

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

Title	Tele #	Internet Link
Concentration . Alert to Distraction. Modalities	340	<a href="https://fccdl.in/0gu3rlw1rM">https://fccdl.in/0gu3rlw1rM</a>
Concentration on Breath. Alert to Distraction	337	<a href="https://fccdl.in/ssl0ySXIER">https://fccdl.in/ssl0ySXIER</a>
See-Hear-Feel Focus on Attention	333	<a href="https://fccdl.in/7BG5lfhQS8">https://fccdl.in/7BG5lfhQS8</a>
Body Experience and Spaciousness	331	<a href="https://fccdl.in/g94CUOHXXB">https://fccdl.in/g94CUOHXXB</a>
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More Techniques for Distractions	328	<a href="https://fccdl.in/BjzfwN73U0">https://fccdl.in/BjzfwN73U0</a>
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Dealing with Distractions	326	<a href="https://fccdl.in/NhU8G5TrXy">https://fccdl.in/NhU8G5TrXy</a>
Breath, Rest States, Do Nothing	322	<a href="https://fccdl.in/9uq4yLx15z">https://fccdl.in/9uq4yLx15z</a>
Focus Everything with Breath as Anchor	320	<a href="https://fccdl.in/Mf1IZ7FcNt">https://fccdl.in/Mf1IZ7FcNt</a>
See-Hear-Feel	318	<a href="https://fccdl.in/wpEo0THlxN">https://fccdl.in/wpEo0THlxN</a>
Breath and Body Experience	311	<a href="https://fccdl.in/jDWD0aUyOk">https://fccdl.in/jDWD0aUyOk</a>
Focus Rest, Sight, Sound	305	<a href="https://fccdl.in/v5HWkqZHSB">https://fccdl.in/v5HWkqZHSB</a>
Breath Counting and Focus on Rest	302	<a href="https://fccdl.in/DvjiTKFvCC">https://fccdl.in/DvjiTKFvCC</a>
Breath Rhythm to Focus on See-Hear-Feel	301	<a href="https://fccdl.in/SkDgdfXMkk">https://fccdl.in/SkDgdfXMkk</a>
Advanced Breath and See-Hear-Feel	296	<a href="https://fccdl.in/6xPZkyhTLt">https://fccdl.in/6xPZkyhTLt</a>
Focus In	295	<a href="https://fccdl.in/20e54HIVFF">https://fccdl.in/20e54HIVFF</a>
Inner and Outer See-Hear-Feel	293	<a href="https://fccdl.in/2Wgie596Fd">https://fccdl.in/2Wgie596Fd</a>
Breath. Rest, Flow. Spaciousness,	292	<a href="https://fccdl.in/VeKmoYrqJH">https://fccdl.in/VeKmoYrqJH</a>
Spaciousness	291	<a href="https://fccdl.in/jVmvPs93Hy">https://fccdl.in/jVmvPs93Hy</a>
Arising of New Experience	289	<a href="https://fccdl.in/GKamFhzuUu">https://fccdl.in/GKamFhzuUu</a>
See-Hear-Feel	288	<a href="https://fccdl.in/t5F1YdQF0p">https://fccdl.in/t5F1YdQF0p</a>
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Focus on Body. Rest, Flow, Spaciousness	274	<a href="https://fccdl.in/MHEvKbdMYn">https://fccdl.in/MHEvKbdMYn</a>
See Hear Feel. separate and together	273	<a href="https://fccdl.in/9z4kYq5QbX">https://fccdl.in/9z4kYq5QbX</a>
Breath: Concentration, Rest, Flow, Spaciousness	272	<a href="https://fccdl.in/hYU6dN6zVC">https://fccdl.in/hYU6dN6zVC</a>
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Focus In with variations	259	<a href="https://fccdl.in/1jrwXDNWih">https://fccdl.in/1jrwXDNWih</a>
Breath as Mindfulness Anchor	258	<a href="https://fccdl.in/SkbO3ygVcK">https://fccdl.in/SkbO3ygVcK</a>

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Body sensation. Flow, Spaciousness, Rest	255	<a href="https://fccdl.in/iy0hgOcTsA">https://fccdl.in/iy0hgOcTsA</a>
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