



Welcome to

Ignite your Spiritual Life

Class One



The magic of retreat ...





Co-creating our journey

1. Feel free to ask questions in the Chat during class
2. Space for Q&A in each class
3. Share and discuss in the Facebook group
4. Ask for a buddy
5. Send us your questions for student Q&A page



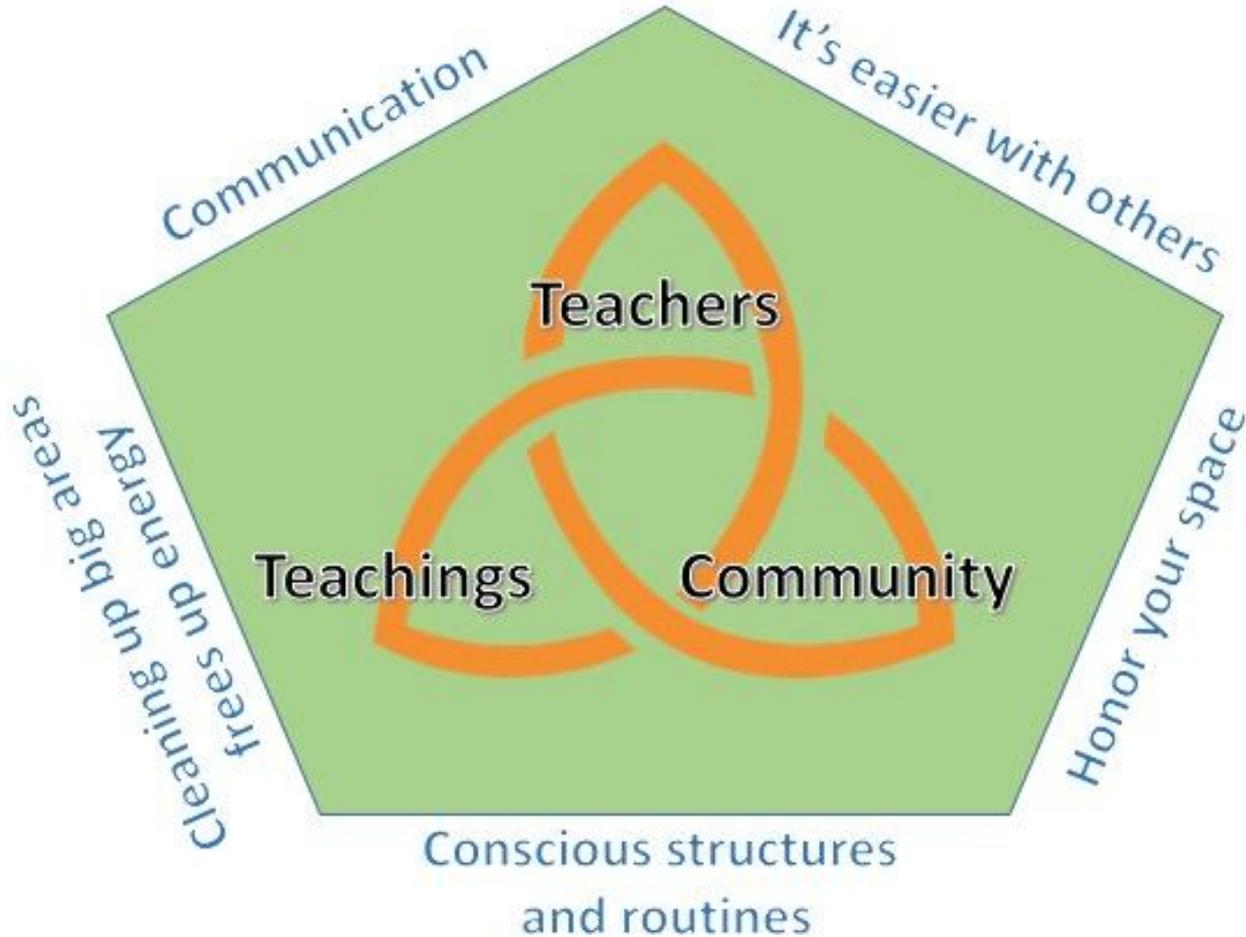


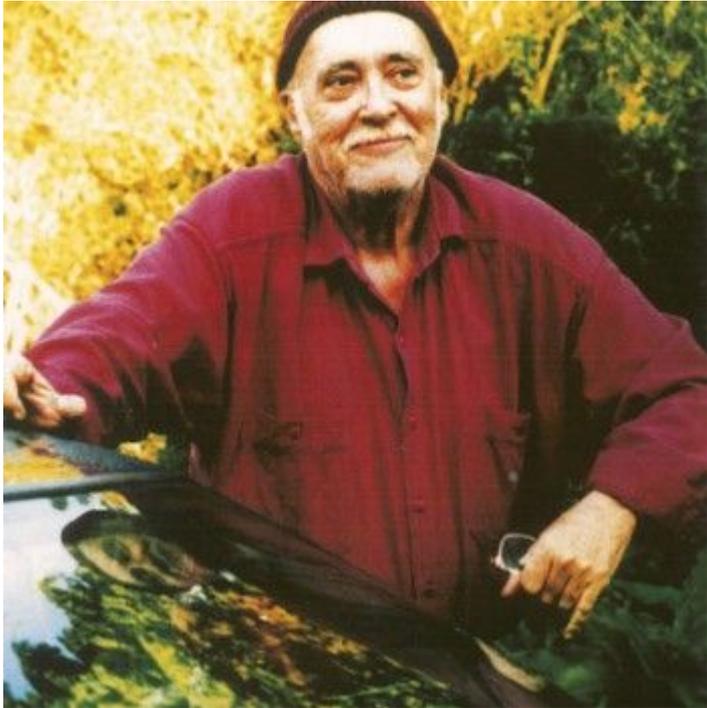
Typical class structure

Before	<ul style="list-style-type: none">● Pre-reflection questions
During	<ul style="list-style-type: none">● Welcome & opening mindfulness practice● Teaching content● Breakout rooms● Q&A and closing
After	<ul style="list-style-type: none">● Home-”play” exercises and journaling● Private Facebook sharing● Buddies/partnering● Monday guided meditation sessions



A complete spiritual support structure





“.. there are two liberations: *ceto-vimutti*, liberation of the heart, and *panna-vimutti*, liberation of insight or wisdom... in order to be able to work on these two liberations outside of the retreat setting, there is further work you must do - **creating that supportive container**; just like baby is supported in the womb, so, too, grown-ups need to live in a supportive setting, especially if they desire to follow the spiritual life.”

Namgyal Rinpoche, “Karma Womb and Transcendence”



Our lineage and container





Umbrella principles

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



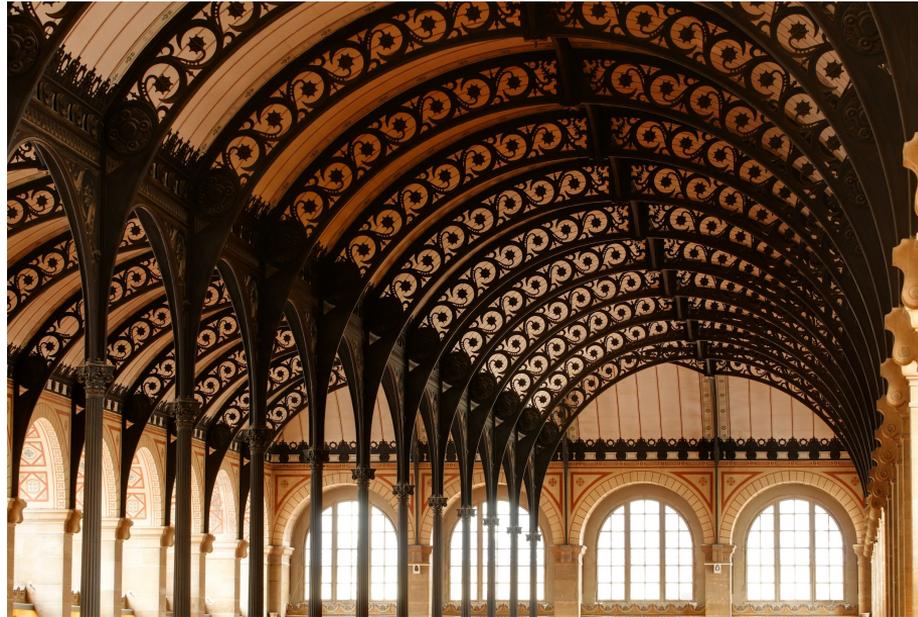


Honor your space





Structure and routine are your friends





Conversations shape the space where we meet





Cleaning up big areas of your life frees up energy





It's easier with others





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



Honor your space





Breakout room

Share with in your group places you know where you get that
“Aaaahh!” feeling.

What are the qualities that the places your group choose have
in common?



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



Qualities of a good state

Calm

Concentration

Equanimity

Mindfulness

Investigation

Energy

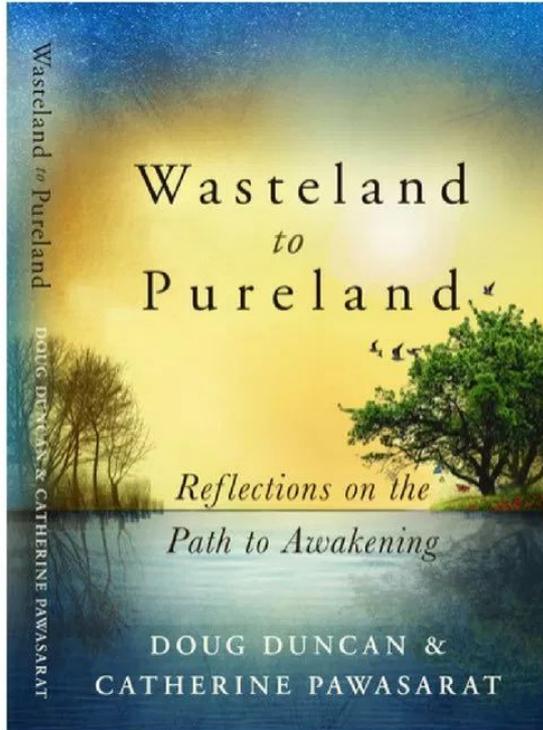
Joy





Wasteland to Pureland

Reflections on the Path to Awakening



Coming September 21st
www.planetdharma.com/pureland



PlanetDharma.com



May these wholesome and powerful activities eliminate negativity and ignorance while producing happiness and illumination for the uplifting of the world!

