11:00:02 From Ronald Thomas to Hosts and panelists:
Umpqua, Oregon USA
11:00:15 From Erik Zoeteweij to Everyone:
Hello from near Geneva, Switzerland.
11:00:17 From Stewart Gill to Hosts and panelists:
Hello from Morgan Hill, CA
11:00:21 From Kerrie Hoffman to Everyone:
Hi from Wisconsin!
11:00:22 From Damiano Loi to Hosts and panelists:
Hello from Italy!❤️
11:00:22 From Hilary Mertaugh to Hosts and panelists:
Hilary from Berkeley California
11:00:23 From Tea Muzic to Everyone:
Hello from Denmark
11:00:24 From Eva Templeton to Everyone:
Eva from Charlotte NC US
11:00:25 From Chris Malone to Hosts and panelists:
Chris from Puerto Rico
11:00:25 From Deborah Rundlett to Hosts and panelists:
Deborah from Connecticut
11:00:26 From Joanne Thompson to Everyone:
Hi from Manchester UK
11:00:27 From Marilyn Bigney to Hosts and panelists:
Happiness from NM!
11:00:27 From Brittany Ellis to Everyone:
Hi Dominic, Greetings from El Paso, Texas!
11:00:27 From Sheila Spremulli to Hosts and panelists:
Cleveland Ohio
11:00:28 From Chris Gaal to Hosts and panelists:
Hi from Oxford, England
11:00:30 From Maria Rotunda to Everyone:
Denver Metro area, Colorado
11:00:32 From Diogo Melo de Carvalho to Everyone:
Lisbon Portugal
11:00:32 From Nicole Wijngaarden to Hosts and panelists:
Nicole from Wellington, New Zealand
11:00:33 From Aneta Lazarov to Everyone:
Shalom from Israel
11:00:34 From Rosemary Markowsky to Hosts and panelists:
New York
11:00:35 From Anna Capasso to Everyone:
Anna Capasso - Connecticut
11:00:37 From John Castro to Everyone:
John in San Diego, CA

11:00:37 From Josh Maitland to Everyone:
Canada here :)
11:00:38 From Roberto Lüscher to Everyone:
hi from switzerland :-)
11:00:40 From Sheila Bissonnette to Everyone:
Sheila from Decatur/Atlanta, GA USA
11:00:41 From Judy Hilyard to Everyone:
Hi from Oregon.
11:00:41 From Ben Boyle to Everyone:
Dublin, Ireland
11:00:42 From Diana McGuinness to Hosts and panelists:
Gisborne New Zealand here
11:00:42 From Kelsea Boylan to Hosts and panelists:
Hello from Bellingham, Washington!
11:00:45 From Ray H to Everyone:
Hi from Victoria BC, Canada :)
11:00:45 From Rogério Lupo to Everyone:
hello from São Paulo Brazil
11:00:45 From Lynn Marshall to Hosts and panelists:
Hi from Canada
11:00:48 From Danna Jones to Everyone:
Hi everyone! Los Angeles, CA
11:00:48 From Tim Hawk to Everyone:
Hello from Washington DC
11:00:49 From Marilee Adams to Everyone:
Marilee Adams from New Jersey
11:00:49 From Dominique Verhoeven to Everyone:
Belgium
11:00:49 From Kim Ross-Sullivan to Hosts and panelists:
Kim from Paonia Co
11:00:50 From denise pearson to Hosts and panelists:
Den from Cheshire, UK
11:00:51 From Rebecca McNeil to Everyone:
Montana, USA
11:00:51 From Mont Francisco to Hosts and panelists:
Howdy Folks…Olympia, WA
11:00:52 From Christiann Klein to Everyone:
Hi from Los Angeles
11:00:52 From Beth Kelley Zorbanos to Everyone:
Greetings from Georgia USA
11:00:53 From Monica Haaland to Hosts and panelists:
Eureka, MT
11:00:53 From Katherine Cates to Hosts and panelists:
Katherine, Briarcliff Manor, NY

11:00:53 From JoAnn Cannon to Hosts and panelists:
Entalanti from Monterey Bay, CA
11:00:54 From Bob Blenn to Everyone:
Denver
11:00:54 From Victoria Witherow to Hosts and panelists:
Utah
11:00:59 From Colin Billings to Everyone:
Hello from Cheshire UK
11:01:00 From Judy Loken to Everyone:
Hi from Bay Area of California
11:01:00 From Beverly Post to Hosts and panelists:
Hi from Massachusetts. USA
11:01:01 From Sheila Sporkinedel to Everyone:
Sheila from New Jersey
11:01:02 From Maureen Balaam to Everyone:
Hi from Monterey CA
11:01:04 From Jeff Schneider to Hosts and panelists:
Seattle
11:01:06 From Tim Rondthaler Sr. to Hosts and panelists:
Tim Rondthaler, California
11:01:08 From James Ramelis to Everyone:
Hello from Michigan USA
11:01:10 From Roberta Jue to Hosts and panelists:
Petaluma, CA
11:01:11 From Wendy Linton to Hosts and panelists:
Seattle,WA
11:01:17 From Sheila Applegate to Everyone:
Hello From Syracuse NY
11:01:17 From Terry Madsen to Hosts and panelists:
Hi from Washington, utah
11:01:19 From Mirza Muhammad Asadullah Khan to Hosts and panelists:
Greetings from Pakistan
11:01:29 From tuku matthews to Hosts and panelists:
hello from toronto….territory of the anishnawbw, wendat, missisaugas of the credit, et al…
11:01:29 From Cees Kamp to Hosts and panelists:
Hi from the Netherlands (jn the evening)
11:01:29 From Wendy Kreider to Everyone:
From Tucson, Arizona
11:01:30 From V H to Hosts and panelists:
Vicki from New Jersey
11:01:33 From Taras Lumiere to Hosts and panelists:
Taras Lumiere from Sonoma CA
11:01:39 From Lucinda Draine to Hosts and panelists:

Cambridge MA. Hi from Lucinda
11:01:56 From Patricia Kilroe to Hosts and panelists:
Hi from the SF Bay Area, CA
11:01:58 From Elizabeth Stein to Hosts and panelists:
Greetings from Houston, Texas
11:02:12 From Anna Capasso to Everyone:
YAY! Dominic
11:02:12 From Jennifer Dunn to Hosts and panelists:
Hi from Melbourne, Australia
11:02:25 From Suzanne Recomendes to Everyone:
Hello from Naples, Florida!
11:02:44 From Kim Mac Lean to Everyone:
Kim Mac Lean Novato!
11:02:52 From Melanie to Hosts and panelists:
Hello from Santa Rosa
11:03:02 From Gerry Veeder to Everyone:
Hi from Denton, TX
11:03:54 From Jane Tran to Everyone:
Jane From Melbourne
11:03:55 From Dominic Olivo to Everyone:
Zoom Chat Instructions: https://noetic.org/zoom-chat-instructions/
11:04:04 From Alicia Hollinger to Everyone:
Hi from LA!
11:04:29 From Pierrette Daigle to Hosts and panelists:
Hello from West Vancouver
11:04:55 From Sharie Goodfellow to Everyone:
Hello from CA
11:05:11 From Mary Duffin to Everyone:
Good evening from Ireland 🙂
11:05:19 From Vicki Lant to Everyone:
Vicki from London UK
11:05:25 From Dorian Atchison to Everyone:
Hi from Florida
11:05:40 From Laura Hood to Hosts and panelists:
Hello from Toronto Canada
11:05:43 From Mary Tynan to Everyone:
Hello from Ireland
11:05:49 From Clare Fisher to Everyone:
Hi to Everyone all over this beautiful planet
11:05:54 From Clara Kol to Hosts and panelists:
Hello from germany
11:06:05 From Karen Kanzia to Everyone:
Hello from Illinois!
11:06:06 From Clara Kol to Everyone:

Hello from germany
11:06:17 From Victoria Clevenger to Everyone:
So grateful to be here with all of you - thank you from Vancouver, WA.
11:06:17 From Zoe Andra Tirb to Hosts and panelists:
I am doing just that, but I did not know it is called a MOONSHOT.
11:06:19 From matt beets to Everyone:
Hi to Everyone all over this beautiful planet from Colorado!
11:07:01 From Clare Fisher to Everyone:
Will you be sharing the slides?
11:07:03 From Dominic Olivo to Everyone:
IONS Origins: https://noetic.org/about/origins/
11:08:20 From John McDonough to Everyone:
Hello from Georgia, USA
11:08:25 From Ben Boyle to Everyone:
Think we're past this being a hypothesis now! Not quite a law but definitely up to the level of being called a theory
11:08:42 From Clare Fisher to Everyone:
Agree Ben
11:08:59 From Kathleen Matthews to Everyone:
Hello from Mississippi!
11:10:34 From Josh Maitland to Everyone:
I would say its a bubbling truth that will soon boil over ;)
11:11:41 From Ben Boyle to Everyone:
Oh I like the bubbling thing, makes you think of different consciousness pools!
11:11:52 From Nina Fry Kizler to Dominic Olivo(Direct Message):
Dom, there is a message above about sharing the slides. We will right?
11:13:27 From Dominic Olivo to Everyone:
Oh yes! Since they are our own slides, we ususually provide a PDF!
11:13:48 From Nina Fry Kizler to Dominic Olivo(Direct Message):
Ok, I will answer her
11:14:10 From Nina Fry Kizler to Everyone:
Hi Clare, yes, we will be sharing the slides in the follow up email along with the recording!
11:24:24 From Karen Harris to Hosts and panelists:
This is depressing.
11:24:29 From Ben Boyle to Everyone:
I'm crying because of how much I love my family
11:25:59 From Clare Fisher to Everyone:
@Nina Thank you
11:26:01 From Rebecca McNeil to Everyone:
remember to drink water
11:26:44 From Ben Boyle to Everyone:
LOL
11:26:51 From Ben Boyle to Everyone:

I have a lot of material achievements but my notes are all love for my family
11:27:15 From Diana McGuinness to Hosts and panelists:
I think I learned that I don't associate the words 'achievement' or accomplishment with myself
11:29:12 From Clara Kol to Everyone:
Nature and animals have always been a big part throughout of my life. I have been very faithful to my own path and still are constantly moving. Sometimes quicker sometimes slower depending on life circumstances and nosiness to get to know as much as possible
11:29:42 From Alicia Hollinger to Everyone:
Ugh. My whole life has been about having fun, going to parties, events... Not many accomplishments and those achieved were easy. Can't remember ever trying hard for anything. This is depressing.
11:29:47 From Brittany Ellis to Everyone:
My awareness, for as long as I can remember, of being interconnected with everything in the Universe
11:29:53 From Stewart Gill to Hosts and panelists:
I'm grateful to be part of this IONS community and feel the energy.
11:30:06 From Diana McGuinness to Everyone:
Alicia I'm there with you too
11:30:18 From Nicole Guillaume to Hosts and panelists:
Alicia - going to parties and enjoying your life is a form of accomplishment. :)
11:30:28 From JoAnn Cannon to Hosts and panelists:
Early Peace Corps Volunteer in Africa , best 2 years of service, love, learning, etc. in my life.
11:30:34 From Molly Brindle to Everyone:
I'm living a beautiful, rich life!
11:30:35 From Alvaro Guirao Lopez to Hosts and panelists:
Focus on the positive, even the challenges overcome during teenage times that seemed socially challenging or limiting beliefs in family and society are positive growth and achievement opportunities.
11:30:39 From Gerard Aartsen to Everyone:
Apart from my achievements as a translator, educator and writer, I was always afraid of single life and as a consequence made disastrous partner choices. Five yrs ago I was blessed with the insight that I don't need a partner to be complete, and being single now I'm happier and healthier than ever.
11:30:41 From Christine Rhodes to Everyone:
I've never achieved anything. merely gotten tasks done
11:30:47 From Sheila Bissonnette to Everyone:
Some achievements have come out of hard times
11:30:55 From Laura Lynn Olivo to Hosts and panelists:
The deep growth offered by friendships, the love and acceptance
11:31:00 From NOreen O'Donnell to Hosts and panelists:
I'm working to integrate a splintered part of me stuck on "not good enough." She inserted herself and I spaced after sitting at the pond.

11:31:03 From Nicole Guillaume to Hosts and panelists:
I don't have family nor do I have many friends, so having fun and going to parties and events would be heaven to me.
11:31:06 From Tea Muzic to Hosts and panelists:
What was the name of meditative music that played?
11:31:07 From Ronald Thomas to Hosts and panelists:
For me this was a very valuable experience. Without going into personal details - it really helped me take a bit of 'inventory' of different phases in my life experience. Amidst all the challenges and mistakes - there was a nice trajectory of accomplishment, as well. Thank you, Kirsten
11:31:12 From Teresia Wahinya to Everyone:
A lot of them starts with overcoming obstacles, I forgot how much I have had to overcome to get here...
11:31:23 From Monica Haaland to Hosts and panelists:
Initially, I thought there was nothing, but then I started remembering things
11:31:32 From Patricia Kilroe to Hosts and panelists:
Some accomplishments bring tears to my eyes: surviving divorce and raising my two beloved children as a single working mom.
11:31:35 From Lucinda Draine to Hosts and panelists:
Some of the things which seemed the most natural were also accomplishments, and that list includes some rough failure experiences.
11:31:38 From Ben Boyle to Everyone:
You may not think you have achieved anything. My dad is a Nature published doctor, my mum is just a mum but I think she may have achieved more than him, achievement is subjective
11:31:43 From James Helmer to Hosts and panelists:
Enjoyed visiting my abilities in humor and imagination, as well as academics, overcoming catalyst, and finally, learning to bring love to all of my present moments.. Thank you for this meditation.
11:31:45 From Roberta Jue to Everyone:
Opposite of Alicia, lacked focus on enjoyment but on accomplishments
11:31:46 From Laura Hood to Hosts and panelists:
I would agree - I don't think of "achievements" - I think of "experiences"
11:31:47 From Cees Kamp to Hosts and panelists:
I was "told" that the time from 28yrs until know (am 58) has been one big preparation
11:32:45 From Anna Capasso to Everyone:
The fact that we are all here now with IONS is an accomplishment.
11:32:54 From Ben Boyle to Everyone:
Agreed
11:32:59 From Ronald Thomas to Hosts and panelists:
Agreed
11:33:31 From Laura Lynn Olivo to Hosts and panelists:
As a child, fear submerged, buoyed by the joy of challenging and excitement of success.
11:33:33 From Josh Maitland to Everyone:

Remote viewing is a great tool for connecting to the field of consciousness and training your intuition
11:34:10 From Ben Boyle to Everyone:
If you're into RV check out the reddit group, lots of great people, advice and targets
11:34:46 From Dominic Olivo to Tea Muzic and all panelists:
Hi Tea! Here was the music we were using: https://www.youtube.com/watch?v=2OEL4P1Rz04&t=275s&ab_channel=SoothingRelaxation
11:35:28 From Josh Maitland to Everyone:
Yep lots of great info there - some great FB groups, discords etc. out there too!
11:35:29 From Ronald Thomas to Hosts and panelists:
Nina's statements really resonate since I was thinking about where I am now - and what my next chapter will be - influenced greatly by many experiences in the realm of the 'noetic'…. perfect, and beautiful and interconnected. So much 'synch' going on to give some attention to…. Wow, Nina. 👋🏼
11:35:31 From Tea Muzic to Hosts and panelists:
Thank you Olivo!
11:36:07 From Clare Fisher to Everyone:
Josh can you share any specifics
11:36:11 From Pierrette Daigle to Hosts and panelists:
When I was 12 I had a moment when every went very bright and a knowing that life is forever!
11:36:37 From Ben Boyle to Everyone:
Russel Targ's book is also great. Limitless Mind
11:36:46 From Ben Boyle to Everyone:
If you want info Russel is the best
11:36:56 From Ben Boyle to Everyone:
He started Remote Viewing
11:37:02 From Sheila Sporkinedel to Everyone:
I studied with Targ at Omega; great class.
11:37:04 From Ben Boyle to Everyone:
Available on Audible too
11:37:05 From Ronald Thomas to Everyone:
Also, "The Reality of ESP" by Russell Targ
11:37:24 From Hilary Mertaugh to Hosts and panelists:
Debra Lynne Katz is also a great resource for RV and Clairvoyance.
11:38:05 From Josh Maitland to Everyone:
I got hooked by the documentary Third Eye Spies - starring Russel Targ :)

Daz Smith's remoteviewed website has some great resources
11:38:12 From Ben Boyle to Everyone:
Oh loved that one!
11:38:19 From Josh Maitland to Everyone:
@Clare
11:39:05 From Clare Fisher to Everyone:

thanks @ Ben @ Josh & @ Russell ❤️
11:39:09 From Josh Maitland to Everyone:
For me its like a meditation practice or a workout for the soul
11:39:22 From Josh Maitland to Everyone:
Mental Martial Art
11:39:27 From Ben Boyle to Everyone:
You can get the same effect from studying all there is to know about remote viewing or noetic science as you can by meditating or whatever for the same time
11:48:45 From Tatjana Glogovac to Everyone:
how do we know we are opening to something positive and not picking up some bad stuff?
11:49:02 From Ben Boyle to Everyone:
It's all one
11:49:19 From Darren Doyle to Everyone:
thanks guys
11:49:23 From Ben Boyle to Everyone:
There is only one, if it's negative see it as a gift for youto learn how to alter your perception
11:49:30 From Rebecca McNeil to Everyone:
pray for discernment
11:49:32 From Clare Fisher to Everyone:
Nina Thank you
11:49:36 From Rebecca McNeil to Everyone:
if its not clear
11:49:36 From Diana McGuinness to Everyone:
Maybe positive feels good and negative doesn't?
11:49:43 From Elizabeth Maness to Hosts and panelists:
Trust the information you receive - if you can't trust it, let it go.
11:49:49 From Laura Lynn Olivo to Hosts and panelists:
Powerful to channel the noetic in a group, very powerful. The energy and information is just there and only need the powerful intention and invitation.
11:49:49 From Haden Yelin to Everyone:
wow. one of the great experiences ever. How to maintain this vision???
11:50:00 From CLAIRE CROX to Everyone:
Natural world so prominent
11:50:04 From James Helmer to Hosts and panelists:
I can trust in goodness, love, joy, and peace.
11:50:11 From Deborah Rundlett to Hosts and panelists:
Or maybe the energies are both necessary, reconciled by the living of intention and attention.
11:50:19 From Clara Kol to Everyone:
Found out what kept me from doing it
11:50:20 From Diana McGuinness to Everyone:
I felt in touch my spontaneous self that I haven't felt in a long long time. It was fabulous!

11:50:37 From Alicia Hollinger to Everyone:
Ok I feel better now. I was told that I intended to have a life of fun and creativity and that's what I got. I don't have to feel bad about it. I can still achieve bigger things if I want to.
11:50:39 From Ben Boyle to Everyone:
Looking forward to IONS VR meetings
11:50:42 From Elizabeth Stein to Hosts and panelists:
Ben Boyle: I've done both (study & meditation), and for me the effect is very different. But to each their own.
11:50:59 From Margaret McLaughlin to Hosts and panelists:
I saw an almost blinding white light. I felt the presence of many people before me, and I reached out to hold a hand. It wasn't the hand of one person, symbolically it was a connection with those in my presence.
11:51:07 From Lucinda Draine to Hosts and panelists:
It was like a sleep state.
11:51:08 From Kathleen Holdaway to Hosts and panelists:
One piece revealed, open to receive direction and discernment
11:51:09 From Rena Ahmed to Hosts and panelists:
I must be tired because I fell asleep. LOL.
11:51:12 From Alicia Hollinger to Everyone:
Ben, yes! VR!
11:51:15 From Diana McGuinness to Everyone:
Alicia your feelings of fun and creativity will be resonating out for all of us, so yay you
11:51:25 From Tatjana Glogovac to Everyone:
I had an image of people dancing together in protest. anybody in? :)
11:51:45 From Ben Boyle to Everyone:
Peace Protest
11:51:47 From Elizabeth Stein to Hosts and panelists:
The noetic pathways showed themselves to me as multiple layers of Dr. Seuss-type highways meeting in my center.
11:51:50 From Tatjana Glogovac to Everyone:
yes!
11:52:02 From Ben Boyle to Everyone:
We have a peace rally going for russia and ukraine, a group prayer
11:52:19 From Brittany Ellis to Everyone:
You may say I'm a dreamer…but I'm not the only one.
11:52:22 From Ben Boyle to Everyone:
If you're meditating for peace at the moment you stand with more than I can mention here
11:52:25 From Gerard Aartsen to Everyone:
In the attention/receiving part of the exercise I only felt the reassurance to wait for the right time to arrive
11:52:29 From Josh Maitland to Everyone:
Develop relationship with the higher self
Harness the power of the subconscious

Make more Music
More time in Nature
11:53:02 From Ben Boyle to Everyone:
If you ever see news of war know I'm runnying around rallying troops so even if you don't know me you can join us in prayer
11:53:05 From Alvaro Guirao Lopez to Hosts and panelists:
Gracias, connecting with the source of light to remember our Optimal energetic manifestation at every moment, individually and caring for others in the way we relate.
11:53:11 From Ben Boyle to Everyone:
Rally for Peace!
11:53:29 From Ben Boyle to Everyone:
Ref: Group Meditation effects on crime rate in chicago
11:53:30 From Patricia Kilroe to Hosts and panelists:
Lots of familiar as yet unmet “goals” surfaced, but also a reminder to “take the path of least resistance.”
11:53:35 From Mont Francisco to Hosts and panelists:
As the guided consideration ended, it was suggested that we close whatever noetic connections that were established. It is my most fervent desire to incorporate the noetic in all my experience; to see no difference between the “miraculous” and the “mundane.”
11:53:40 From Brittany Ellis to Everyone:
Give Peace a chance!
11:53:42 From Brooke Barker to Hosts and panelists:
Had image of standing on a treehouse balcony overlooking a misty valley in the smoky mountains. Found abandoned mine on a forest walk. Asked “what does this have to do with anything?” and received the answer, “you will have to go there to find out.”
11:53:53 From Rena Ahmed to Hosts and panelists:
Ben - do you have info on your group prayer and how we can join?
11:54:08 From Suzanne Recomendes to Everyone:
Be the Love we wish to see...
11:54:08 From Kim Ross-Sullivan to Everyone:
Yes Ben!
11:54:36 From Tatjana Glogovac to Everyone:
ben I just wrote an article about that! how can noetic scinces lower crime rates https://laquilaactive.com/how-meditation-is-proven-by-noetic-sciences-to-lower-crime/
11:54:38 From Ben Boyle to Everyone:
Just know you stand with a lot for peace next time even if I don't contact you
11:54:46 From Ben Boyle to Everyone:
Love it TG
11:54:47 From Alicia Hollinger to Everyone:
We should start a VR meeting in Altspace VR
11:55:08 From Ben Boyle to Everyone:
Have it open to read TG
11:56:03 From Tatjana Glogovac to Everyone:
if you can't, you need to deactivate virus program

11:56:18 From Ben Boyle to Everyone:
Spread the word to all I don't know, pray for peace when you see war, you'll be with a big group!
11:56:43 From Dominic Olivo to Everyone:
Learn More: https://noetic.org/pae
11:59:22 From Ben Boyle to Everyone:
Got to share this too http://ilumnat.com/
12:00:46 From Ben Boyle to Everyone:
PRAYER!!!
12:00:51 From Ben Boyle to Everyone:
A LOT OF PRAYER
12:00:54 From Victoria Witherow to Everyone:
Meditation
12:00:55 From Rena Ahmed to Hosts and panelists:
Meditation and yoga
12:00:56 From Rebecca McNeil to Everyone:
decrees
12:00:59 From Nicole Wijngaarden to Hosts and panelists:
Meditation and energy healing
12:00:59 From Maria Rotunda to Everyone:
Yoga
12:00:59 From Fir Emmanuel to Everyone:
stepping back
12:01:01 From Sheila Bissonnette to Everyone:
Meditation
12:01:02 From Tim Rondthaler Sr. to Hosts and panelists:
hiking
12:01:03 From Josh Maitland to Everyone:
Remote Viewing
Physical Exercise
Music!
12:01:04 From Rosemary Markowsky to Hosts and panelists:
yoga, daily gratitudes
12:01:04 From Elizabeth Maness to Everyone:
Listening
12:01:05 From Gwendolyn Day to Everyone:
Stream of consciousness writing
12:01:08 From Sheila Bissonnette to Everyone:
Guided meditation
12:01:09 From Arlana Young to Everyone:
yoga, tai chi, meditation, music, nature healing
12:01:09 From Patricia Kilroe to Hosts and panelists:
Dream work, meditation, prayer, forest bathing
12:01:11 From Anna Capasso to Everyone:

white light
12:01:12 From Meg Newhouse to Everyone:
Yoga, meditation, channeling, nature, walks
12:01:14 From Marilyn Schramm to Everyone:
meditate, yoga, gratitude
12:01:15 From NOreen O'Donnell to Hosts and panelists:
Prayer = intention & Meditation = Attention
12:01:15 From Cemile Bingol to Everyone:
meditation, yoga, nature walks
12:01:17 From Sonia Pyne to Everyone:
prayer
12:01:17 From Bill Hughes to Everyone:
Contemplative reading
12:01:17 From George Siffri to Hosts and panelists:
Qigong
12:01:17 From John McDonough to Everyone:
Meditation and thinking!
12:01:18 From Erik Zoeteweij to Everyone:
Meditation, EFT
12:01:19 From Kim Mac Lean to Everyone:
Time in Nature with horses
12:01:20 From Gerry Veeder to Everyone:
Qigong
12:01:20 From Alicia Hollinger to Everyone:
Guided meditation and beautiful experiences in VR
12:01:22 From Brooke Barker to Hosts and panelists:
Tai chi, reiki
12:01:25 From CLAIRE CROX to Everyone:
Sound (Tibetan bowls) drinking lots of water, being still, letting go , tarot etc
12:01:26 From Sharie Goodfellow to Everyone:
Daily gratitude
12:01:26 From Marilyn Bigney to Hosts and panelists:
Meditate, walking in nature, EFT tapping
12:01:27 From Clare Fisher to Everyone:
Writing down the experiences I want versus goals
12:01:28 From Hilary Mertaugh to Hosts and panelists:
Meditation, dream journaling, lucid dreaming
12:01:29 From Laura Lynn Olivo to Hosts and panelists:
Journaling
12:01:29 From Sharon Hoffman to Hosts and panelists:
holding my amethyst stone and calling in my team of non-physical entities for information and guidance
12:01:30 From Rodica Gilles to Everyone:
recording dreams

12:01:33 From Kathleen Holdaway to Hosts and panelists:
Prayer, meditation, journaling,
12:01:35 From Cees Kamp to Hosts and panelists:
Contacting Nature intelligence, deva's ….
12:01:36 From Dona Nova to Everyone:
qi gong, meditation, channeling, sacred art,
12:01:39 From Marjie Kamine to Hosts and panelists:
Walking in the woods
12:01:40 From Karen Benson to Hosts and panelists:
Morning ritual of reading poetry, then meditate. at night, read an inspiring book
12:01:41 From Margaret McLaughlin to Hosts and panelists:
Being open and listen.
12:01:42 From Mont Francisco to Everyone:
Living miracles in the garden…
12:01:43 From Brooke Barker to Everyone:
Tai chi, reiki
12:01:44 From Stewart Gill to Everyone:
Meditation, journaling, and Being in the moment
12:01:50 From Judy Loken to Everyone:
My noetic practice is art, dreamwork, and writing.
12:01:51 From Julia Chirico to Hosts and panelists:
Trust
12:01:55 From Pierrette Daigle to Everyone:
Opening up!!
12:01:56 From Sheila Bissonnette to Everyone:
Oracle cards, dreams
12:01:59 From Ben Boyle to Everyone:
Data analysis, my wife and God
12:02:01 From Tim Hawk to Everyone:
Meditation, Yoga, Dreamwork, Philosophy
12:02:04 From Brittany Ellis to Everyone:
Free write, empty my mind, Meditate, yoga, stare at the moon, stars, and sky
12:02:05 From Lucinda Draine to Hosts and panelists:
Meditative walks, journaling, building communities of interest.
12:02:08 From Brooke Barker to Everyone:
Tarot, meditation, channeling
12:02:10 From Bill Hughes to Everyone:
Al of the above
12:02:11 From Patricia Kilroe to Hosts and panelists:
Dream work, journaling, tarotpy
12:02:15 From Alicia Hollinger to Everyone:
Cannabis and contacting higher--whoever?
12:02:15 From Karen Benson to Hosts and panelists:
recoding my dreams

12:02:16 From Daraleen Shales to Everyone:
walking
12:02:17 From Josh Maitland to Everyone:
I ask my higher self questions and wait for an energy pulse to the left or right hand - Left = NO, Right = Yes
12:02:19 From Cees Kamp to Hosts and panelists:
Work with Nature Intelligence using kinesiology
12:02:19 From Sharie Goodfellow to Everyone:
Visioning collages
12:02:20 From Dona Nova to Everyone:
pendulums, tarot, automatic writing, crystal healing
12:02:26 From Melanie to Hosts and panelists:
Reading, reading and more reading
12:02:27 From Marilyn Schramm to Everyone:
meditation, Journaling, contemplation
12:02:27 From Margaret McLaughlin to Hosts and panelists:
Pendulum use, or using your body as a pendulum.
12:02:28 From Cees Kamp to Hosts and panelists:
Ask the I-Ching
12:02:28 From Laura Lynn Olivo to Hosts and panelists:
Go to spiritual soul friends. Watching the world with awareness for communication
12:02:30 From James Helmer to Hosts and panelists:
tune into the space between
12:02:30 From Suzanne Recomendes to Everyone:
Meditation, yoga, channeling, I Ching
12:02:33 From CLAIRE CROX to Everyone:
I ask higher self questions
12:02:34 From Meg Newhouse to Everyone:
free writing, pendulums
12:02:36 From Ellie Yambrach to Everyone:
Vision Boards
12:02:37 From NOreen O'Donnell to Hosts and panelists:
Eden Method work
12:02:37 From Kathleen Holdaway to Hosts and panelists:
Silence, walks on the beach
12:02:40 From Diana McGuinness to Everyone:
I've been resistant to doing any practices. Still trying to accept myself as I am. Kinda stuck in that phase
12:02:46 From Michelle Soljak to Everyone:
mindfullness, death of ego, GRATITUDE, connecting with loved ones in spirit
12:02:49 From John McDonough to Everyone:
Thinking->waiting for intuition
12:03:09 From Patricia Kilroe to Hosts and panelists:
Self-hypnosis for shamanic journeying

12:03:11 From Daraleen Shales to Everyone:
silent retreat
12:03:13 From Cees Kamp to Hosts and panelists:
Retreat, long walks, intense sports
12:03:14 From Hilary Mertaugh to Hosts and panelists:
plant medicine
12:03:14 From Ben Boyle to Everyone:
Hard to explain, I become big C
12:03:21 From Kim Mac Lean to Everyone:
self hypnosis
12:03:24 From Josh Maitland to Everyone:
Remote Viewing Sessions
Long Jam sessions at the studio
12:03:27 From Dona Nova to Everyone:
connecting to my husband across the veil
12:03:27 From Rebecca McNeil to Everyone:
learning foreign languages
12:03:27 From Clara Kol to Everyone:
riding
12:03:28 From Michelle Soljak to Everyone:
intention to reinvent myself, walking while praying
12:03:29 From Sheila Bissonnette to Everyone:
Water Watsu
12:03:29 From Hilary Mertaugh to Hosts and panelists:
clairvoyant meditation
12:03:30 From Tim Hawk to Everyone:
Lucid Dreaming!
12:03:32 From Brittany Ellis to Everyone:
drumming
12:03:33 From Sharon Hoffman to Hosts and panelists:
psychedelic journeys with intention and facilitation
12:03:35 From Sheila Spremulli to Everyone:
Deep labyrinth contemplative practices
12:03:35 From George Siffri to Hosts and panelists:
OBE
12:03:37 From Margaret McLaughlin to Hosts and panelists:
Automatic writing.
12:03:40 From Lucinda Draine to Hosts and panelists:
Workshops, extended practice of my craft
12:03:40 From Cees Kamp to Hosts and panelists:
ask a friend
12:03:43 From Kim Ross-Sullivan to Everyone:
Arthur Findlay college in the UK
12:03:45 From Michelle Soljak to Everyone:

EMDR
12:03:47 From Fir Emmanuel to Everyone:
quantum dancing
12:03:59 From Taras Lumiere to Hosts and panelists:
Improvising playing violin
12:04:02 From Ben Boyle to Everyone:
Yes to dancing and music/sound
12:04:03 From Nona Driscoll to Everyone:
Tai Chi - meditation in motion.
12:04:14 From NOreen O'Donnell to Hosts and panelists:
Wow - can participants get this chat too - great suggestions!
12:04:15 From Margaret McLaughlin to Hosts and panelists:
Channeling.
12:04:23 From Melanie to Hosts and panelists:
Therapeutic psychedelics
12:04:26 From Daraleen Shales to Everyone:
swimming
12:04:29 From John McDonough to Everyone:
RV
12:04:35 From Michelle Soljak to Everyone:
tapping, appreciating every opportunity to learn from challenges and adversity
12:04:35 From Sharon Hoffman to Hosts and panelists:
vision board
12:04:37 From Rebecca McNeil to Everyone:
journaling
12:04:37 From V H to Hosts and panelists:
crochet
12:04:39 From Bob Linz to Everyone:
Vision quest
12:04:40 From Meg Newhouse to Everyone:
dance
12:04:41 From Josh Maitland to Everyone:
I'm going to try walking/nature meditation
12:04:41 From Alicia Hollinger to Everyone:
I think I've tried everything!
12:04:43 From Patricia Kilroe to Hosts and panelists:
Wondering what quantum dancing is? Sounds intriguing!
12:04:47 From Cees Kamp to Hosts and panelists:
En-JOY
12:04:48 From Brita Ball to Everyone:
self hypnosis
12:04:52 From Judy Loken to Everyone:
Watching the sun rise
12:04:53 From James Helmer to Hosts and panelists:

vision board
12:04:54 From Gwendolyn Day to Everyone:
Vision quest
12:04:55 From Arthur Dodge to Everyone:
Confiding with God and Circle of Angels
12:04:55 From Pierrette Daigle to Everyone:
Really open your eyes!!
12:04:57 From Marjie Kamine to Hosts and panelists:
Vision collage
12:04:59 From Rosemary Markowsky to Hosts and panelists:
want to cultivate lucid dreaming
12:04:59 From Taras Lumiere to Hosts and panelists:
New- playing violin outdoors leaving more space for listening to nature
12:04:59 From Karen Kanzia to Everyone:
Vision Board
12:05:00 From Margaret McLaughlin to Hosts and panelists:
Being one with nature.
12:05:00 From Sheila Spremulli to Everyone:
Asking Darkness what's stirring over the waters
12:05:00 From Gerard Aartsen to Everyone:
Practise Nina's exercise
12:05:00 From Judy Stanton to Hosts and panelists:
autonomic writing
12:05:03 From Dominic Olivo to Everyone:
Absolutely~! If you would like us to send you the zoom chat, please email us at experience@noetic.org and we'd be happy to send it over!
12:05:06 From Gerry Veeder to Everyone:
drumming
12:05:06 From Lynette to Hosts and panelists:
Increase channeling experience
12:05:08 From Meg Newhouse to Everyone:
trying to remember dreams
12:05:12 From Nickolas Elsner to Hosts and panelists:
lucid dreaming
12:05:13 From Clara Kol to Everyone:
To discover nature around
12:05:15 From Terry Madsen to Hosts and panelists:
Biocentrism
12:05:17 From Ernestine Kuehnl to Everyone:
painting - not new but afte a pause of2 years Istartedagain
12:05:18 From Kim Mac Lean to Everyone:
Drumming!! Friends have been wanting ti do this at my property!!
12:05:19 From Nina Fry Kizler to Everyone:
Yes! We will include the chat transcript in the follow up email!

12:05:24 From Brooke Barker to Everyone:
Inward exploration
12:05:25 From Ben Boyle to Everyone:
DO IT!
12:05:30 From Dona Nova to Everyone:
sound tools like bowls or forks
12:05:32 From Mary Duffin to Everyone:
I actually want to play with the idea of storytelling aloud as if it has happened in the past.
12:05:41 From Josh Maitland to Everyone:
Remembering dreams, thanks, I need to get on that too!
12:05:42 From Tatjana Glogovac to Everyone:
love that mary!
12:05:43 From Marcela Busoni to Everyone:
walk in a place were thereis no one
12:05:51 From Dona Nova to Everyone:
astral traveling
12:05:51 From Meg Newhouse to Everyone:
collaging
12:05:56 From CLAIRE CROX to Everyone:
to walk in the forest and touch the bark of a tree (with permission)
12:06:10 From Lucinda Draine to Hosts and panelists:
Thanks, Alicia, sometimes I feel like that. The question for me is around which tool is best for the job. Lately it's listening as prayer c
12:06:19 From Brooke Barker to Everyone:
Animal reiki/communication
12:06:28 From Elizabeth Stein to Hosts and panelists:
Dream journaling is something I could try, though I've found it tough to pursue in the past. I'lll give it a go, because it's open way to receive noetic information … BTW, what does it mean to raise one's vibration? This has puzzled me for some time.
12:06:44 From Marcela Busoni to Everyone:
practice tender
12:06:45 From Ben Boyle to Everyone:
If you want something new Dominic has interesting data from me about the morphic resonance field I have developed for a number 2 in the bathroom. Try something new! LOL
12:06:54 From Margaret McLaughlin to Hosts and panelists:
Compassion starting with self and compassion for others.
12:06:58 From Marcela Busoni to Everyone:
new ways of tender
12:06:59 From Josh Maitland to Everyone:
Daily self improvement is a huge moon shot
12:07:28 From Michelle Soljak to Everyone:
qi gong
12:07:42 From Bill Hughes to Everyone:

To help others fall in love (become possessed by) with their purpose to the degree that all else is unimportant.
12:07:54 From Victoria Clevenger to Everyone:
Thank you, Kerstin, for your helpful response to my question. :)
12:08:05 From Michelle Soljak to Everyone:
reading about NDEs
12:08:27 From Ben Boyle to Everyone:
I went for the world record for having heard the word love and married a woman with the last name Amorim, so I'll give you some energy to help people fall in love BH
12:08:36 From Kathleen Holdaway to Hosts and panelists:
Nice Bill
12:09:59 From Elizabeth Stein to Hosts and panelists:
I've already signed up for the Workshop, so I look forward to getting and giving support for the noetic process.
12:10:13 From Anna Capasso to Everyone:
Whoever said "death of ego" in the chat was spot on.
12:10:20 From Marilyn Bigney to Hosts and panelists:
Immerse completely in trust of Divine Mind guidance.
12:10:26 From Sheila Spremulli to Everyone:
Thank you for taking my question.
12:11:13 From Alicia Hollinger to Everyone:
I've been into metaphysics before I even knew of the word. I have a problem with real life PRACTICAL things...
12:11:55 From Karen Benson to Everyone:
Kerstin—great reply to how to talk about IONS!
12:11:55 From Diana McGuinness to Everyone:
Ha Alicia, I relate!
12:13:12 From James Helmer to Hosts and panelists:
Try tuning into the NOW and simply "bring The LOVE" to every encounter without any expectation.
12:13:14 From Josh Maitland to Everyone:
The next decade is gonna be the time where this stuff breaks through IMHO
12:13:16 From Elizabeth Stein to Hosts and panelists:
We think of noetic concepts as cutting edge, but I wonder what people thought of noetic experiences in the past, including the distant past? I imagine this type of flow of information and feeling has been going on throughout the history of the human race.
12:13:40 From Ben Boyle to Everyone:
Thank you so much!!!
12:16:24 From Pavel Rudakov to Everyone:
Thank you very much!
12:16:57 From Ben Boyle to Everyone:
Glad we got the peace rally on video. Mission accomplished!
12:17:05 From Ben Boyle to Everyone:
PEACE!

12:17:10 From Josh Maitland to Everyone:
Synchronizing the vibration would I guess be a better term than "raising"?
12:17:31 From Michelle Massi to Everyone:
Thank you , this was splendid from MM in to all
12:17:34 From Gerard Aartsen to Everyone:
It also helps to realise that outer appearances (e.g. talk of war) obscure the subjective evolution towards greater unity. There wouldn't be such a 'war' on human oneness from the forces of commercialisation if humanity wasn't responding to its essential oneness like never before.
12:17:51 From Micheline micheline.emails to Everyone:
A simple explanation: we are sad - we vibrate low; we are joyful, we vibrate high. Raise your vibration = become more joyful!!!
12:18:29 From Ben Boyle to Everyone:
I like some wars, like Rick Rolling wars between friends
12:18:55 From Josh Maitland to Everyone:
Star Wars is pretty decent
12:19:06 From Ben Boyle to Everyone:
Agree do I
12:19:11 From Meg Newhouse to Everyone:
Could you give the title of the new book on the science of channeling?
12:19:13 From Josh Maitland to Everyone:
😁
12:19:20 From V H to Hosts and panelists:
Thank you all...
12:19:45 From Michelle Massi to Everyone:
“From Joy all beings have come .” The Upanishads
12:20:00 From Gerard Aartsen to Everyone:
Jai Shanti
12:20:08 From James Helmer to Hosts and panelists:
Raise the vibration, or, harmonizing with the vibration of Love, Joy, Peace, Truth, Forgiveness, Unity, Oneness.
12:20:10 From Meg Newhouse to Everyone:
I have heard that not only is higher vibration more coherent and holding the highest emotions, but that it holds more information.
12:20:27 From Rebecca McNeil to Everyone:
I love what you said about joy
12:21:01 From Dominic Olivo to Everyone:
Science of Channeling:
https://noetic.org/blog/the-science-of-channeling-is-changing-peoples-lives/
12:21:12 From Ben Boyle to Everyone:
See Steven M. Greer for raising the vibration, we only need 1%.
12:21:24 From Ben Boyle to Everyone:
Can vouch for Love being higher from experiance by the way
12:21:32 From Kerrie Hoffman to Everyone:

There is a lot of information on the Vibrational Emotional Scale that links higher vibrational levels with positive emotions
12:21:34 From Gerard Aartsen to Everyone:
Emoto: Messages from Water
12:21:38 From CLAIRE CROX to Everyone:
Wonder how intelligence in nature (interconnectedness fungus in forests) would react to an intentional attempt to connect
12:21:52 From Cees Kamp to Hosts and panelists:
https://pubmed.ncbi.nlm.nih.gov/16979104/
12:22:03 From Alicia Hollinger to Everyone:
The movie What The Bleep has this in it too
12:22:06 From CLAIRE CROX to Everyone:
oh ok nina just speaking about this ! thankyou
12:22:10 From Kerrie Hoffman to Everyone:
I'm very attracted to trees :)
12:22:11 From Brittany Ellis to Everyone:
The Science of Channeling is excellent, very affirming!
12:22:30 From Josh Maitland to Everyone:
Dean Radin's book Real Magic is amazing too
12:22:31 From Meghan Bright to Everyone:
Don't forget about water crystals...
12:22:32 From Crystal Bulluck to Everyone:
Plants are full of laughter and humore
12:22:46 From Ben Boyle to Everyone:
Trees can be sexy KH

https://img.buzzfeed.com/buzzfeed-static/static/2015-10/31/12/campaign_images/webdr15/12-trees-looking-sexy-af-2-7214-1446309101-0_dblwide.jpg
12:22:47 From Faye Sheppard to Everyone:
To avoid manifesting or energizing fears, turn to love and faith first
12:23:05 From Crystal Bulluck to Everyone:
Trees have HUGE personalities like the mountains and bodies of water
12:23:17 From Sheila Spremulli to Everyone:
The innate wisdom of embryonic development is also the “ecological self that is in and of us from the very beginning” Arne Naess.
12:23:18 From Kerrie Hoffman to Everyone:
That's a funny picture Ben!
12:23:33 From Ben Boyle to Everyone:
More tree porn
https://pbs.twimg.com/media/DraiNaGX0AAuwsz.jpg
12:23:53 From Elizabeth Stein to Hosts and panelists:
Nina, thank you for the reminder about the research of the molecular changes stemming from the use of positive, loving words versus negative.
12:24:07 From Kerrie Hoffman to Everyone:

I love being able to comfortably say I'm attracted to trees in this group. Everyplace I've chosen to live has very specific large old trees. I love the energy of a forest. It's amazing.
12:24:35 From Karen Benson to Everyone:
I just heard in a podcast—ask myself “Does it enlarge my life or constrict my life ?”
12:24:40 From Ben Boyle to Everyone:
SOrry if the joke was insulting, it's all love, I like trees too, they're my friends, colors of the wind
12:24:52 From Kerrie Hoffman to Everyone:
I see a beautiful ballerina in that second tree picture
12:24:59 From Josh Maitland to Everyone:
I kinda love cutting my nails actually lol
12:25:28 From Kerrie Hoffman to Everyone:
Trees are in my noetic signature :)
12:25:34 From Ben Boyle to Everyone:
r/Popping is great too
12:25:39 From Ronald Thomas to Hosts and panelists:
Thank you, Kirsten…. seems like I am on track.
12:25:57 From Victoria Clevenger to Everyone:
Great example, Kerstin! :)
12:26:03 From Suzanne Taylor to Everyone:
I got a message from "the Intelligence" over a few months in 1989 that has guided my life ever since and fascinates me by how profound the wisdom is:
https://suespeaks.org/inside-the-intelligence/:
12:26:17 From Kerrie Hoffman to Everyone:
Hate to have to leave this chat :). It's been fun. Gotta run
12:26:27 From Zoe Andra Tirb to Hosts and panelists:
I have a tool for practicing decrement and I m looking to do research on this, which is funny cause I m looking for a place where to conduct the research
12:26:30 From Ben Boyle to Everyone:
<3
12:26:34 From Eva Templeton to Everyone:
Absolutely love trees, in all their expressions.
12:26:45 From Diana McGuinness to Everyone:
Thanks so much for this experience, it's been my first noetic thing I've done.
12:26:54 From Hyacinth Oesterlin to Everyone:
I love trees, am fascinated by their size and shape, love the gnarled branches and I hug them! Blessings and Love
12:26:58 From Sheila Sporkinedel to Everyone:
Shamanism has helped raise my vibration.
12:27:01 From Gwendolyn Day to Everyone:
Thank you for this…
12:27:03 From James Helmer to Hosts and panelists:
Thank you all! Great suggestions/blessings!
12:27:04 From Micheline micheline.emails to Everyone:

thanks for the opportunity of creating a new reality!
12:27:04 From Sheila Bissonnette to Everyone:
My first time too. Thanks so much
12:27:06 From Dominic Olivo to Everyone:
Drop us a line: experience@noetic.org
12:27:07 From Gerard Aartsen to Everyone:
Thank you Kerstin, Nina and Dominic for this webinar
12:27:17 From Fir Emmanuel to Everyone:
thank you Kerstin!
12:27:26 From Ben Boyle to Everyone:
Yes, thank you all
12:27:35 From Ben Boyle to Everyone:
And to all the guests
12:27:38 From Danna Jones to Everyone:
Thank you so much everyone! **
Always grateful for all loving mentors,
In this world (and beyond)... that see and recognize
the Love, Creativity and brilliance in all of us!
Allowing for continued inspiration
and sharing in kind! Peace and appreciation
for Nature and all Beings!
12:27:47 From Faye Sheppard to Everyone:
interconnections appeared as a network of neonlight tubes in a geodesic dome type network (much more than thest a dome
12:27:50 From John McDonough to Everyone:
Thanks for the presentation and the comments/questions!
12:27:51 From Karen Benson to Everyone:
Thank you for this interesting and helpful webinar, Kerstin, Nina, and Dominic
12:27:51 From Dominic Olivo to Everyone:
Learn More: https://noetic.org/pae
12:27:52 From Ronald Thomas to Hosts and panelists:
Thank you both for this excellent session today.
12:28:01 From Michelle Soljak to Everyone:
Thank you so much! Blessings to all 😊
12:28:07 From Ben Boyle to Everyone:
Sharing this one more time http://ilumnat.com/
12:28:34 From Dominic Olivo to Everyone:
Learn More: https://noetic.org/pae
12:28:55 From Dominic Olivo to Everyone:
Support Noetic Research and Programming: https://noetic.org/give
12:28:59 From TJ Araujo to Everyone:
Thank you for your excellent presentations. Greetings from Venezuela
12:29:07 From JoAnn Cannon to Hosts and panelists:
WHAT TIME ON THE WEST COAST WILL NEXT THURS CLASS BE???

12:29:20 From Dominic Olivo to Everyone:
RSVP: https://noetic.org/technologies
12:29:22 From Mont Francisco to Everyone:
Thank you all.
12:29:49 From Dominic Olivo to Everyone:
Hi JoAnn! The Modules are made live at 10am Pacific time and the Live Q&A sessions start at 11am Pacific Time!
12:30:07 From Laura Lynn Olivo to Hosts and panelists:
How exciting, a new adventure !
12:30:08 From George Siffri to Hosts and panelists:
Thank you!
12:30:08 From Rebecca McNeil to Everyone:
thank you
12:30:08 From Monica Haaland to Hosts and panelists:
Thanks
12:30:11 From Eric Kristiansen to Everyone:
thank you!
12:30:11 From Wendy Linton to Everyone:
Thank you so much!!
12:30:15 From CLAIRE CROX to Everyone:
Great session, thank you very thought provoking x
12:30:15 From Victoria Witherow to Hosts and panelists:
Thanks to you!