual clients if time had permitted.
6. If you are repeating the course, you may be familiar with most of the topics of discussion. You may also notice things you missed the first time. You also have an opportunity to observe our teaching techniques for your future teaching endeavors.

7. By being intentional and staying on subject, we also are operating from the kings of centers. This energy creates the most awareness and effectiveness.

For some people, we know that training yourself to stay on subject is a challenge. It's easy to wander and just speak out whenever you feel like it. But over time, you can train yourself. It then becomes easier to remind yourself to focus on the teaching at hand and ask questions/make comments at the right time. It will pay big dividends in your personal and professional growth.

**“After Hours:”** At the end of the formal class and lab, we generally hang around as long as someone is there and have an open discussion. It's informal, so it's a great time for discussing questions that come up in practice sessions, questions about your next steps, etc.

**The Thursday “Practice Labs:”** In the labs, we present information about the process you will practice with a partner or group of three. It's generally less formal than the Tuesday classes, so it's a good time to discuss questions you might have about the different techniques. Then we demonstrate the process and provide an opportunity for you to ask any questions you may have before you practice. As with the Tuesday class, you will get the most out of the lab if you have familiarized yourself with the process ahead of time. Please have your study materials available for the lab.

1. For the Thursday practice lab, also remember to stay on topic during the lab and use your valuable time together practicing wisely. You can use after hours for more detailed questions and to discuss anything and everything related to the program.
2. Some powerful healing often occurs in the labs, but as you know, the time is limited and the main purpose of the labs is to master the techniques. In some cases, you might want to follow up personally with each other to go deeper with the processes and to delve into more personal areas in an environment where you have more time and privacy.
3. We realize that when first learning some of these processes, it can be a bit awkward. This is the reason practice is so important. Know that it does get easier over time.
4. In the labs, it's best to follow the given steps of the process you are practicing. The process is usually in writing. Also avoid inserting other approaches or ideas at this time. Overall, we think you will find that it will help you and your partner benefit the most.
5. As you practice on your own, you will become more fluid in mixing and matching techniques (the ones we teach and others you have learn).
6. Those who are taking or have taken the Life Purpose Course may also appreciate these areas we consider in our work. In practice sessions, be aware of momentums (jacks of centers). Also be mindful of flipping from one subject to another (queens of centers). Yes your client/practice partner might go into momentums and flip around, but you as a practitioner can gently guide him or her to stay on the issue at hand, following the given steps of the process.