DESCRIPTION:
\* Write one Question and Answer from each hour, and within each day of classes for both the IMMERSION and Co-Creating Heaven-on-Earth Programs.

* Choose a topic is meaningful for you and demonstrates your comprehension of the Tellington TTouch Method sa taught in both the IMMERSION and Heaven Programs.
* In IMMERSION, there were 3 hours of classes per day, for 6 days, totaling 18 hours.
* In Heaven, there are 2 hours of classes per day, for 6 days, totaling 12 hours.
* We ask you to write a total of 30 Question and Answers.
*(For example, you’ll write one Question & Answer from Day 1, hour 1 of IMMERSION, then another Question & Answer from Day 1, hour 2; another from Day 1, hour 3; etc.)*
* Use 150 words or less for each day in the form provided below.

TIP:

* When you are filling out this form, we recommend that you also have the
Breakthrough & Aha! Form readily available in case you get insights so you can write in the moment.

Sandy found as she was reviewing each session, and writing up her Q & A’s, she received amazing insights. She found that filling out both forms at the same time helped her to capture those Aha! moments.

PURPOSE:
The purpose of this question and answer form is to enhance your TTouch knoweldge, and demonstrate your comprehension of the Tellington Method as taught in both the IMMERSION and Co-Creating Heaven-on-Earth Online Programs.

DIRECTIONS:

* Step 1: While listening to each class hour, reflect on key points that are meaningful for you.
* Step 2: Use the Q & A Form Below
* Step 3: Write one question with it’s corresponding answer demonstrating a point or topic that has been significant for you and which shows your understanding and comprehension of the material.
* Step 4: Repeat for each recorded hour of the online Immersion and Heaven programs, there is a total of 30 question and answers.
* Step 5: Once all the forms are complete email them all to: \_\_\_\_\_\_\_\_Email to?

Your Name: Completion Date:
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IMMERSION Program – 6 days Total, 3 hours per day

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IMMERSION DAY 1 (3 Hours)

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EXAMPLE Question & Answer for IMMERSION:  *Come up with a question & answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or less.*

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Your Question:
Why is it important to talk with your organs, cells, bacteria and flora inside yourself?

Your Answer:

 When connecting with our insides, listening, talking with, and bring a sense of wonder we can connect with the knowing and divine intelligence that we all have in every cell in our body. This takes our experiences to an entirely different level of effectiveness, enhanced function and satisfaction.

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IMMERSION: Day 1, Hour 1:  *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or less.*

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Your Question:

Your Answer:

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IMMERSION: Day 1, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or less.*

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Your Question:

Your Answer:

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~ IMMERSION Day 1, Hour 3: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or less.*

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Your Question:

Your Answer:

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IMMERSION Day 2 (3 Hours)

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IMMERSION: Day 2, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or less.*

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Your Question:

Your Answer:

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 IMMERSION: Day 2, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or less.*

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Your Question:

**Your Answer:**

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Your Question:

Your Answer:

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IMMERSION Day 3 (3 Hours)

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Your Question:

Your Answer:

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Your Question:

Your Answer:

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IMMERSION: Day 3, Hour 3: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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IMMERSION Day 4 (3 Hours)

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IMMERSION: Day 4, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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IMMERSION: Day 4, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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IMMERSION: Day 4, Hour 3: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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IMMERSION Day 5 (3 Hours)

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IMMERSION: Day 5, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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IMMERSION: Day 5, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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IMMERSION: Day 5, Hour 3: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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IMMERSION Day 6 (3 Hours)
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IMMERSION: Day 6, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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IMMERSION: Day 6, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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IMMERSION: Day 6, Hour 3: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

*~~~~~~~~~~~Congratulations!~~~~~~~~~~~~~*

*You have completed the IMMERSION section!*

*Take a moment to pause, and give yourself three heart hugs,*

*smiling while appreciating what you have done!*

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Co-Creating Heaven-on-Earth PROGRAM – 6 classes, 2 hours per class

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Heaven Class 1 (2 Hours)

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Heaven Class 1, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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Heaven: Class 1, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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Heaven Class 2 (2 Hours)

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Heaven: Class 2, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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HEAVEN: Class 2, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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Heaven Class 3 (2 Hours)

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HEAVEN: Class 3, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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HEAVEN: Class 3, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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Heaven Class 4 (2 Hours)

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HEAVEN: Class 4, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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HEAVEN: Class 4, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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Heaven Class 5 (2 Hours)

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HEAVEN: Class 5, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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HEAVEN: Class 5, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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Heaven Class 6 (2 Hours)

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HEAVEN: Class 6, Hour 1: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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HEAVEN: Class 6, Hour 2: *Come up with a question and answer of a topic that is meaningful for you from Day 1, Hour 1 in IMMERSION In 150 words or le*

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Your Question:

Your Answer:

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*Congratulations!*

*You have completed 30 Question and Answers*

*towards your certification for both the IMMERSION and Heaven Programs!*

*We invite you to do three heart hugs,*

*while smiling and appreciating yourself*

*and your accomplishment!*

Once all 3 forms are complete, send to: \_\_\_\_\_\_\_\_\_\_\_\_\_To be announced!