



OPEN YOUR CHANNEL

Katherine Bird

Practice Community Details

I am so excited for Open Your Channel Practice Community!!

Here we will be integrating the channel so that we can bring this work to the world in a powerful, grounded and supported way.

Here is a breakdown of the program:

1x month teaching

1x month new practice or meditation to work with

These will be videos in the platform that you can watch and work with over and over again during the course of the month (and after!). They will be released at the first of every month.

Please mark on your calendars this teaching so that you will remember to engage with it at the beginning of the month. Add times in to both work with the recorded meditation and to focus on the work on hand each month in personal practice using invocations and other points of contact to connect. As you should already have an altar, please plan to refresh it each month to honor, acknowledge and work with the different energies. The more layers you can add to this work, the stronger it will be!

1x month group practice. This is the group practice circle and the call each month that I am asking you to be live on as much as possible. I can't do this all by myself! Here we will incorporate and integrate what we have been focused on this month and bring through messages, guidance and information. Don't be nervous... this will be fun and easy! These are scheduled at this point as the last Saturday of the month at 10am PST. If this is not a good time and day for you, reach out right away so that I can put out a poll to get a date that will work for everyone.

Basically, calls will happen every 4 weeks with movement based on holidays and other needs. If this is not convenient for people we will adjust as needed.

You will also have access to group support and community and a place to ask questions and receive feedback from me and others on the path.

This will be in the Mighty Network.

Here is the invitation to join that: https://network-5012136.mn.co/share/BkdBV2oashkisFAV?utm_source=manual

Here are the dates of the live calls. Please mark them on your calendar right away. In the welcome email you will find a cal link and video to help you auto add them to your cal. Please be aware of time changes in the fall and spring.

Dates of the live calls. All are on pacific time:

August 27: 10am

Sept 24 :10am

Oct 29: 10am

Nov 26: 10am

Jan 7: 10am (change due to New Year)

Jan 28: 10am

Feb 25: 10am

March 25: 10am

April 29: 10am

May 27: 10am

June 24: 10am

July 30: 10am

Link for live calls:

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/5080994131>

Or iPhone one-tap:

US: +16699006833,,5080994131# or +14086380968,,5080994131#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 669 900 6833 or +1 408 638 0968 or +1 646 876 9923

Meeting ID: 508 099 4131

International numbers available: <https://zoom.us/zoomconference?m=xkUfbxwktPMIBbIVgLUuEL4BGAqVHEp2>

Payment: Reach out if you have not set this up yet.