



# 2023 TTNO Conference – October 13, 14, 15

## 3 – DAY AGENDA

FRIDAY	October 13	Presenters
7:00 PM	Opening Ceremonies: Welcome	MJ Cowtan
7:02 PM	Opening Meditation – Inspired by Crystal Hawk	Alison Cooke
7:10 PM	Tribute to Crystal Hawk	Alison Cooke
7:35 PM	Introduce Richard Gordon	MJ Cowtan
7:40 – 8:30 PM	Keynote Address: <b>Richard Gordon</b> • <b>Life Force Energy: A Bridge Between Spirit and Science</b>	Richard Gordon
8:30 – 9:30 PM	Meet and Greet/ Social Time (break out rooms) - optional	All
SATURDAY	October 14	
7:30 a.m.	Open Zoom: early access	Alison Cooke
8:05 a.m.	Welcome – Song for Crystal	Alison Cooke
8:15 a.m.	Opening Meditation	Evelyn MacKay
8:25 a.m.	Introduction of David McGinley	Evelyn MacKay
<b>8:30 a.m.</b>	<b>David McGinley Workshop: En-Lighten Up</b>	
8:30-9:00 AM	Welcome, Overview and Introduction to Meditation vs. Awakening	David Maginley
9:00 – 9:30	The Apparent Gap of Separation	
9:30 – 9:45	Break	
9:45 – 10:00	Centering Meditation	
10:00-10:30	Experiencing our Experience	
10:30-11:00	Love, Centering and Awareness	
11:00-11:45	Discussion	
11:45-12:00	Guided Meditation	
12:00 – 1:00	Lunch	
1:00-1:30	An Integral Perspective	
1:30	Closing and Thank you to David	MJ Cowtan
SUNDAY	October 15	
12:30	Open Zoom: early access	Alison Cooke
12:42 PM	Welcome – Very brief	MJ Cowtan
12:45 PM	Meditation	Gail LaFortune
<b>1:00 PM</b>	<b>Diane May Workshop B: Unconditional Love in the Practice of TT</b>	
1:00-1:20 PM	Introductions and Overview	Diane May
1:20-2:20 PM	What is Unconditional Love & Importance to TT	
2:20-2:45 PM	Break	
2:45-3:15 PM	Examining Conditional & Unconditional Love Exercises/ Journaling	
3:15-4:30 PM	Break Out: TT Practicum/Sharing exercises/action plans	
4:30-5:00 PM	Discussion, Q&A, Evaluations, Wrap Up	
5:00 PM	Closing Meditation – Inspired by Crystal Hawk	Heather Gurd
5:20 PM	Thank You to Diane and All / Evaluations	MJ Cowtan and All