Life Mastery Training Program Year 1 - Homework Week 3

Chakra 3 / Team Player

BEFORE WEEKEND THREE

Complete these readings/preparations and make notes in your journal of Awakening! moments:

The Four Agreements, by Don Miguel Ruiz -- Read or listen to the entire book
You Can Heal Your Life, By Louise Hay -- Read or listen to the entire book
Wheels of Life, by Anodea Judith – Read the chapter on Chakra Three
30 Days to Self-Healing Through the Chakras by Rhys Thomas. Learn about Chakra 3: 4 videos, 4 handouts, and 4 sets of exercises. (in RTI Online Membership website. Days 10-13.
*12 Gateways to Your Life Purpose, by Rhys Thomas – review Chakra Three (*in RTI Online Membership website)
*The Missing Piece, by Rhys Thomas – Read the People Pleaser/Team Player chapter (*in RTI Online Membership website)

Enlightenment Chart Work: Complete the column in your chart for 3rd Chakra. Just do the best you can, don't try to be "right", simply pick something that resonates with you from the readings, handouts, and recordings. Blank charts, documents with vows & freedom statements and excessive/deficient descriptions, and chakra audios are all available in the LMT2023 class home page on the RTI Online Membership website. If you feel you're struggling, reach out to your Teachers/TAs for help getting started. In class, there will be more in-depth support around filling in your chart. After making entries in these Enlightenment Chart boxes, please save it on your computer (you will keep adding to it throughout the year) and then **attach it on the website with your other homework submissions.** *IMPORTANT: Have access to a working version of your chart each class weekend.*

Print for Session 3: On the website's homework page, there is a file of handouts that you need to please print and bring to class with you. If for any reason you cannot print the materials, please contact your teacher to discuss. If you wish, feel free to read them ahead of time but these handouts will be utilized during class.

Recommended Optional Reading:

Anatomy of the Spirit, by Caroline Myss – read Chakra Three

Other Supportive Exercises:

Keep a journal.
Do the exercises at the end of the chapter in Wheels of Life and the 12 Gateways for Chakra 3.
Listen to Chakra Three bowls when you wake up in the morning and when you go to bed at night. Write down the kinds of feelings you experience with this tone. (Crystal Bowl Tones available in RTI Online Membership website.)

Looking for more?

Optionally, there are a number of resources in the "Additional Resources" section of the website providing extra supportive materials for this weekend. Feel free to utilize them to support you going even deeper into the work. Each weekend's resources may include book discussions, related profile or chakra lectures, healing teachings, meditations, etc.

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HOMEWORK TO SUBMIT

For each question below, answers can be approximately 1/4-1/2 page, single-spaced. Response length in the submission form is limited on the RTI Online Membership website so you may need to shorten and focus answers on what is most important. Learning to express yourself fully and yet get to the point is a part of every assignment.

1. **What is coming up in your life?** …including breakdowns and breakthroughs during/after weekend two, and any significant life changes that have occurred recently? Write a paragraph or two.

2. **Chakra Question**: The third chakra includes your self-worth, self-esteem, and the unique gifts you bring to the world. Answer the following questions drawing on materials about Chakra Three and your family history.
    a) How are you blocking your power by playing small or hiding, or are you sabotaging yourself at the cost of your self-worth and self-esteem?
    b) How powerful do you feel in your third chakra?

3. **Profile Question:** Having read the material on the Team Player (TP)/People Pleaser (PP), how do you exhibit the core soul qualities of the Team Player and the qualities of the People Pleaser defense in your life? Do you feel that this is your primary profile or your primary defense?

4. **Healing Question:** What was your experience giving the Emotional Balancing healing? What was the experience of your client? Was the healing done in-person or long distance? Add any additional comments about your experience.

Please have all homework submitted online 2 weeks prior to class. Thank you!

Homework Submission Procedure:
The homework is due two (2) weeks before class and is submitted on the RTI Online Membership website. Login at https://rhysthomasinstituteonline.com/login/, select Life Mastery Training, click on your LMT Class, and select Homework. On the Homework page, there is a box labeled Submit Homework for you to click. It brings you to the fields where you can enter and save drafts of your answers online until you feel ready to press the Submit button. After you Submit homework, you and your teaching staff will be emailed copies for your records.

Getting your homework done 2 weeks before class ensures that teachers will be able to review it and give you their feedback in plenty of time for you to integrate the ideas in preparation for class. Late homework may not receive teacher comments. You will find teacher comments very supportive as you prepare for class weekends.

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 staff (support@rhysthomasinstitute.com).

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