

| | | | 2021 Schedule - Emotional Liberation: Senses of the Soul | |
|------------------------|-------------------------|----------------------------|---|--|
| Group Calls Tuesday | Group Calls Thursday | Call reviews this topic | Topic | Text Reading and Meditations |
| 5/4 Intro | 5/6 Intro | 101 | Foundations of Emotional Liberation: Using Your Senses | Repeat the Meditation(s) in Bold Daily |
| 11-May | 13-May | Class 1-1 | New Understanding: Emotions Are Your Friends | Intro p.vii -Ch.1, p.15; Peaceful p.xi, Relationship p6 , Feeling p10 |
| 18-May | 20-May | Class 1-2 | Your Sensory System: Faster Learning, Less Suffering | Ch.1 p.16-26; Evo. of Emotion p.17, Peace p23 , See Clearly p.41 |
| 25-May | 27-May | Class 1-3 | How to Use Emotions as Intuition: The SOS Method | Ch. 2, p.29-44; Meditations: Seeing Clearly, SOS Method p.41 |
| 1-Jun | 3-Jun | Class 1-4 | Meet Your Emotional Allies: 7 Heavy Heroes | Ch.2 p44-50, Emotion Compared p51; Ch.3, p51-65; Listen p57 |
| | | 103 | Desire: Cravings Guide You to Contentment | |
| 8-Jun | 10-Jun | Class 3-1 | The Fire That Drives Us | Ch. 5 p.109-117; Desire p.113, Guide Desire p.116 |
| 15-Jun | 17-Jun | Class 3-2 | Learn to Feed Your Needs | Ch 5 p.117-122; Survive p.119, Feed Need p120; Cool Fire p116 |
| 22-Jun | 24-Jun | Off | | |
| 29-Jun | 1-Jul | Class 3-3 | Insatiable to Fulfilled | Ch. 5 p. 123-125; Let it Go p.124 |
| 6-Jul | 8-Jul | Class 3-4 | What the Soul Needs | Ch. 5 p. 125-131; Soul's Needs p. 127 |
| | | 102 | Fear: Use Anxiety to Create Peace | |
| 13-Jul | 15-Jul | Class 2-1 | From Danger to Safety with Information and Action | Ch. 4 p.67-80; Taste Fear p70, Break Fear/Face Fear p76 |
| 20-Jul | 22-Jul | Class 2-2 | Create Security w/ Immediate Threats & Future Fears | Ch. 4 p.81-89; I Can Handle It p. 83 + variations p85-89 |
| 27-Jul | 29-Jul | 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) |
| 3-Aug | 5-Aug | Class 2-4 | Fear's Soul Role: An Oasis Within | Ch. 4 p.98-107; All is Well p.103, Fearless Heart p.105 |
| 10-Aug | 12-Aug | off | | |
| | | 104 | Anger: Define and Refine Your Power | |
| 17-Aug | 19-Aug | Class 4-1 | Your Personal Defender: Sworn to Protect and Go Get | Ch.6 p.133-139; Power to Protect p. 137 |
| 24-Aug | 26-Aug | Class 4-2 | 1st Lesson of Power: Suppressed Anger-No Power | Ch6 p139-147; Handle Yourself p142, Demolition p146 +329 |
| 31-Aug | 2-Sep | Class 4-3 | Second Lesson: Expressed Anger - Animal Power | Ch.6 p. 148-154, 157-158; Handle Your Heat p.152 |
| 7-Sep | 9-Sep | Class 4-4 | Anger Addressed and Finessed: Higher Forms of Power | Ch.6 p.154-169; Command p.159, Higher Power p.166 |
| 14-Sep | 16-Sep | off | | |
| | | 108 | Shame: The Teacher of Self-Esteem | |
| 21-Sep | 23-Sep | Class 8-1 | The Question: Am I Good Enough? | Ch.10 p.261-272; Shame p.266, Find Worth p.270 |
| 28-Sep | 30-Sep | Class 8-2 | The Four Sources of Self-Esteem | Ch.10 p.273-281; Clear p.275, Cut Past p. 278 |
| 5-Oct | 7-Oct | Class 8-3 | Defining Yourself: Taking Control of Self-Image | Ch.10 p.282-285; Overcoming Shortcomings p.284 |
| 12-Oct | 14-Oct | Class 8-4 | Self-Acceptance, Compassion and Self-Love | Ch.10 p.286-293; Accept and Exalt p. 288 |
| 19-Oct | 21-Oct | off | | |

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| | | 106 | Grief: Sadness Helps You Heal | |
| 26-Oct | 28-Oct | Class 6-1 | Dealing with Loss and Change | Ch. 8 p.205-217; Grief p.210, Relief from Past p.216 |
| 2-Nov | 4-Nov | Class 6-2 | Sadness as a Path to Happiness | Ch. 8 p.218-222; Shock Repair p.220 , Surrender p.221 |
| 9-Nov | 11-Nov | Class 6-3 | True Grief: Letting Go | Ch. 8 p.222-226; Absorb the Blow p. 224 |
| 16-Nov | 18-Nov | Class 6-4 | Love and Reverence - The Gifts of Grief | Ch. 8 p. 226-231; Safeguard the Heart p. 228 |
| 23-Nov | 25-Nov | off | | |
| | | 106 | Depression: Giver of Rest, Hope, and Help | |
| 30-Nov | 2-Dec | 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 |
| 7-Dec | 9-Dec | Class 5-2 | Sustainability: When to Fight, When to Surrender | Ch.7 p.183-188; Half Hour Revival p. 186 |
| 14-Dec | 16-Dec | Class 5-3 | Rejuvenation: Removing Hopeless History | Ch.7 p.188-192, Fatigue Buster p.190 |
| 21-Dec | 23-Dec | off | | |
| 28-Dec | 30-Dec | off | | |
| 4-Jan | 6-Jan | Class 5-4 | Resurrection: Recover Your Willingness | Ch. 7 p.193-203; Mg.Resource p196, Resurrection p199 |
| | | 107 | Guilt: Your Guide to Truth | |
| 11-Jan | 13-Jan | Class 7-1 | Beyond Good and Bad to Responsibility | Ch.9 p.233-241; Guilt p.235, Lessons Learned p.240 |
| 18-Jan | 20-Jan | Class 7-2 | The 3 Truths: Who Knows What's Right? | Ch.9 p.242-245; Lessons Learned p.240 |
| 25-Jan | 27-Jan | Class 7-3 | Wash Away Errors of the Past | Ch.9 p.246-253; Pittra Kriya p. 250 |
| 1-Feb | 3-Feb | Class 7-4 | Acceptance, Forgiveness and Blessing | Ch.9 p.254-260; Blessed p.256, Trust p.258 |
| 8-Feb | 10-Feb | off | | |
| | | 109 | Healing Your Wounds: Emotion's Essential Role in Healing Trauma | |
| 15-Feb | 17-Feb | Class 9-1 | Life's Painful Lessons Bring Growth and Strength | Ch.11 p.295-304; Gifts from Garbage p. 303 |
| 22-Feb | 24-Feb | Class 9-2 | We're All Recovering: Update Old Coping Strategies | Ch. 11 p.304-311 Guided meditation on video |
| 1-Mar | 3-Mar | Class 9-3 | Survivors' Skills: Self-Exalted Recovery | Ch.11 p.311-317; Power to Peace p.314 |
| 8-Mar | 10-Mar | Class 9-4 | Embracing the Sacred Self: You Have All That You Need | Ch.12 p.319-325; Self Hug p.325 |