



Life Mastery Training Program Year 2 - Homework Week 1

Chakra 1 / Physical Life Purpose Point / Creative Idealist

Second Year Information

Welcome to your 2nd year in the Life Mastery Training Program! Take a moment to acknowledge and appreciate the work you've done in Year 1 - your new amazing friends and the depths you've reached within. In the 2nd year, you will be supported in going even deeper. As a result, you will stand more fully in your Life Purpose and be empowered to create the life you truly want and deserve. Congratulations for making the choice to continue your deep dive into your greatness.

Self-Assessment Model:

One of the goals in the Life Mastery Training Program is to support you in cultivating deeper self-awareness through homework and sharing in class. Be candid in your homework - what you write is always held in confidence with your teachers. Extraordinary growth can come from your willingness to self-disclose with both teachers and classmates. If you're new to this type of work, this may take time. The toughest leaps we take have to do with our willingness to be seen and to see ourselves as unique and amazing. Comments from teachers will be direct and be designed to show you either your highest potential or how you are blocking it, not get into a discussion on the validity of any points you made in your homework.

Below you will see the reading and listening assignments. This material will support you in the energy of each chakra and support you as you prepare for class and do your required homework. Getting your homework answers submitted 2 weeks before class ensures that teachers will be able to review it, provide feedback and allow plenty of time for you to fully integrate the ideas in preparation for class. Late homework may not get feedback. Your full commitment to this process will yield the greatest transformation.

IMPORTANT: In order to receive a certificate at the end of this year's program, you must have attended class and completed the 3 homework questions for 4 of the 5 classes.

If you are struggling with the books or need clarity on the homework or anything, please reach out to your team of Teachers/TAs for help at any time. The Teacher/TA assigned to review your homework will email and call you to connect in the period between classes and you can email them directly, too. If you need any technical assistance using the RTI Online Membership website, please send an email to our support staff (support@rhysthomasinstitute.com).

BEFORE WEEKEND ONE

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

Loving What Is, by Byron Katie

Eastern Body Western Mind (EBWM), by Anodea Judith – read Introduction and Chakra 1

*12 Gateways, by Rhys Thomas – review Chakra 1 and Physical Life Purpose Pt. (*in RTI Online Membership website)

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 – read Intro Chapters 1-4 and Chapter 7 Creative Idealist

Energy Anatomy (audio), by Caroline Myss – listen to Introduction and Chapter 1

Language of the Archetypes, by Caroline Myss – listen and review as needed (was pre-class interim reading)

*30 Days to Self-Healing Through the Chakras, by Rhys Thomas. Learn about Chakra 1: 4 videos, 4 handouts, and 4 sets of exercises. (*in RTI Online Membership website)

Archetype List: Please make a list of 15-20 archetypes you feel are yours. Do not include the child, prostitute, victim and saboteur on this list yet. Bring your list to class along with your completed chart from last year. If you have already started placing archetypes in your Year Two chart, great! Bring that, too.

Enlightenment Chart Work: This year's blank Chart is available on the RTI Online Membership website. Bring to class your chart from last year and any working version of your Year Two chart and be prepared to talk about what archetype is in your 1st Chakra and in your PLP. *Please do your best to fill out the chart for these two centers. We will help you first weekend!*

*Profile Assessment – Please retake both the Free Profile Quiz and Full Profile Assessment, then add the scores together to see how your awareness of your profile is evolving. (*Access provided on the homework page in the RTI Online Membership website.) Bring your results to class. Start considering what are your primary and secondary profiles in Chakra 1 and Physical Life Purpose Pt = Tribe/Body/Gifts.

Print for Session 1: Print and bring to class the handouts indicated on the website's homework page.

Other Reference Materials to assist you:

Archetype Cards, by Caroline Myss – use as a reference for your list and pull at least one every day

Language of the Archetypes (audio), by Caroline Myss – use as a reference for your list of 15-20 archetypes

Picking Your 12 Major Archetypes (handout), by Rhys Thomas – read and use as a reference

The Undefended Self, by Susan Thesenga (pre-class reading on your LMT2 Book List)

Summer Teleclasses, by Rhys Thomas (optional audios)

12 Gateways/Archetypes 1st Chakra Teleclasses 2013 audio for archetype basics

12 Gateways/Archetypes Physical Life Purpose Pt Teleclasses 2013 audio for archetype basics

The first year's "12 Gateways Teleclasses 2013" about chakra basics

Optional Guidance Practices and Supportive Energetic Exercises:

- Keep a journal.
- Pull Divination Cards: Medicine (Animal) deck by J. Sams / Rider-Waite Tarot deck / Archetype deck by C. Myss. Draw one card from each deck every day for the entire school year. Tarot = lower self (emotional world), Animal = Heart (relationship world), Archetype = higher self (higher purpose); note them in your journal. At the end of each day, reflect back at what happened and on how those cards were guiding you to prepare for the day. Each week assess how accurate the cards were at predicting your day. Divination is not some secret science; rather, it is becoming conscious that you are constantly being guided. The cards just force you to pay attention in some small way. Each one is a metaphor for your life that can act as a lens for you to see events transpiring. "Throw" the cards before each healing or class to see what energies are asking to be attended to.
- Do at least one energetic ritual each day.
- Listen to the Chakra One and Physical Life Purpose crystal bowl tones, then journal about your experience each time you listen to them so that you begin to build your awareness of how they like to talk to you. (Crystal Bowl Tones available in RTI Online Membership website.)
- Meditate daily with any of the meditations from the RTI Online Membership website.
- Instructions about "Goals to Balance the Chakra": Identify a ritual, activity or goal that helps you maintain your Center of Gravity in this Chakra. This could include running, yoga, journaling, public speaking, contemplating animal medicine cards, affirmations, bio-energetics, listening to music or even a specific song. Be creative - choose something that captures the essence of this Chakra and supports you in expressing it fully in your profile. Different activities will support different profiles, so choose which one(s) will support you in your core profile best at this time. Please be creative - if you do not see something on this list that would support you, pick something else.

Looking for more?

Optionally, there are a number of resources under the Class Resources section of the website providing additional 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, summer teleclasses, meditations, etc.

REQUIRED 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 going on in your life?** ...including breakdowns, breakthroughs and Aha! moments, and any significant life changes that have occurred recently? Write a paragraph or two, and please include any questions you have related to the readings or homework questions.
2. **Chakra Question:** Learning to speak the language of the chakras, vows, excessive/deficient tendencies, and archetypes are important as you consider who you are as a healer in the world. The demon of this chakra is FEAR. For the first chakra which includes your relationship to family, home, health, money and appropriate boundaries:
 - A. Where do you feel you are blocked or are sabotaging yourself?
 - B. Where do you feel you are flowing and are empowered?
3. **Profile Question:** Speaking the language of profiles and profile defenses that are knee-jerk responses to life is powerful consciousness work. You are constantly moving in and out of profile defenses unconsciously (thinker, poor me, people pleaser, enforcer/seducer, rule keeper), and also in and out of your core (Creative Idealist, Emotional Intelligence Specialist, Team Player, Charismatic Leader, Knowledgeable Achiever) often without noticing. This weekend we are focusing on the Thinker/Creative Idealist.
 - A. Share one typical way you go Thinker defense. What do you create in this state? Who do you attract? How do you feel?
 - B. Share one typical way you are currently finding yourself in the Creative Idealist core? What do you create in this state? Who do you attract? How do you feel?

*****Please have the three homework questions submitted online 2 weeks prior to class. Thank you!**

Homework Submission Procedure:

The homework is due two (2) weeks before class as usual 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.

This ensures that teachers will be able to review it, provide feedback and allow plenty of time for you to fully integrate the ideas in preparation for class. Late homework may not get feedback. Your full commitment to this process will yield the greatest transformation.

And remember: 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 email our support staff at support@rhysthomasinstitute.com.