Week Seven: Spiritual Death – Home Practice

*1. Reading*

* Read Chapter 6 up to page 214
* Read the summary of Spiritual Death ‘at a glance’ on pages 216 - 217

*2. Confession*

* Consider what is holding you back from spiritual growth
* Confess these shortcomings to yourself
* Consider whether you have someone to whom you could confess what is holding you back
* If you can confess to someone who will ‘understand’.

Ensure you read the descriptions about confession on pages 198 – 200 before you do this.

*3. Do one thing regularly to increase Integration*

* Notice Prapanca, step out into your body, see if you can see the stories you tell yourself
* Three minute breathing space
* Simplify your life - reduce input
* Mindful walk / meal
* Try the coping breathing space

*4. Do one thing regularly to increase Positive Emotion*

* Gratitude list – list 5 things each night that you are grateful for
* Try to do one generous act for someone else each day that you wouldn't normally do.

*5. Going on Retreat*

* Check out the various retreats available on the website [www.goingonretreat.com](http://www.goingonretreat.com)
* Could you consider booking a weekend introductory retreat?