



### Session One: Grounded

1. Introduction to Session One
2. Welcome to *Grounded and Free*
3. Contemplations for working with sorrow
4. Guided Practice: Breathing for Tenderness
5. Practicing forgiveness
6. Guided Practice: Meditation to Know the Field
7. How do you define emotional creativity?
8. Guided Practice: Grounding Gratitude
9. Anchoring devotional practices
10. Guided Practice: Breathing for Devotion
11. Exploring connections between devotion and forgiveness
12. Guided Practice: *Nadi Shodhana* or Alternate-Nostril Breathing
13. Cultivating small acts of devotion
14. Guided Practice: Grounding Devotion

### Session Two: Free

15. Introduction to Session Two
16. From doubt to freedom
17. Guided Practice: Breathing for Love and Freedom
18. Contemplating total freedom
19. Guided Practice: The Caliber of Life Meditation
20. Guided Practice: Meditation for Freedom
21. Contemplations for transforming limitations into love
22. Guided Practice: Breathing for Self-Love
23. Resting in the light of the seer
24. Guided Practice: Putting Yourself First
25. Guided Practice: A Meditation to Become Love