Graduate Life Mastery Training Program 2 - Homework Week 1

Chakra 1 / Physical Life Purpose Point / Creative Idealist

Graduate Student Information

As you step into GLMT2, take a moment to look back and acknowledge the depth of work and level of relationship and self-discovery you felt and achieved during your 4(+)-year journey in the school. The fact that you have chosen to continue this level of personal development and growth is a testament to your commitment and investment in yourself. As a student in our Graduate Program, you will continue to be in a sacred and supportive environment to empower you to fully stand in your Life Purpose with clarity, courage and energy to create the career, relationships, and health you truly want and deserve in your life.

BEFORE WEEKEND ONE

Complete the following readings and preparations:

- Your Big Why: Listen to your Big Why recording from Year 3. Rebuild it, make sure to use the moments when you really transformed and shifted
- Loving What Is, by Byron Katie: Read and do at least 4 judge your neighbor worksheets
- 30 Days to Self-Healing Through the Chakras, by Rhys Thomas. Learn about Chakra 1: 4 videos, 4 handouts, and 4 sets of exercises.
- Power of Purpose in Business, by Rhys Thomas. Read the Introduction and the section in each chapter related to the Creative Idealist. Read Chapter One, Chapter Two pgs 28- 32, 37-48, Chapter Three pgs 51-60, Chapter Four pgs 73-74, 79-85, Chapter Five pgs 89-93, Chapter 6 pgs 109-110, 113-115, Chapter 7 pgs 119- 121, Chapter 8 - Conclusion, focus on CI. (Download this reading file from your homework materials on the RTI Online Membership website.)
- Healings: Review the Chakra Balance and Soul Healings. Understand when to use the healing, hand placement, and the energy you are holding within yourself.
- Daily Spiritual Practice: Pick one of the meditations on the RTI Online Membership website and practice it daily. Notice how your experience evolves over time. Notice the difference in your daily life.
- Optional Reading: "Comfortable with Uncertainty", by Pema Chödrön

- *Print for Session 1: Remember, print and bring to class the handouts indicated on the website's homework page. Also we highly recommend that you bring any other helpful materials like the Excessive-Deficient Chakras, Vows, etc.*

HOMEWORK TO SUBMIT

Enlightenment Chart: Submit your most recent Enlightenment Chart on RTI Online Membership site: https://rhysthomasinstituteonline.com/ Select Life Mastery Training, click on this year's GLMT2 Class, and select Homework. On the Homework page near the bottom, there is a specific box to "Submit your most recent Enlightenment Chart" so your teaching staff can review it.

Questions: Submit your answers by posting your 5-10 minute video or written journal-entry to the private GLMT-2 Facebook group.

1. Where are your defense and your core showing up in your life? Highlight breakdowns, breakthroughs and significant life events. How can you shift the defense moments into your core?
2. What are the archetypes and primary/secondary profiles in Chakra 1 and PLP? Now that you have your Big Why, do these archetypes/profiles need to be updated? Or, how do these archetypes/profiles reflect your Big Why?
3. What is your goal to balance Chakra 1 and PLP if they are excessive or deficient? How does your spiritual practice support this?

Homework Submission Procedure:

The homework is due two (2) weeks before class as usual. This ensures that the teachers will be able to give you feedback in plenty of time for you to integrate the ideas as preparation for class. You will find the teacher comments very supportive as you prepare for class.

If you are struggling or have questions about the homework, please reach out to your team of Teachers/TAs for help at any time. If you need any technical assistance using the RTI Online Membership website, please send an email to our support team (support@rhysthomasinstitute.com).

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