**Follow-up Letter to Zoom Call 07**

Dear Friends,

As usual it was good to be with those of you who could make the call yesterday.

If you couldn't be with us please make sure you watch the recording. Your certification is based on the fact that you are watching these sessions since each time we go over some aspect of being in the teacher seat. Between the AJ class sessions, our training calls, and the mentor groups that you share with other trainees and get guidance from the Mentor pod leaders, you are receiving important support as you lead your groups.

Here are the links to our session:

[Gallery view](https://us02web.zoom.us/rec/play/j1SyRBZy7JT7A3vJmNe4BFHnDFoCO_h5njN1a7ubvpfGcdS5qos8AX9uABvseZny2yO1HfVXwZVUwGzc.9E2YaloZCBF59bof?autoplay=true)

[Audio only](https://us02web.zoom.us/rec/play/n6hDpv12Vbtlq1qIwTbAz9Bze-0IxN5QDA--cTz_jEDj0KMrXqa5Z_IIxs6mFApEEi0yliR1OAf_gpRx.9F0GnBI7PGIvGtH3?autoplay=true)

After a sit led by Jan and a few general questions, people checked in with each other in small breakout groups (not recorded). We then spent some time on the Step #7 theme, "Learning to Love Ourselves." We did a self-forgiveness practice and then the practice of seeing yourself through a friend's eyes ending with doing "Zoom Self-Metta." I've encouraged everyone to keep doing this as a mirror practice. When you're in front of a mirror, take 30 seconds to really see who is there. Send warm wishes to that person looking back at you. If you find that thoughts or judgments get in the way or make this very difficult, do it anyway. This might be the most important thing you do for yourself and those you are teaching during this whole course.

One thing that we didn't do is to write a letter of appreciation to yourself. This is a powerful practice that you might try with your groups if you haven't discussed this theme yet. You might take 5-10 minutes to at least start the letter. I can assure you that it will be a very memorable experience for everyone.

You can let me know if you are having any challenges in getting through the material and aren't sure if you will be ready for certification when the training ends and whenever you finish leading your group.

See you at our next meeting, Monday, May 9th.

With metta,

James