

THE MIND EXPERIENCE : ONE-DAY GROUP COURSE

1. Duration and Times
2. Course Outline
3. Cost

1. Duration

Course duration is one day, 11am – 4pm.

2. Course Outline

11am

Introduction

The crisis of the human mind

The inattention of thought

Mind depth (the mind beyond thought)

Mind frequency (the mind in a state of vibration)

The quality of attention and the peaceful mind

12pm

Relationship

My mind in this world

My mind and those connected to me

Fear, pleasure, competition and emotional turmoil (the mind that is in a constant state of fighting)

The process called Charging (into my thoughts)

Freedom from my thoughts

Power

Integrity

My relationship with life

1pm **Break**

2pm **The Interaction of Society**

Phase 1 (Power Plays)

Phase 2 (Communication of Senses)

Phase 3 (The Death of Yesterday)

3pm **An Audience with Destiny**

Phase 1 (Abandoning control - with a sense of my power)

Phase 2 (Integrating life's motion – working *with* the moment)

Phase 3 (Inertia – a state of energy waiting with no motive)

4pm **Closing**

3.Cost

R900 per person