

## Living God-Consciousness – a 30-Day+ Transformative Experience

### **Welcome**

Welcome to the 30-Day+ online course! Your application has been approved. This document will walk you through all the details for the program. Please read the entire letter now so you can plan for what you need for the course.

This packet contains the following:

- Welcome Letter (this document)
- Opening Event Outline
- Quote from Kalindi for you to read daily in preparation for the Opening Event and every time you need to restart the course.

### **COURSE DESCRIPTION**

This 30-Day+ online course is adapted from a live event that took place over a weekend with follow-up events over the next five weeks.

The Opening Event begins with a mediation and continues with an introductory video and contemplation and sharing time. Day 1 ends with an overnight sleep meditation that flows into Day 2 with a devotional project and additional videos. You can use the Opening Event Outline that is included with this letter to plan your time for the activities.

The course continues with five modules that include focused Zoom calls and personal project time at home or with others. Each module begins with a meditation that supports the movement of the program. You can complete the modules in five weeks or on any schedule that works for you.

The course concludes with a Completion Event video with additional teachings and sharing activities.

## **WHAT TO YOU WILL NEED**

Please bring each item on the list below. Read the two lists carefully and give yourself ample time to find or buy what you need.

### **For the Opening Event:**

- Wear **comfortable clothes** that allow you to sit for long periods of time and to meditate.
- We recommend that you prepare your **meals** before you start the opening event (lunch and a light dinner for Day 1 and snacks throughout the event). At the beginning of Day 2, you will prepare a hearty breakfast for yourself.

### **For Meditation:**

- Prepare your **meditation bag** with the following items placed in it:
  - One small hand towel for meditation.
  - A plastic, metal, or sports drink water bottle (that fits in your meditation bag).
  - A flat box of tissues.
  - Your clipboard or a notebook with a pencil/pen.
  - A small notebook with a pencil/pen that you can carry with you during the course activities.
  - A set of prayer beads for use during meditation.

## **HOW TO PREPARE**

- Read the enclosed quote from Kalindi once a day when you receive this letter in preparation for the course.

If you have any questions or need help with anything, please email [thecollege@miracle.org](mailto:thecollege@miracle.org).

Thank you.