



## **Welcome to the Course**

Video Connie and Andrew Welcome

Video Meditation - Consciousness

## **Module 1 - Introduction to the Course and Facilitator Connie Baxter Marlow**

Video 1-1 Connie's Intro and Dance of Souls Story

Video Meditation - Awareness

Video 1-2 Exercise - Journaling and Reflection

## **Module 2 - Assumptions and Worldview**

Video 2-1 Review/Preview

Video Meditation - Assumptions

Video 2-2 Exercise - Personality Structure and Openness to Change

Video 2-3 The Power of Assumptions

Video 2-4 Exercise - The Vows of Love

Video 2-5 Exercise - Examining Assumptions and Exercise - Read "The Trust Frequency: Definitions and Assumptions"

Video 2-6 Exercise - Journal about Shifting Core Assumptions

## **Module 3 - Relationships: Repeated Behaviors, Feelings, Mask Creation, Defense Mechanisms.**

Video 3-1 Review/Preview

Video Meditation - Attitude

Video 3-2 Relationships and Behaviors

Video 3-3 Exercise - Repeated Behaviors, Exercise - Feelings, Exercise - Mask Creation, Exercise - Defense Mechanisms, Exercise - Demeaning to Others, Exercise - Journal.

## **Module 4 – Internal and External Challenges**

Video 4-1 Review/Preview

Video Meditation - Attention

Video 4-2 Letting go – Who are we? What will people do?

Video 4-3 Exercise - Journal and Exercise - Journal

## **Module 5 – Seeing the gifts and challenges of Intimate Relationships**

Video 5-1 Review/Preview

Video Meditation - Alignment

Video 5-2 Trusting a Loving Universe

Video 5-3 Exercise - Journal

## **Module 6 – Walking the Walk of Love, Lover, Beloved**

Video 6-1 Review/Preview

Video Meditation - Action

Video 6-2 We Create Reality

Video 6-3 Exercise - The 7 A's of Consciousness

Video 6-4 Conclusion

Video 6-5 Exercise - Journal

## **Wrap Up**

Video Congratulations

Video Meditation – Allowing

Video: Wowza Wows Us – Embodying the Dance

Video: Inner Resonance Technologies with Maureen Edwardson

## **Additional Resources**

E-book: THE CONSCIOUS LOVING UNIVERSE: A Guidebook

Film: IN SEARCH OF THE FUTURE: What do the Wise Ones Know?

Video: Trust Frequency Meditation

Video: All Aboard The Trust Train

Video: Presentation: Dancing the Dance of Souls in The Trust Frequency

Video: Workshop: The Dance of Souls

Webinar Series: THE TRUST FREQUENCY EMBODIED and The Dance of Souls

**Come Dance with Us!**

[Connie and Andrew](#)

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