



J&G Week 8 Spiritual Rebirth v1

Home Practice

9.20pm - 9.30pm

Three minute breathing space

Imagine the Buddha

9.15pm - 9.20pm

Read Chapter 7 up to page 250 **Reading**

Do one thing regularly to increase Integration

Do one thing regularly to increase Positive Emotion

Engage the arts

Spendsome time this week deepening your engagement with the arts. Make time for those aspects of life that have within them a touch of the imagination: read a good novel for an evening, go to a gallery, read some poems everyday, listen to music for its own sake not whilst doing something else

Engage with nature

Spendsome more time in the natural world (as the basis of imagination) The deeper experience goes, the more unwarranted and auspicious it feels. Deeper experiences bring us closer to nature, because 'deeper' always means 'less self'. Less self equals more world

9.05pm - 9.15pm

What it isn't

Not just about Art

Not necessarily about images

What it is

Taken a little beyond ourselves

Synthesis of reason, emotion and the senses

Imagination

Characterised by...

Aliveness

Discovery

Unity

Playfulness

Acsent

BRIEF recap on previous week(s)

8.25pm - 8.30pm

USE FLIPCHART

Developing a fit mind

Cultivating integration

Cultivating Positive Emotion

Creating space through Spiritual Receptivity

Being more aware of what is happening in our experience

Becoming aware of the processes that constantly operate

Spiritual Death - a part of our self/ego dies....

Every time we act less selfishly

Every time we notice and let go of our views

Tune-in on Home Practice

8.30pm - 8.55pm

How did you find the challenge of confession? (to yourself? to someone else?)

How about considering going on a retreat in the future?

The five reflections

Questions from the last chapter

8.55pm - 9.05pm

Spiritual rebirth arises spontaneously from spiritual death

Dharma life means setting up the conditions, internally and externally, for dharma-niyama processes to flow more and more freely

Spiritual rebirth, by definition, is indefinable: we need to be careful not to try to pin it down.

What we actually need is confidence in karma- and Dharma- niyama processes

Spiritual Rebirth - what is it?