



Rhys Thomas
INSTITUTE



THE *Rhys*
METHOD®

Life Mastery Training One BOOK LIST 2020-2021

REQUIRED FOR EVERY WEEKEND:

[Wheels of Life](#), by Anodea Judith. Judith is the first and last word on the chakra system.

[The Missing Piece](#), by Rhys Thomas. (e-book available on the RTI Online Membership website)

This is Rhys' foundational work on the profiles in both core and defense.

[12 Gateways to Your Life Purpose](#), by Rhys Thomas. (e-book available on the RTI Online Membership website)

A full summary of the seven chakras and five spiritual levels that you will study every week.

[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.

SUGGESTED READING:

[Anatomy of the Spirit](#), by Caroline Myss. Essential reading on the practical use of the chakra system.

[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. Dive deep into the profiles. (Later used in LMT2&3 as a class textbook.)

REQUIRED BOOKS FOR INDIVIDUAL WEEKENDS:

WEEK 1

[The Pilgrimage](#), by Paulo Coelho. The journey into self-awareness.

WEEK 2

[The Dark Side of the Light Chasers](#), by Debbie Ford. Knowing that everyone or thing that upsets you in your life is actually a part of you that you rejected, and it's running emotions and actions, is powerful enlightenment.

WEEK 3

[The Four Agreements](#), by Don Miguel Ruiz. Simple truth from the Toltec seers of antiquity. Live by these four and you will love your life and those in it.

[You Can Heal Your Life](#), by Louise Hay. Hay's books are wonderful reminders to love yourself. They also include a dictionary of energetic causes for illness that no healer should be without.

WEEK 4

[Why People Don't Heal \(Audios\)](#), by Caroline Myss. How energy management and living in the present moment are powerful factors in health.

[By the River Piedra I Sat Down and Wept](#), by Paulo Coelho. A novel of forgiveness and allowing the unexpected.

WEEK 5

[A New Earth](#), by Eckhart Tolle. This is an enlightening read and goes deep into the destructive nature of the ego and its ability to block consciousness and our ability to have enthusiasm for living and all the gifts that go with that.