

THE 60-DAY GUIDED JOURNEY

Remembering the Self

COMPLETE DAILY PRACTICE SCHEDULE

January 1 – March 1, 2026

How to Use This Schedule

This schedule is your roadmap for the next 60 days. Each day, you will:

1. **Read the assigned chapter** in The Esu Transmissions, Book I: Remembering the Self
2. **Complete the daily practice** (Foundational, Embodiment, or Contemplative)
3. **Journal your reflections** in your Study Companion
4. **Engage with the community** in our private Telegram group

LIVE CALL SCHEDULE

All calls are 90 minutes | Zoom link provided in welcome email

Call #	Day	Date	Time
Call 1	Day 7	Wednesday, January 7	7:00 PM CET
Call 2	Day 14	Wednesday, January 14	7:00 PM CET
Call 3	Day 21	Wednesday, January 21	7:00 PM CET

Call #	Day	Date	Time
Call 4	Day 28	Wednesday, January 28	7:00 PM CET
Call 5	Day 35	Wednesday, February 4	7:00 PM CET
Call 6	Day 42	Wednesday, February 11	7:00 PM CET
Call 7	Day 49	Wednesday, February 18	7:00 PM CET
Call 8	Day 56	Wednesday, February 25	7:00 PM CET
Final Call	Day 60	Sunday, March 1	7:00 PM CET

PART I

The Map of Illusion | Days 1-30

Day	Chapter	Type
1	Thu, Jan 1 Ch 1: The Call The Call to Remember	Foundational
2	Fri, Jan 2 Ch 1: The Call The Anchor of Breath	Embodiment
3	Sat, Jan 3 Ch 1: The Call Witnessing the Forgetting	Contemplative
4	Sun, Jan 4 Ch 2: The Great Forgetting The Mask of Identity	Foundational
5	Mon, Jan 5 Ch 2: The Great Forgetting The Body as Oracle	Embodiment
6	Tue, Jan 6 Ch 2: The Great Forgetting The Loop of Seeking	Contemplative

Day		Chapter		Type
7	Wed, Jan 7 LIVE CALL 1	Ch 3: The Mask	The Program of Separation	Foundational
8	Thu, Jan 8	Ch 3: The Mask	Feeling the Mask	Embodiment
9	Fri, Jan 9	Ch 3: The Mask	The Fear Beneath the Mask	Contemplative
10	Sat, Jan 10	Ch 4: The Loop	Witnessing the Loop	Foundational
11	Sun, Jan 11	Ch 4: The Loop	The Body's Loop	Embodiment
12	Mon, Jan 12	Ch 4: The Loop	The Seeker's Paradox	Contemplative
13	Tue, Jan 13	Ch 5: The Program	The Program of Worthiness	Foundational
14	Wed, Jan 14 LIVE CALL 2	Ch 5: The Program	Feeling Unworthiness	Embodiment
15	Thu, Jan 15	Ch 5: The Program	Inherent Worthiness	Contemplative
16	Fri, Jan 16	Ch 6: The Veil	Witnessing the Veil	Foundational
17	Sat, Jan 17	Ch 6: The Veil	The Felt Sense of the Veil	Embodiment
18	Sun, Jan 18	Ch 6: The Veil	Thoughts as Veil	Contemplative
19	Mon, Jan 19	Ch 7: The Self	The True Self	Foundational
20	Tue, Jan 20	Ch 7: The Self	The Self as Presence	Embodiment
21	Wed, Jan 21 LIVE CALL 3	Ch 7: The Self	The Self as Awareness	Contemplative
22	Thu, Jan 22	Ch 8: The Soul Signature	The Soul Signature	Foundational
23	Fri, Jan 23			Embodiment

Day		Chapter		Type
		Ch 8: The Soul Signature	Feeling the Soul Signature	
24	Sat, Jan 24	Ch 8: The Soul Signature	Remembering Your Signature	Contemplative
25	Sun, Jan 25	Ch 9: The Gameboard of Creation	The Gameboard of Creation	Foundational
26	Mon, Jan 26	Ch 9: The Gameboard of Creation	The Body as Player	Embodiment
27	Tue, Jan 27	Ch 9: The Gameboard of Creation	Sacred Play	Contemplative
28	Wed, Jan 28 LIVE CALL 4	Ch 10: Being Real	The Practice of Being Real	Foundational
29	Thu, Jan 29	Ch 10: Being Real	The Body of Realness	Embodiment
30	Fri, Jan 30	Ch 10: Being Real	Integration of Part I	Contemplative

PART II

The Art of Being Real | Days 31-60

Day		Chapter		Type
31	Sat, Jan 31	Ch 11: The Practice of Presence	The Practice of Presence	Foundational
32	Sun, Feb 1	Ch 11: The Practice of Presence	The Body as Presence	Embodiment

Day		Chapter		Type
33	Mon, Feb 2	Ch 11: The Practice of Presence	The Timeless Now	Contemplative
34	Tue, Feb 3	Ch 12: The Gates of Emotional Alchemy	The Gates of Emotional Alchemy	Foundational
35	Wed, Feb 4 LIVE CALL 5	Ch 12: The Gates of Emotional Alchemy	Feeling Emotions Fully	Embodiment
36	Thu, Feb 5	Ch 12: The Gates of Emotional Alchemy	The Teaching of Emotions	Contemplative
37	Fri, Feb 6	Ch 13: The Art of Feeling Fully	The Art of Feeling Fully	Foundational
38	Sat, Feb 7	Ch 13: The Art of Feeling Fully	Sensation Without Story	Embodiment
39	Sun, Feb 8	Ch 13: The Art of Feeling Fully	Becoming the Feeling	Contemplative
40	Mon, Feb 9	Ch 14: The Belief Creation System	The Belief Creation System	Foundational
41	Tue, Feb 10	Ch 14: The Belief Creation System	Feeling Beliefs in the Body	Embodiment
42	Wed, Feb 11 LIVE CALL 6	Ch 14: The Belief Creation System	Questioning Beliefs	Contemplative
43	Thu, Feb 12	Ch 15: The Game Keys of Being	The Ten Game Keys	Foundational
44	Fri, Feb 13	Ch 15: The Game Keys of Being	Embodying a Game Key	Embodiment
45	Sat, Feb 14	Ch 15: The Game Keys of Being	Playing with the Keys	Contemplative
46	Sun, Feb 15	Ch 16: The Practice of Flow	The Practice of Flow	Foundational

Day		Chapter		Type
47	Mon, Feb 16	Ch 16: The Practice of Flow	The Body in Flow	Embodiment
48	Tue, Feb 17	Ch 16: The Practice of Flow	The Yes of Flow	Contemplative
49	Wed, Feb 18 LIVE CALL 7	Ch 17: The Return to Wholeness	The Return to Wholeness	Foundational
50	Thu, Feb 19	Ch 17: The Return to Wholeness	The Body of Wholeness	Embodiment
51	Fri, Feb 20	Ch 17: The Return to Wholeness	Including All Parts	Contemplative
52	Sat, Feb 21	Ch 18: The Kingdom Within	The Kingdom Within	Foundational
53	Sun, Feb 22	Ch 18: The Kingdom Within	The Body as Kingdom	Embodiment
54	Mon, Feb 23	Ch 18: The Kingdom Within	The Kingdom Everywhere	Contemplative
55	Tue, Feb 24	Ch 19: Living as Love	Living as Love	Foundational
56	Wed, Feb 25 LIVE CALL 8	Ch 19: Living as Love	The Vibration of Love	Embodiment
57	Thu, Feb 26	Ch 19: Living as Love	I Am Love	Contemplative
58	Fri, Feb 27	Ch 20: The Art of Divine Play	The Art of Divine Play	Foundational
59	Sat, Feb 28	Ch 20: The Art of Divine Play	The Body at Play	Embodiment
60	Sun, Mar 1 FINAL CALL	Ch 20: The Art of Divine Play	Integration and Celebration	Integration

Practice Types

Foundational Practices establish core concepts and awareness

Embodiment Practices bring teachings into the body and felt experience

Contemplative Practices deepen understanding through reflection and inquiry

May this journey be a sacred homecoming.

May you remember who you have always been.

Blessed be.

— ESU