

**J&G Week 6  
Spiritual Death v1**

**Concluding the evening**

9.55pm - 10.00pm

- Three minute breathing space
- Read "The Ideal" by James Fenton

9.50pm - 9.55pm

- Try to be less selfish
- Let go and relax
- Commitment - meditation practice

**Home Practice - Provisional Spiritual Death**

9.45pm - 9.50pm

- Where does spiritual death come in?
  - Spiritual death isn't death. There is no self in the first place.
  - Spiritual death is death. Even though that 'something' is a construction, a view, it's nevertheless a view we're extremely attached to.
  - We need to let go of ourselves, we need to be less selfish.

9.35pm - 9.45pm

This being, that becomes. On the arising of this, that arises. This not being, that does not become. On the ceasing of this, that ceases.

**Pratityasamutpada**

REVEAL ON FLIPCHART

- Five Niyamas
  - Uta Niyama (Inorganic)
  - Bija Niyama (organic)
  - Mano Niyama (Instinct)
  - Karma Niyama (Ethical intention)
  - Dharma Niyama

**Conditionality**

Photocopy, or a photograph, of a sketch

We do!! Our ego does!! Our sense of self does!!

**WHAT STOPS US???**

**BRIEF recap on previous week(s)**

8.55pm - 9.00pm

- USE FLIPCHART
- Developing a fit mind
  - Cultivating integration
  - Cultivating Positive Emotion
- Creating space through Spiritual Receptivity

**A Recap on some terms**

9.00pm - 9.05pm

- Prapanca
  - Driven, unaware, associative thinking
- Vedana
  - Feeling tone; pleasant, painful, neutral
- Kusala Karma
  - Beneficial activity

**Tune-in on Home Practice**

9.05pm - 9.25pm

- What do we find difficult about regularly completing our home practice?
- Do you have a regular meditation practice? If so briefly describe it. If not, why not?

**The Guide**

9.25pm - 9.35pm

- Battle with Mara
- Touching the Earth
- What did the Buddha understand?