



Ignite your Spiritual Life

Class Five:

Cleaning up big areas frees up energy

Part II



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

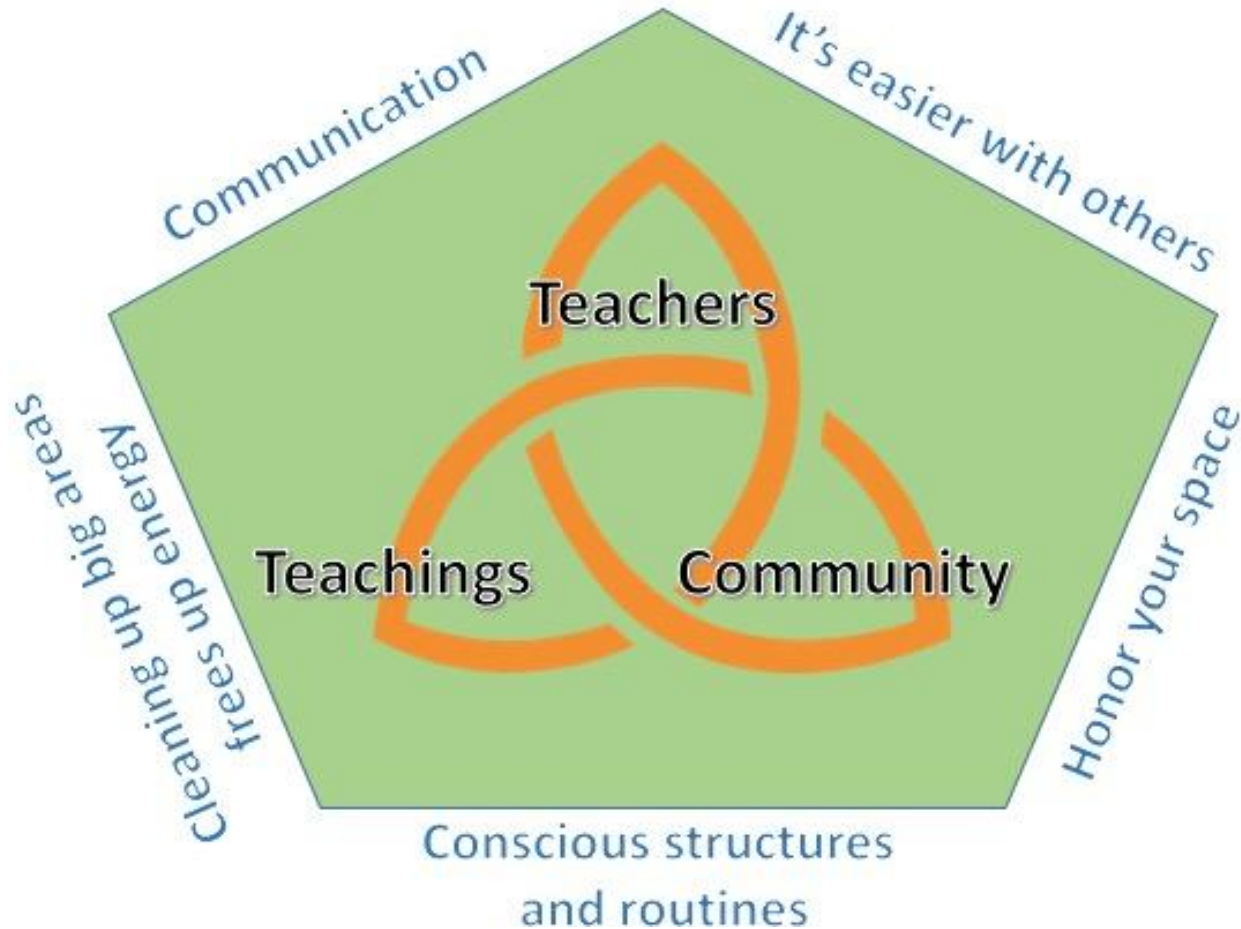
Today's class structure

- | |
|---|
| <ul style="list-style-type: none">● Welcome Opening mindfulness practice - Bubble meditation |
| <ul style="list-style-type: none">● Recap and home play feedback● Cleaning up big areas of your life part II● Blocks around time management and anxiety● Breakout room● Time management tools |
| <ul style="list-style-type: none">● Q&A, sharing and closing |

The Bubble Meditation



Recap: A complete spiritual support structure



Recap: Honor your space





Recap: structure and routine are your friends





Recap: Conversations shape the space where we meet





Cleaning up big areas of your life frees up energy



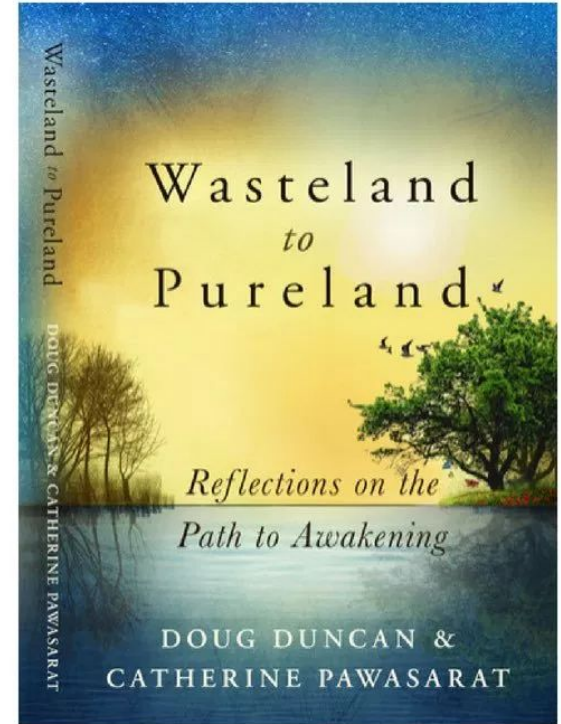
Protecting against the hurt IS the hurt

“...protecting against hurt and thus shutting down one’s life force in some way or another only serves to maintain the trauma and continues to reflect and manifest as feelings of separateness.”

Reflection 4, Wasteland to Pureland, Doug Duncan and Catherine Pawasarat



PlanetDharma.com



Three Toxic Myths

1. There's not enough
2. More Is Better
3. That's just the way that it is



Compliments of Lynne Twist

Creator Artist Archetype

You must be poor to be an
artist/healer/spiritual explorer.
I won't make money from what I love



Time management

“GNH recognizes interdependence between a lot of things including material wealth and the things that actually do count towards making us happy like health, education, living standards and also interesting things like **time use, ecological diversity and community vitality.** “

Julia Kim, Gross National Center, Bhutan.



“For the modern spiritual explorer, time management is a key skill, and often, the lack of it causes a big drain and source of tension”.



Catherine
Pawasarat,
Planet Dharma





Time management - common blocks

Getting stressed / over-busy / always taking too much on

- I have to say yes to everything or people won't like me.
- If I don't keep busy, I feel dead (or that suddenly I'll have to face things I don't want to look at).
- I can't say no in case I miss out on something amazing.
- I'm not clear on my vision and values so I end up jumping from one activity and the next as things come up.
- I have to work hard otherwise I'm worthless.

The importance of allowing yourself space



Executive Job description

- (1) Be spacious
- (2) Take breaks

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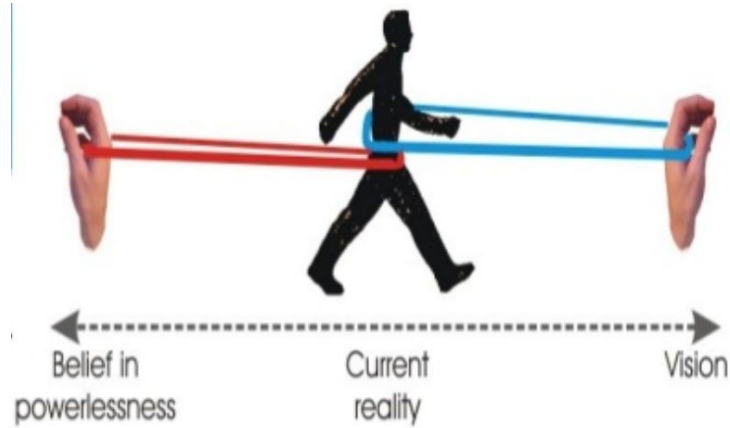


Time management - common blocks

Procrastinating and letting myself get distracted.

- This isn't the work I want to be doing, so I won't engage.
- If I really applied myself and succeeded, that feels really scary. What would happen if I was a success?
- I'm tired of listening to other people tell me what I should or shouldn't do, so I'm going to drag my heels.
- It doesn't matter because no-one really cares anyway.
- It's all too overwhelming; I need to find quiet and peace.

Emotional tension and creative tension





Breakout room

What issues do you get into around time management?

What would happen if you had great time management skills? Would it bring up a worry / hidden competing commitment?

Mindfulness supports good time management

Meditating with Joy



A consistent meditation practise will:

1. Boost attention
2. Sharpen focus
3. Enhance workflow
4. Prevent procrastination
5. You become more efficient
6. Mind is more in the present
7. Fewer mistakes, more time
8. Strong intuition
9. Boosts energy levels

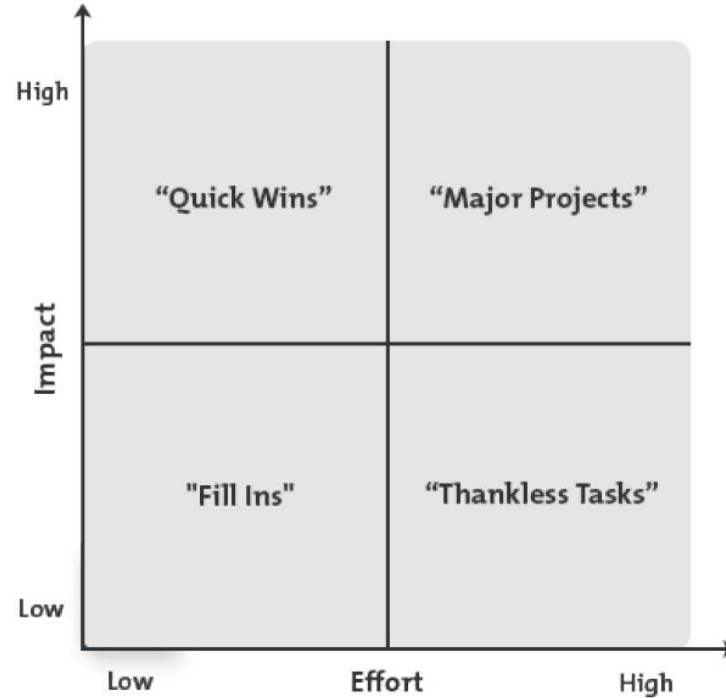
Learn simple time management principles



<https://www.mindtools.com>

Look under Toolkit → Time Management

Write it down - Priority action matrix



S.M.A.R.T. GOALS

S

Specific

What do you want to achieve in your area of focus?

M

Measurable

Why is this goal important to you?

A

Achievable

What steps will you take to achieve it?

R

Realistic

How do you know you can achieve this goal?

T

Time-Bound

When do you want to achieve this goal?

Remember humour ... and death!

“

*You are going to die –
and this is a crucial fact
for time management
that is very often
neglected*



6 month small group coaching

Jan - July 2019



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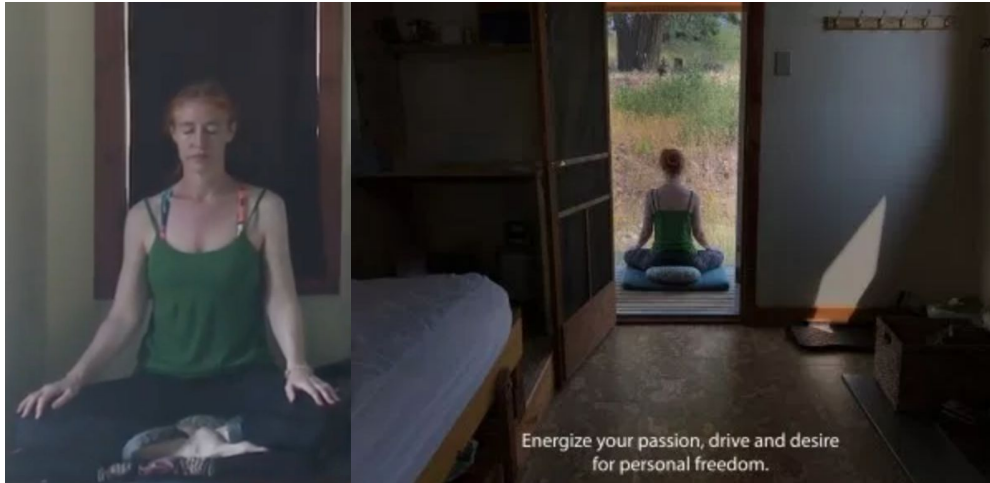




Join us for a Home Retreat!

Saturday November 3rd, 2018

9am - 12:30 pm MST



Energize your passion, drive and desire
for personal freedom.



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

