

## Guide to Recordings of Weekly Program. All Approximately 55 minutes

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Breath. Rest. Spaciousness. Turn Back	373	<a href="https://fccdl.in/9x9oNXct1a">https://fccdl.in/9x9oNXct1a</a>
Explore Efforting, Less Effort, No Effort	369	<a href="https://fccdl.in/8Fpky5WoMo">https://fccdl.in/8Fpky5WoMo</a>
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Drill See-Hear-Feel and Do Nothing	367	<a href="https://fccdl.in/pUDWYBOZRa">https://fccdl.in/pUDWYBOZRa</a>
Spaciousness and Do Nothing	366	<a href="https://fccdl.in/AquEFiSAg6">https://fccdl.in/AquEFiSAg6</a>
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Election Special. See-Hear-Feel and Rest V1	361	<a href="https://fccdl.in/rx0OQxIzKZ">https://fccdl.in/rx0OQxIzKZ</a>
Election Special	360	<a href="https://fccdl.in/j06rfaAx1x">https://fccdl.in/j06rfaAx1x</a>
See Hear Feel and Do Nothing	358	<a href="https://fccdl.in/EZ77uxNVIE">https://fccdl.in/EZ77uxNVIE</a>
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Dealing with Distractions	326	<a href="https://fccdl.in/NhU8G5TrXy">https://fccdl.in/NhU8G5TrXy</a>
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