



Rhys Thomas
INSTITUTE



THE *Rhys*
METHOD®

Life Mastery Training Program Year 3 - Homework Week 1

Chakra 1 / Physical Life Purpose Point / Creative Idealist

THIRD YEAR INFORMATION

As you begin your 3rd and final year, take a moment to acknowledge your courageous achievements, the depth you have reached and felt within, and the new and amazing friends you've made. The first two years have opened your life in ways that you could not have imagined before entering the program. Now in the 3rd year, you will be supported in going even deeper. Each year takes more and more of a commitment and a deeper desire to raise the bar. As a result, you will stand fully in your Life Purpose - with clarity, courage and energy to create the career, relationships and health you truly want and deserve.

The first year's work and curriculum focused on getting to know yourself more deeply. The second year supported you in looking at yourself in relationships. This final year will focus on moving your true self out into the world. The homework, readings, and your practicum will provide many growth opportunities.

IMPORTANT: There are two tracks for graduation in the 3rd year. You can either do all the required work and attend 4 out of 5 class weekends to earn a Rhys Thomas Institute Master Healer Certificate –OR– do the minimum of 3 out of 5 assignments and attend 4 out of 5 class weekends to earn a Certificate of Completion. Please speak directly to your teacher if you do not intend to do all the homework during this year.

Below is some basic information on key aspects of the third year. We will discuss all of these during Weekend One.

GOAL INFORMATION

You will set three goals this year: an inner goal, an outer goal and a group goal that will allow you to master your Big Why, share it with others, and learn to unify with others to create change in the world. **Spend time brainstorming goals you would like to set for this year. Be prepared on first weekend to pick an internal and external goal in class.**

CHART INFORMATION AND BIG WHY

This year, you will continue to build on the experience of years 1 & 2 to create your Enlightenment Chart. Each weekend we will work in small groups to “personalize” some of the bigger qualities or archetypes so you can feel them in a deeper way. By the end of the 3rd year your chart will become a living, breathing work of art through which you will see every facet of your beauty and power. It will stand as a rock-solid foundation for why you are who you are, and what that means going forward in your life. ***You will get the most out of this process by having your Enlightenment Chart in electronic form, either Word or Excel. This allows you to move things around easily and send current working copies to teachers or TA's for support and discussion.

Optional chart assistance:

Review *Language of the Archetypes*, by Caroline Myss.

Refer back to Rhys' Summer Teleclass series to help deepen your understanding of your archetypes, available on the RTI Online Membership website:

- 12 Gateways/Archetypes 1st Chakra Teleclasses 2013 audio for archetype basics
- 12 Gateways/Archetypes Physical Life Purpose Pt Teleclasses 2013 audio for archetype basics

PRACTICUM INFORMATION

In the third year, all students participate in a Practicum with a volunteer. These volunteers are not family members and are not paying clients. They are assisting you in completing the requirements of your practicum, so we refer to them as your Practicum Assistants (PAs). The purpose of the practicum is to help you to experience how far you have come in the program and your ability to assess and work with people in a transformational way. We'll provide a handout in the Weekend One class. Between Weekend 1 and the Practicum Presentations in Weekend 4, you will work on one volunteer PA eight to ten times and then prepare a short presentation for your classmates. While you can begin to have conversations to find possible PAs, please DO NOT begin your practicum until after the guidelines are reviewed in class on Weekend 1.

BEFORE WEEKEND ONE

Complete the following readings and preparations:

Brida, by Paulo Coelho

Eastern Body Western Mind (EBWM), by Anodea Judith – Read Introduction and Chapter One, Chakra One

Discover Your Purpose, by Rhys Thomas – Read Chapters 1-4 and Chapter 7 Creative Idealist

Ethics of Caring: Honoring the Web of Life in our Professional Healing Relationships, by K Taylor & J Kornfield – Skim pages xiii-34 and 81-88 (Money), read pages 89-103.

Language of the Archetypes, by Caroline Myss – Listen to the entire audio again

*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)

Enlightenment Chart Work: This year's blank Chart is available on the RTI Online Membership website. Bring your Enlightenment Chart to class, and please 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!*

Goal Work: We will discuss inner and outer goals in weekend one, so spend some time considering goals you want to set for this year. Write a few ideas each: an internal and an external goal that will support your profiles.

Practicum: Start keeping your eyes and ears open for someone who could be your practicum assistant. This should be someone who is at least "one step removed" from you - friend of a friend, someone in a yoga class, etc. If you have a close friend who may be willing to get 6-8 free healings, bring their name to class so you can trade them!

*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.)

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

Suggested Optional Listening:

Essential Guide for Healers (audio), by Caroline Myss – Listen to CD 1

Other Supportive Exercises:

Boost your energy through Energetic Practice: pick any of the Energetic Rituals or choose yoga, martial arts, meditation, etc. Practice each day for 15 minutes in the morning and 15 minutes at night.

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.

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.

Learning to speak the language of the chakras, vows, excessive/deficient tendencies, archetypes, lower & higher selves, negative pleasure, etc. is important as you consider who you are as a healer in the world. The demon of this chakra is FEAR.

1. **What is going on in your life?** Please share any important information about yourself or where you are in your life right now that you feel would be important for your Teachers and TA's to know to support you the most in your growth this year. Include breakdowns, breakthroughs and Aha! Moments, and any significant life changes that have occurred recently. Please include any questions you have related to the readings or homework questions.
2. **Chakra Question:** 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 often without noticing. This weekend we are focusing on the Creative Idealist.
 - A. Share one typical way you go into any of the Thinker defenses. 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://rhythomasinstituteonline.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 and give you their feedback in plenty of time for you to integrate the ideas in preparation for class. Late homework may not receive 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 team (support@rhythomasinstitute.com).