

PRACTITIONER TRAINING PROGRAM TELECONFERENCE DATES, TIMES, REGIONS AND TOPICS 2008 & 2009

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 five teleconferences, whether or not you attend. So, clearly, it will be best for you to get the benefits by attending.

MP3 recordings of all sessions are available. Trainees find these valuable for listening to their own sessions again and to the other sessions in each pair, the ones they don't attend. They hear many things they missed. (The cost is A\$20.00 per pair.)

GUIDELINES

General

1. We recommend that you choose to attend a particular sequence of teleconferences, the ones specifically for your 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 be charged for any extra sessions as we have to pay our costs. 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. You have paid for a session and you are welcome to "collect".
4. The times are organised as much as we can so that you will be able to attend. Two sessions of 1.5 hours each have been arranged for each of the five teleconferences.

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. Have as much fun as you can.

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PRACTITIONER TELECONFERENCE DETAILS FOR 2008

DATES, TIMES, REGIONS AND TOPICS

Dates	Australia	New Zealand	UK	Western Europe
Session #1: February 26th February 28th	5.00 to 7.00 pm 5.30 to 7.00 pm	7.00 to 9.00 pm 7.30 to 9.00 pm	6.00 to 8.00 am 6.30 to 8.00 am	0700 to 0900 0730 to 0900
Session #2: April 22nd April 22nd	3.00 to 5.00 pm 6.00 to 7.30 pm	5.00 to 7.00 pm 8.00 to 9.30 pm	6.00 to 8.00 am 9.00 to 10.30 am	0700 to 0900 1000 to 1130
Session #3: June 19th June 19th	3.00 to 5.00 pm 6.00 to 7.30 pm	5.00 to 7.00 pm 8.00 to 9.30 pm	6.00 to 8.00 am 9.00 to 10.30 am	0700 to 0900 1000 to 1130
Session #4: September 23rd September 23rd	3.00 to 5.00 pm 6.00 to 7.30 pm	5.00 to 7.00 pm 8.00 to 9.30 pm	6.00 to 8.00 am 9.00 to 10.30 am	0700 to 0900 1000 to 1130
Session #5: November 18th November 20th	5.00 to 7.00 pm 5.30 to 7.00 pm	7.00 to 9.00 pm 7.30 to 9.00 pm	6.00 to 8.00 am 6.30 to 8.00 am	0700 to 0900 0730 to 0900

Note: These times have been calculated with the changes from “summer time” to “normal time” occurring on 30th March and 26th October. If your country changes on different dates, you will need to make the necessary adjustments.

TOPICS:

Session #1: Effective Decision-making.

Read/Practise: *Personal Well Being* (Biame Network) p. 71-75.

Practise evolving decisions for at least a month in preparation for this discussion

Session #2: Goal-setting in everyday life (practical and spiritual goals)

Use/Read: Use Creative Release Meditation every day. Read *Personal Well Being* (Biame Network) p.2-6 & 49-57.

Session #3: Dealing spiritually with world conditions and events.

Use: *I Am That Meditation* or *Unifying Meditation* on any serious world events or conditions. Prepare to present your experiences.

Session #4: Inner Smile and Body Clenching Meditations

Read/Practise: Read Meditation for Beginners p.27-34. Practise the meditations several times each day while grounding yourself.

Session #5: Using everyday experiences for Awakening

Note in writing: Make notes on what you are now doing to make your daily tasks promote your awakening. Be prepared to discuss these in the teleconference

PRACTITIONER TELECONFERENCE DETAILS FOR 2009

DATES, TIMES, REGIONS AND TOPICS

Dates	Australia	New Zealand	UK	Western Europe
Session #1: February 24th February 26th	5.00 to 6.30 pm 5.30 to 7.00 pm	7.00 to 8.30 pm 7.30 to 9.00 pm	6.00 to 7.30 am 6.30 to 8.00 am	0700 to 0830 0730 to 0900
Session #2: April 21st April 21st	3.00 to 4.30 pm 6.00 to 7.30 pm	5.00 to 6.30 pm 8.00 to 9.30 pm	6.00 to 7.30 am 9.00 to 10.30 am	0700 to 0830 1000 to 1130
Session #3: June 18th June 18th	3.00 to 4.30 pm 6.00 to 7.30 pm	5.00 to 6.30 pm 8.00 to 9.30 pm	6.00 to 7.30 am 9.00 to 10.30 am	0700 to 0830 1000 to 1130
Session #4: September 22nd September 22nd	3.00 to 4.30 pm 6.00 to 7.30 pm	5.00 to 6.30 pm 8.00 to 9.30 pm	6.00 to 7.30 am 9.00 to 10.30 am	0700 to 0830 1000 to 1130
Session #5: November 17th November 19th	5.00 to 6.30 pm 5.30 to 7.00 pm	7.00 to 8.30 pm 7.30 to 9.00 pm	6.00 to 7.30 am 6.30 to 8.00 am	0700 to 08.30 0730 to 0900

Note: These times have been calculated with to "normal time" on 5th April, 2009, and the change to summer time on 4th October, 2009. If your country changes on different dates, you will need to make the necessary adjustments.

TOPICS:

Session #1: I-Am-here-&-now: Read all of Lesson #2 (order it from the website if you don't have it), for at least a month before Teleconference #1, learn the difference between the 8 "Who-When-&-Where" locations. Use Exercise #6 to do this. Report what you learn to the teleconference.

Session #2: Biame Mantra Meditation: Do the meditation using the recording (CD or MP3) every day for at least a month before Teleconference #2. Play both tracks at least once a week. Report on the changes you notice.

Session #3: Practising the Principles: Select two or three from the list of primary principles taught by Ken & Elizabeth. Explore them actively for at least a month before Teleconference #3. Report on the results at the teleconference.

Session #4: Disrupt Your Patterns: Deliberately disrupt your daily patterns by deliberately doing a series of small and specific things designed for that purpose. Do this every day for at least a month before Teleconference #4. Report the results you get to the teleconference.

Session #5: Presentation/Discussion

Prepare/Present: Prepare yourself to discuss what you found most valuable in relation to your Awakening during this year (about 5 minutes maximum). Practice whatever this is each day for at least a month before Teleconference #5.