



Welcome to

Ignite your Spiritual Life

Class Two



Awareness,
Compassion, Wisdom, Strength,
Abundance,
Joy, Humour



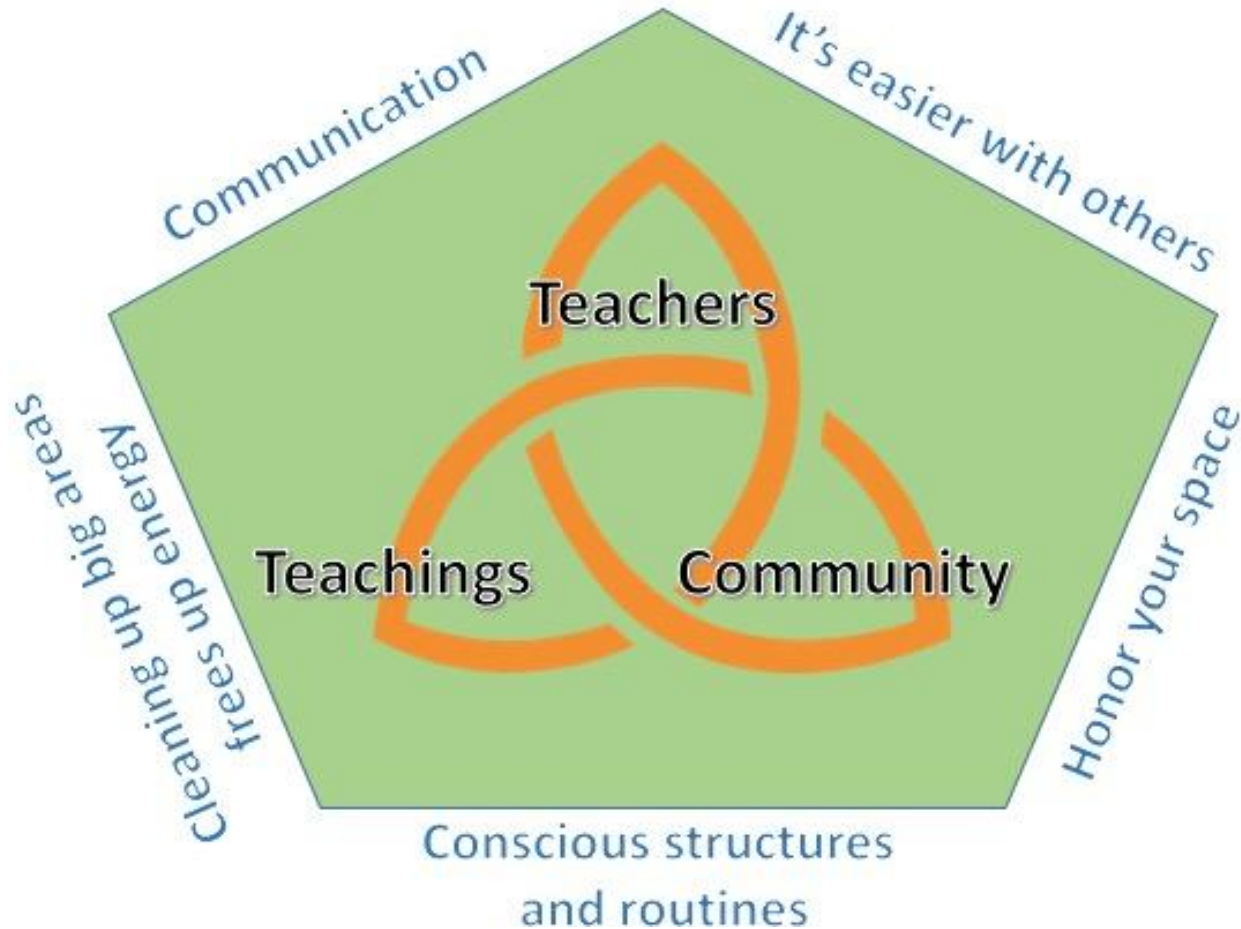
Today's class structure

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|--|
| <ul style="list-style-type: none">● Welcome & opening mindfulness practice● Homeplay sharing / Q&A● Recap |
| <ul style="list-style-type: none">● Why does the spiritual container ignite your spiritual life?● Structure and Routine are your friends● Working with routines● Breakout room● Working with structure● The power of ritual |
| <ul style="list-style-type: none">● Q&A and closing |

Practicing mindful awareness ...

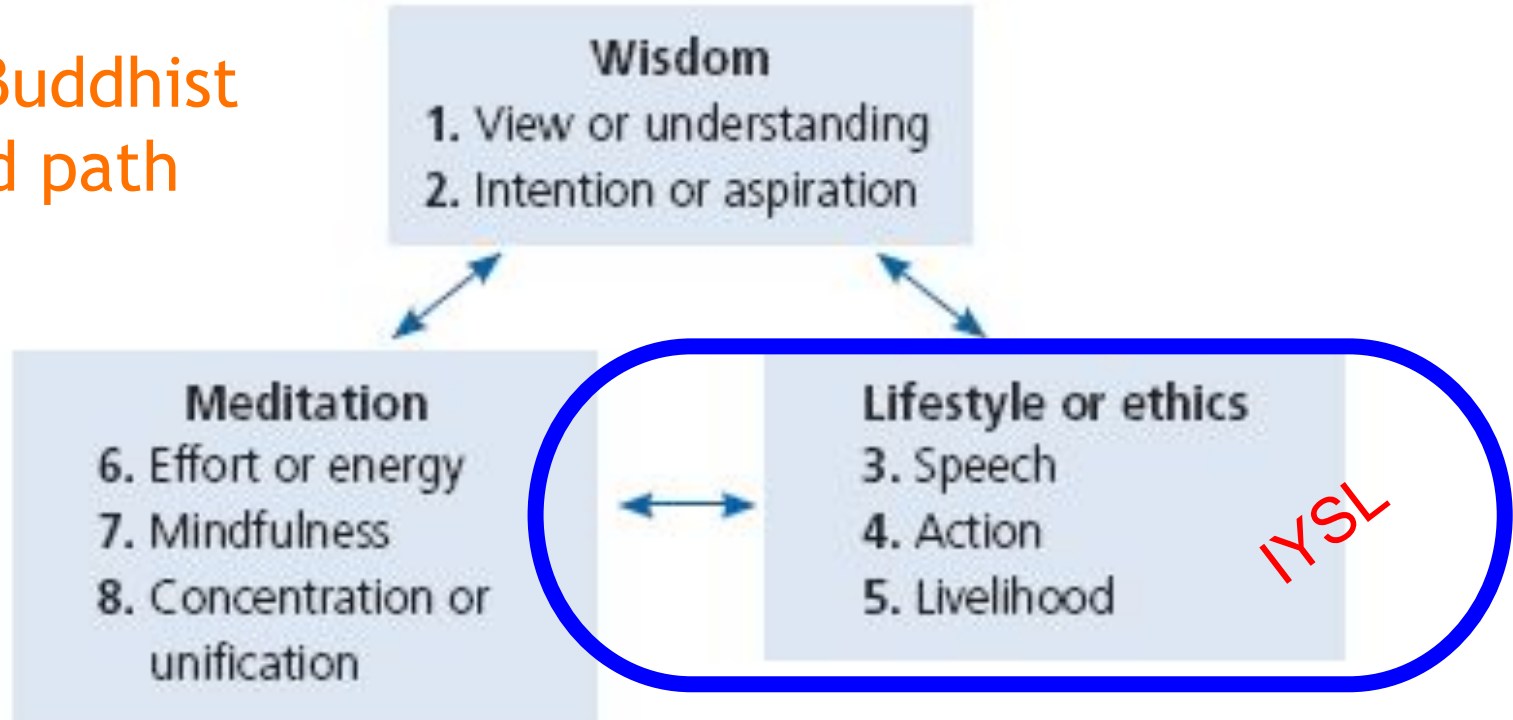


A complete spiritual support structure



Why the spiritual container ignites your spiritual life?

The Buddhist 8-fold path



Recap: Umbrella principles

1. Growth and transformation needs a stable container.
2. Outer clarity supports inner clarity.





Recap:

6 qualities of a supportive space

1. Cleanliness & order
2. Beauty & inspiration
3. Spaciousness & simplicity
4. Attention to the details (Everything in its place)
5. Dedicated / special place for reflection
6. Quiet space



Recap: qualities of a good state

Calm

Concentration

Equanimity

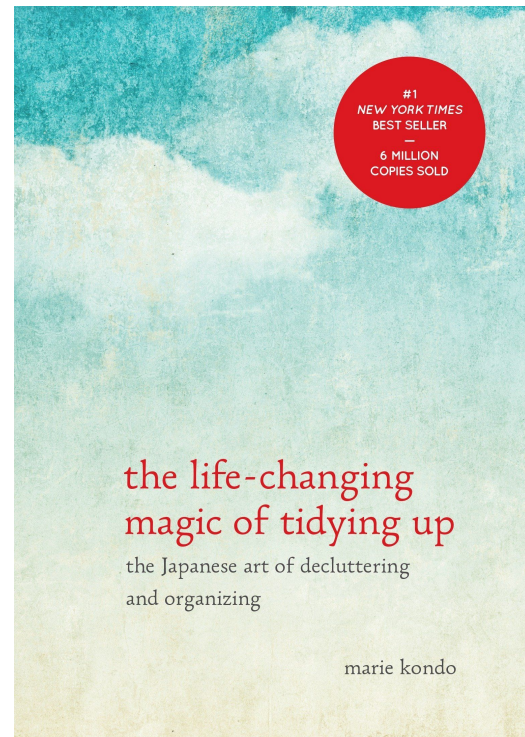
Mindfulness

Investigation

Energy

Joy





If you want to change the world

— START OFF BY —
MAKING YOUR BED





Course overview

Week 1: Intro and Honor your space

Week 2: Structure and routine are your friends

Week 3: Conversations shape the space where we meet

Weeks 4+5: Cleaning up big areas of your life frees up energy

Week 6: It's easier with others and bringing it all together



What words come up for you when you think about structure, routine and discipline?



Structure and routine are your friends

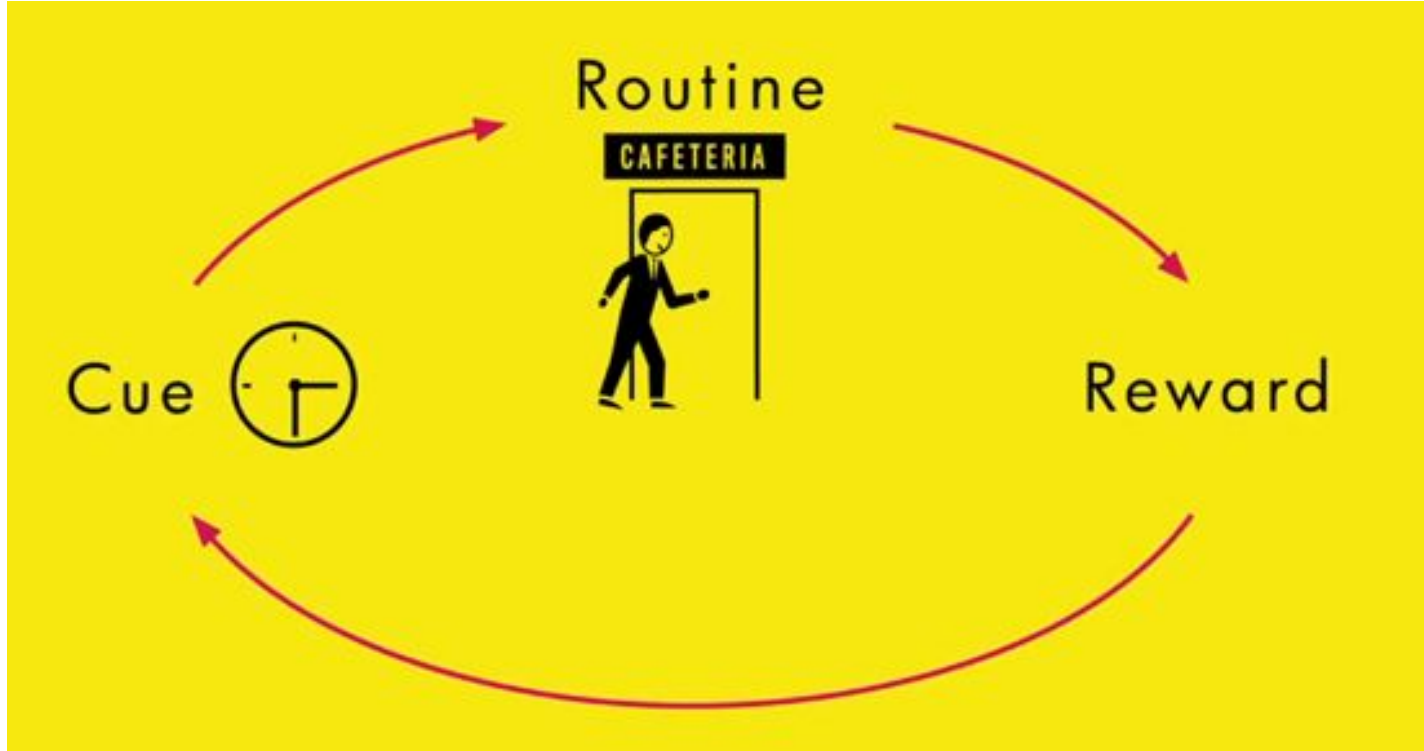
(or “Freedom arises from structure and routine”)

Consciously chosen structures and routines – counter-intuitive as it may sound – give you a tremendous amount of freedom. They also give you the space for creativity, and where you can form new, healthy habits. Without a healthy outer structure, you don’t have the container needed for sustained growth and breakthrough.

Structures can feel like imposition

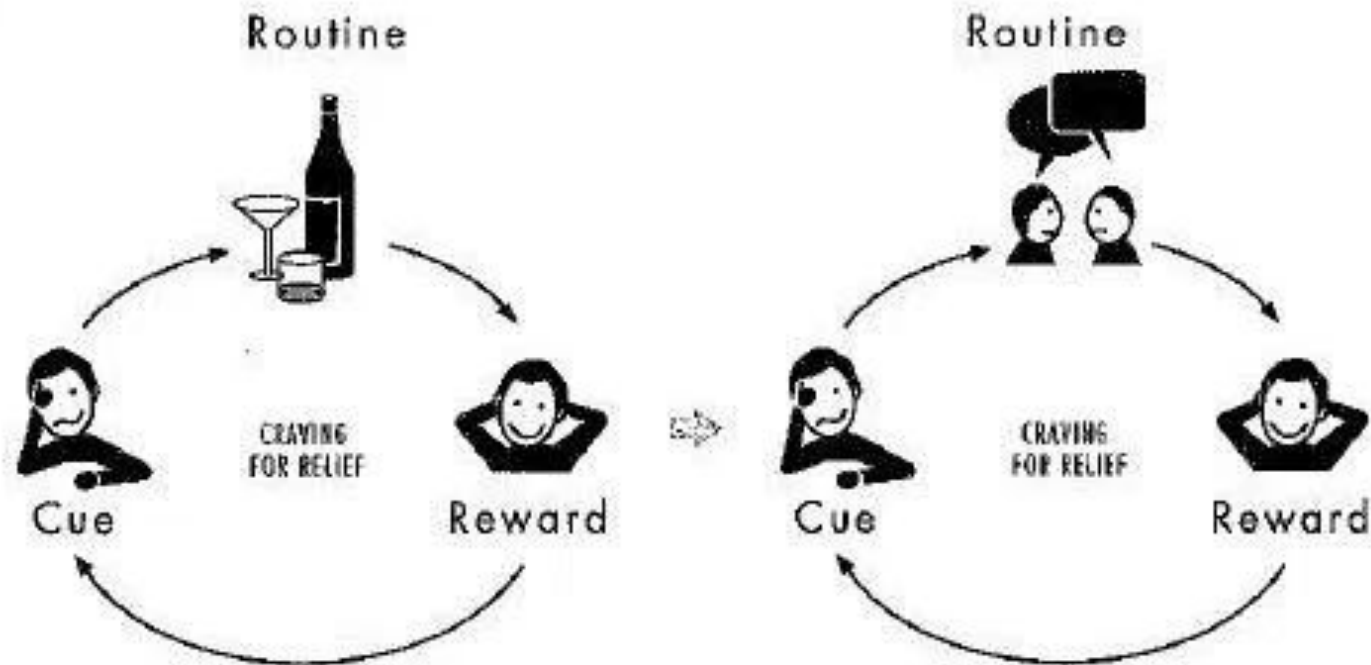


What is routine?



The Power of Habit, Charles Duhigg

Changing a habit



KEEP THE CUE,
PROVIDE THE SAME REWARD,
INSERT A NEW ROUTINE



Breakout room

Discuss a habit you may have and see if you can identify the trigger, the routine and the reward.

What could be a better routine to support mindfulness and energy?





What is structure?

	A	B	C	D
1		Sunday	Monday	Tuesday
2	7:00 AM	Stretch, meditate	Stretch, meditate	Stretch, meditate
3	8:30 AM	Prostrations	Breakfast	Breakfast
4	9:00 AM	Breakfast	Start work	Start work
5	10:00 AM	Karma yoga/service	Work	Work
6	11:00 AM	Karma yoga/service	Work	Work
7	12:00 PM	Karma yoga/service	Work	Work
8	1:00 PM	Lunch	Lunch	Lunch
9	2:00 PM	Karma yoga/service	Work	Work
10	3:00 PM	Karma yoga/service	Team meeting ITAU	Work
11	4:00 PM	Karma yoga/service	Team meeting ITAU	Work
12	5:00 PM	Karma yoga/service	Travel home	Prostrations, teaching prep
13	6:00 PM	Karma yoga/service	Dinner	Dinner
14	7:00 PM	Dinner	Brazilian music and dance	Teaching
15	8:00 PM	Portuguese	Brazilian music and dance	Teaching
16	9:00 PM	Rest time	Brazilian music and dance	Teaching
17	10:30 PM	Meditate	Meditate	Rest time
18	11:00 PM	Sleep	Sleep	Sleep



Friends with benefits ...

1. Structure and routine help smooth the ebbs and flows of habitual impulses
2. Structure and routine help us to create healthier habits and lead to happier states of mind
3. Structure and routine give you space to decompress – you don't have to keep trying to figure it out as it's already been done
4. Solid, supportive structure and routines help you find the strength, courage and fearlessness you need to change habits that separate you from clarity and joy
5. A healthy outer structure gives space to discover what is healthy and clear for you

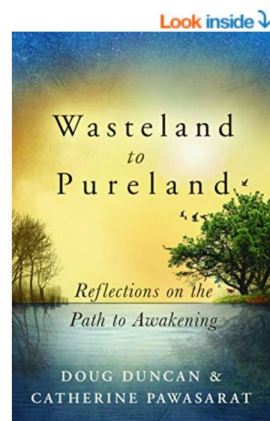
The power of ritual





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