



Rhys Thomas
INSTITUTE



THE *Rhys*
METHOD®

Graduate Life Mastery Training 2 BOOK LIST 2020-2021

REQUIRED FOR EVERY WEEKEND:

[The Power of Purpose in Business](#), by Rhys Thomas. How to successfully approach diverse personalities, communicate effectively, and negotiate while understanding the various types of leadership and everyday profiles.

[Discover Your Purpose: How to Use the Five Life Purpose Profiles to Unlock Your Hidden Potential and Live the Life You Were Meant to Live](#), by Rhys Thomas.

In-depth guide to the heart of your profile power, and what blocks you from living it every day.

[30 Days to Self-Healing Through the Chakras](#), by Rhys Thomas. (recordings available on the RTI Online Membership website)
Daily rituals and practices to shift your attention and your primary sources of guidance to your chakras and energy body.

RECOMMENDED: [Eastern Body Western Mind](#), by Anodea Judith. Judith is the first and last word on the chakra system. You will get the most out of the weekend if you read the corresponding Chakra chapters in this book.

REFERENCE AUDIOS:

[Energy Anatomy: The Science of Personal Power, Spirituality, and Health \(Audios\)](#), by Caroline Myss.
Powerful words on chakras and healing from the no-nonsense healer and teacher.

REQUIRED FOR INDIVIDUAL WEEKENDS:

WEEK 1

[Comfortable with Uncertainty](#), by Pema Chödrön. A tool to use for loving yourself, seeing your inner commitments and calling back your inner strength.

WEEK 2

[Chop Wood, Carry Water](#), by Rick Fields. A definitive spiritual work finding spirituality in every facet of life.

WEEK 3

[Epic Forgiveness handout](#) (in the homework 3 reading section of the website for your GLMT class.)

WEEK 4 (Suggested)

[A Return to Love](#), by Marianne Williamson. Williamson's work is based on [A Course in Miracles](#) and is a powerful reminder that what holds the universal principals together, and our ability to honor our deepest selves, is love.

WEEK 5 (Suggested)

[The Roar of Silence](#), by Don Campbell. The healing powers of breath, tone and music.