



9.15pm - 9.30pm

Followed by Ithaca read by Glen

Shakyamuni Mantra led by Tom during which people can offer their postcards

Threefold Puja

9.10pm - 9.15pm

No formal additional Home Practice

Read the remainder of the book

Prepare any questions or queries you have for next week

Next week

9.00pm - 9.10pm

Mindfulness

Ethical training

Reflection

Dharma practice

Genuine communication

Look hard at our conditions

Home and work

Dharma lifestyle

Serving something bigger than ourselves

To serve the Dharma you need to understand it; study and reflect

Dharma service

Staying on the journey

J&G Week 9 Spiritual Rebirth part 2 v1

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 aware of our experience

Becoming aware of processes of life

Spiritual Death

Letting go and being less selfish

Being aware of and challenging our views

Spiritual Rebirth

Using our imagination to go beyond ourselves

Engaging with the arts and nature

8.35pm - 9.00pm

Engagement with the arts

Engagement with nature

Tune-in on Home Practice