

Wed Group Call	Emotional Liberation Curriculum 2019		Weekly Text Reading and Meditations
2/20 intro	101	Foundations of Emotional Liberation: Using Your Senses of the Soul	
27-Feb	Class 1-1	New Understanding: Emotions Are Your Friends	Intro pvii - Ch.1, p15; Peaceful pxi, Relationship p6 , Feeling p10
6-Mar	Class 1-2	Your Sensory System: Faster Learning, Less Suffering	Ch.1 p16 -26; Evo. of Emotion p17, Peace p23 , See Clearly p41
13-Mar	Class 1-3	How to Use Emotions as Intuition: The SOS Method	Ch. 2, p. 29-44; Meditations: Seeing Clearly, SOS Method p. 41
20-Mar	Class 1-4	Meet Your Emotional Allies: 7 Heavy Heroes	Ch.2 p44-50, Emotions Compared p51; Ch. 3, pp51-65; Listen p57
	102	Fear: Use Anxiety to Create Peace	
27-Mar	Class 2-1	From Danger to Safety with Information and Action	Ch. 4 p.67-80; Taste Fear p.70, Break Fear/ Face Fear, p.76
3-Apr	Class 2-2	Create Security w/ Immediate Threats & Future Fears	Ch. 4 p.81-89; I Can Handle It p. 83 + variations p. 85 to 89
10-Apr	Class 2-3	Clear Old Fear: Unload the Burden of Problems Past	Ch. 4 p.90-97; Clear Fear p.92, Paranoia p. 95 (do both)
17-Apr	Class 2-4	Fear's Soul Role: An Oasis Within	Ch. 4 p.98-107; All is Well p.103, Fearless Heart p. 105
	103	Desire: Cravings Guide You to Contentment	
24-Apr	Class 3-1	The Fire That Drives Us	Ch. 5 p.109-117; Desire p.113, Guide Desire p. 116
1-May	Class 3-2	Learn to Feed Your Needs	Ch 5 p117-122; Survive p119, Feed Need p120 + Cool Fire p116
8-May	Class 3-3	Insatiable to Fulfilled	Ch. 5 p. 123-125; Let it Go p.124
15-May	Class 3-4	What the Soul Needs	Ch. 5 p. 125-131; Soul's Needs p. 127
	104	Anger: Define and Refine Your Power	
22-May	Class 4-1	Your Personal Defender: Sworn to Protect and Go Get	Ch.6 p.133-139; Power to Protect p. 137
29-May	Class 4-2	1st Lesson of Power: Suppressed Anger-No Power	Ch6 p139-147; Handle Yourself p142, Demolition p146 +329
5-Jun	Class 4-3	Second Lesson: Expressed Anger - Animal Power	Ch.6 p. 148-154, 157-158; Handle Your Heat p.152
12-Jun	Class 4-4	Anger Addressed and Finessed: Higher Forms of Power	Ch.6 p.154-169; Command p.159, Higher Power p.166
19-Jun	1 Week Off	Happy Summer Solstice!	
	105	Grief: Sadness Helps You Heal	
26-Jun	Class 6-1	Dealing with Loss and Change	Ch. 8 p.205-217; Grief p.210, Relief from Past p.216
3-Jul	Class 6-2	Sadness as a Path to Happiness	Ch. 8 p.218-222; Shock Repair p.220, Surrender p.221
10-Jul	Class 6-3	True Grief: Letting Go	Ch. 8 p.222-226; Absorb the Blow p. 224
17-Jul	Class 6-4	Love and Reverence - The Gifts of Grief	Ch. 8 p. 226-231; Safeguard the Heart p. 228
2 Wks Off Summer Break - no calls on 7/24 & 7/31. Chill out & let go!			

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	106	Depression: Giver of Rest, Hope, and Help	
7-Aug	Class 5-1	When Things Don't Go Your Way: The Value of Apathy	Ch.7 p.172-182; Experience p,177, Wit's End p.181
14-Aug	Class 5-2	Sustainability: When to Fight, When to Surrender	Ch.7 p.183-188; Half Hour Revival p. 186
21-Aug	Class 5-3	Rejuvenation: Removing Hopeless History	Ch.7 p.188-192, Fatigue Buster p.190
28-Aug	Class 5-4	Resurrection: Recover Your Willingness	Ch.7 p.193-203; Mg. Resources p.196, Resurrection p.199
	107	Guilt: Your Guide to Truth	
4-Sep	Class 7-1	Beyond Good and Bad to Responsibility	Ch.9 p.233-241; Guilt p.235, Lessons Learned p.240
11-Sep	Class 7-2	The 3 Truths: Who Knows What's Right?	Ch.9 p.242-245; Lessons Learned p.240
18-Sep	Class 7-3	Wash Away Errors of the Past	Ch.9 p.246-253; Pittra Kriya p. 250
25-Sep	Class 7-4	Acceptance, Forgiveness and Blessing	Ch.9 p.254-260; Blessed p.256, Trust p.258
	108	Shame: The Teacher of Self-Esteem	
2-Oct	Class 8-1	The Question: Am I Good Enough?	Ch.10 p.261-272; Shame p.266, Find Worth p.270
9-Oct	Class 8-2	The Four Sources of Self-Esteem	Ch.10 p.273-281; Clear p.275, Cut Past p. 278
16-Oct	Class 8-3	Defining Yourself: Taking Control of Self-Image	Ch.10 p.282-285; Overcoming Shortcomings p.284
23-Oct	Class 8-4	Self-Acceptance, Compassion and Self-Love	Ch.10 p.286-293; Accept and Exalt p. 288
Oct 26-27	<i>Live Weekend Workshop in Los Angeles, October 26th & 27th</i>		
	109	Healing Your Wounds: Emotion's Essential Role in Healing Trauma	
30-Oct	Class 9-1	Life's Painful Lessons Bring Growth and Strength	Ch.11 p.295-304; Gifts from Garbage p. 303
8-Nov	Class 9-2	We're All Recovering: Update Old Coping Strategies	Ch. 11 p.304-311 Guided meditation on video
15-Nov	Class 9-3	Survivors' Skills: Self-Exalted Recovery	Ch.11 p.311-317; Power to Peace p.314
21-Nov	Class 9-4	Embracing the Sacred Self: You Have All That You Need	Ch.12 p.319-325; Self Hug p.325