SESSION ONE

1 Introduction
2 The source of life
3 Awakening
4 Glimpse Practice: No Problem
5 Glimpse Practice: Awareness Yoga
6 The four modes of expression of awake awareness
7 Glimpse Practice: Coming Back to Your Senses
8 Glimpse Practice: Awareness Following the Breath Home
9 Glimpse Practice: Awareness of Space
10 Glimpse Practice: Awareness of Awareness
11 Glimpse Practice: Making a You-Turn
12 Shifting through the five levels of mind
13 Glimpse Practice: Unhook, Drop, Open, See, Include, Know, Let Be

SESSION TWO

1 Glimpse Practice: Open-Eyed Meditation
2 Glimpse Practice: Panoramic Awareness
3 Glimpse Practice: Effortless Focus
4 Glimpse Practice: Balanced Awareness
5 Glimpse Practice: Getting Your Heart-Mind Online
6 Glimpse Practice: Emotional Freedom
7 Glimpse Practice: Om Sweet Home in Your Heart
8 Glimpse Practice: Embodied Presence
9 Glimpse Practice: The Now

SESSION THREE

1 Glimpse Practice: Infinite No Self
2 Glimpse Practice: Open-Hearted Connection
3 Glimpse Practice: The Memory Door
4 Glimpse Practice: Cave of the Heart
5 Glimpse Practice: All Parts Are Welcome
6 The four fields of the ground of being
7 Glimpse Practice: Exploring the Four Fields of the Ground of Being
8 Small glimpses, many times
9 A new way to be