



# Ignite your Spiritual Life

**Class Six:**

**It's easier with others**

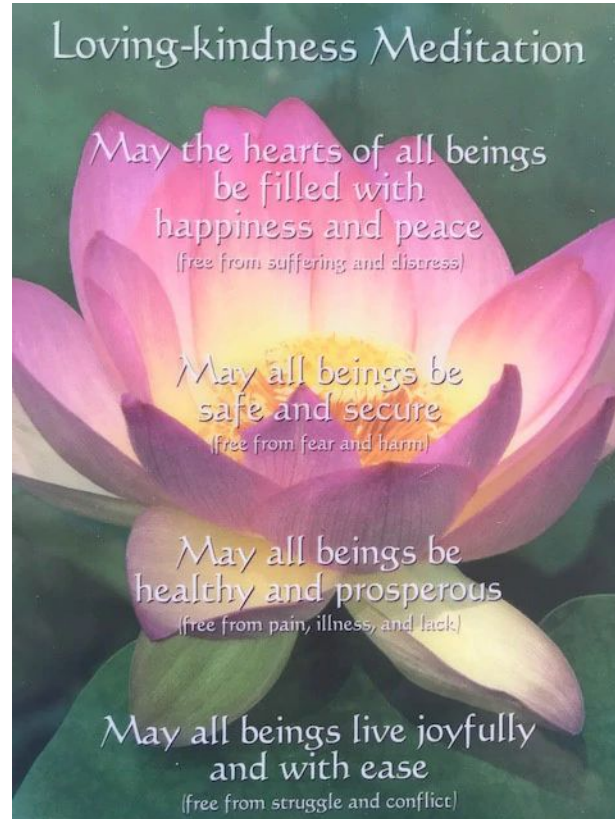


**Awareness,**  
**Compassion, Wisdom, Strength,**  
**Abundance,**  
**Joy, Humour**

# Today's class structure

- |                                                                                                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>● Welcome &amp; recap</li><li>● Opening mindfulness practice - Loving kindness</li></ul>                                                                               |
| <ul style="list-style-type: none"><li>● It's easier with others</li><li>● Why we think we have to do it alone</li><li>● The power of community</li><li>● Breakout room</li><li>● Virtual community</li></ul> |
| <ul style="list-style-type: none"><li>● Sharing and closing</li></ul>                                                                                                                                        |

# Lovingkindness Meditation



# Recap: Umbrella principles

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



# 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





## Homeplay comments and three tips:

**Not enough/Perfectionism/Fear of being vulnerable/Criticism as an avoidance strategy/I don't deserve/Guilt for taking time out**

1. What you appreciate appreciates.
2. The practise of collaboration, reciprocity and generosity are forms of alchemy
3. When you make a difference with what you have, it expands.

Compliments of Lynn Twist

# It's easier with others





# It's easier with others

“That whole independence thing – it’s an illusion. Yes, the spiritual path is an inner journey, one that you must ultimately do alone. Yet, with others your container for practice becomes more loving, strong and rich. It connects you to a deeper joy and vibrancy that comes with learning together, gives you compassionate feedback, and when you need courage to meet your shadow, the shared vision and support of others helps get you through.”



Sometimes it feels harder with others!





# Common assumptions

- I can do it alone
- I ought to or must do it alone, otherwise somehow I'm lesser
- I can just learn what we need from book or on the internet.
- I feel "less than" if I need to learn from a teacher or from members of a community
- I know my own issues, I don't have any blind spots". I'm an independent person.
- Nobody tells me what to do



# The power of community





# The power of community

Mutual encouragement

Learning about ourselves

Support during major shifts

Keeping us honest

Deeper/more consistent meditation practice

New perspectives and wisdom

# Honesty of Spiritual friends





# Tools

What are tips you could give me for helping you when you are in confusion?

If you trusted me enough as your spiritual friend to tell me how to support you in your unfoldment most effectively, what tips would you give me?

If I were to interview your closest family and friends what would they say are your greatest strengths and weaknesses?



# It's easier with others

## Breakout

What kind of support from others do you feel would help you as a meditator or spiritual explorer? How much do you get that currently? And what kind support do you feel you offer to others?



# Local resources

It's very useful to have a local community. Find a local community you resonate with on whichever path you are travelling!

Local groups connected to Planet Dharma and Clear Sky are here:

<https://www.clearskycenter.org/about-us/links-local-classes/>

## Links to local classes



Are you looking for meditation and dharma classes near you?





# Leverage virtual community

Virtual community with people on your path is a great support.

Clear Sky offers regular blogs, Facebook posts and other resources online

## Four Ways to Revitalize your Meditation Practice

JULY 20, 2018 BY ANDY ROGERS

[LEAVE A COMMENT](#)



Habit is the opposite of mindfulness.

Structure and routine are your friends.

If you accept either of these as true, take a moment to think about how they work together. Take meditation, for example – how do you find a balance between having a steady meditation routine and not letting your spiritual practice stagnate?

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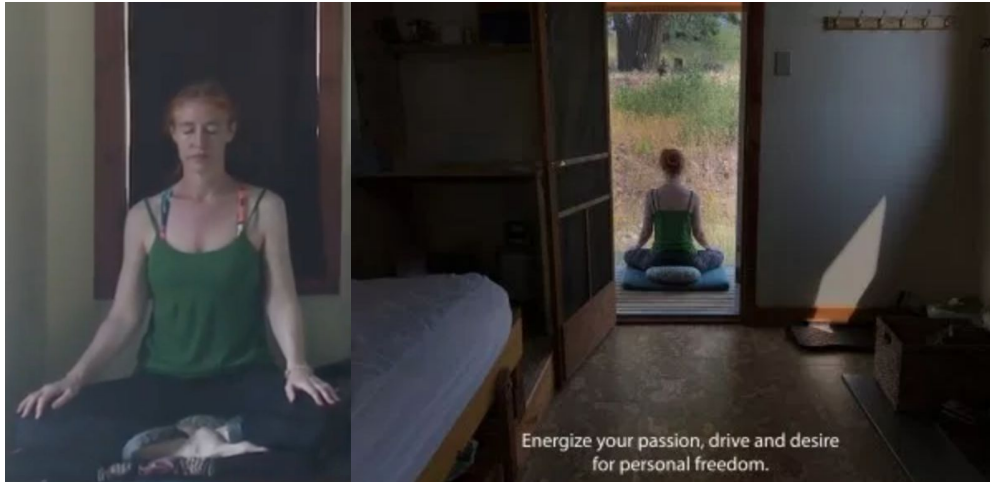
FILED UNDER: CLEAR SKY BLOG, MEDITATION



# Join us for a Home Retreat!

*Saturday November 3rd, 2018*

*9am - 12:30 pm MST*



Energize your passion, drive and desire  
for personal freedom.

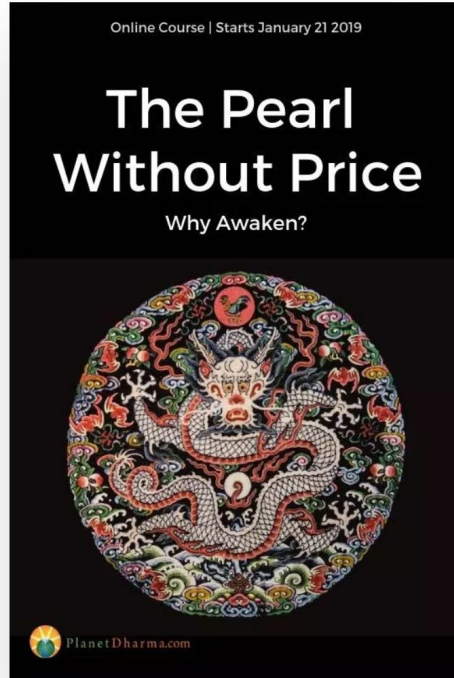
# Follow up chat!

<https://mcallisterkaren1.youcanbook.me>



# Teaching resources

January 2019 - <https://www.planetdharma.com/event/the-pearl-without-price-why-awaken/>



## The Pearl Without Price: Online Course

This course is for visionaries. For anyone who wants to live a good and happy life, who cares about their community and dreams of a healthier and more harmonious planet. Drawing on over fifty years of experience, discover how spiritual awakening in this lifetime is an accessible, compelling and very sane aspiration – particularly in these times of uncertain change. Would you like to suffer less and benefit all beings? Join us and learn how.



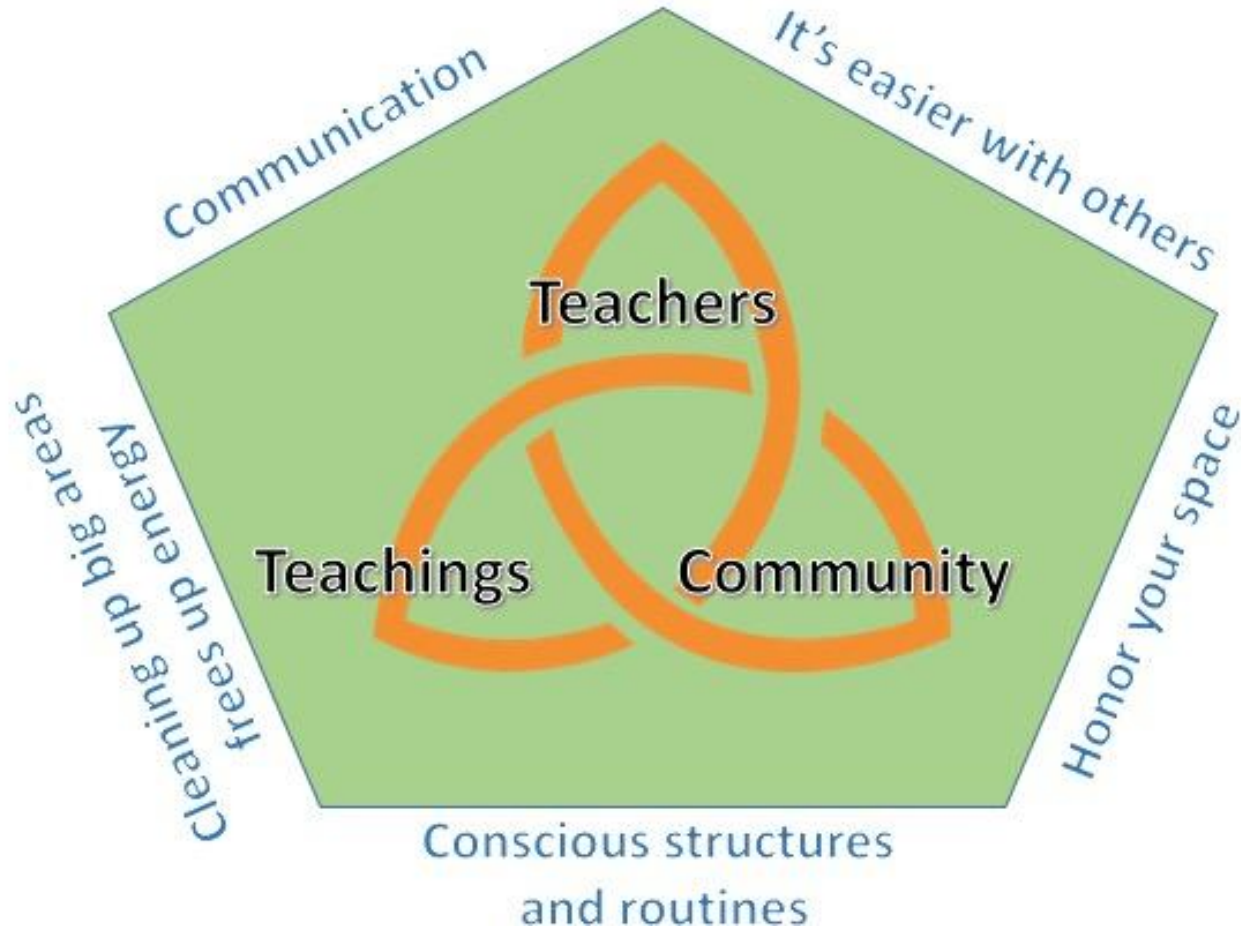


# 6-month coaching program

<https://clearskycenter.secure.retreat.guru/program/iysl-small-group-coaching/>



# Recap: Bringing it all together







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

