



*Graduate  
Virtual Intensive*

**DAY THREE**

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## A Blessing

*May you awaken to the mystery of being here  
and enter the quiet immensity of your own presence.*

*May you have joy and peace  
in the temple of your senses.*

*May you receive great encouragement  
when new frontiers beckon.*

*May you respond to the call of your gift  
and find the courage to follow its path.*

*May warmth of heart keep presence aflame  
and may anxiety never linger about you.*

*May you take time to celebrate the quiet miracles  
that seek no attention.*

*May you be consoled in the secret  
symmetry of your soul.*

*May you experience each day as a sacred gift  
woven around the heart of wonder.*

*~ John O'Donohue, **Eternal Echoes***

## Day 2

### Message from Spiritual Self

### Message from Guide

## Centring Practice

One of the outcomes of this work is to experience yourself in your Body, versus 'in your head,' and to experience your embodied whole self in the physical world, belonging and connected. A regular centring practice helps you do just this, as well as becoming more emotionally and spiritually present.

- **Length:** feel your dignity, your 'I am,' and connection with your Spiritual Self
- **Width:** feel how you are connected to others and the world, your sense of belonging
- **Depth:** feel the support of your back, your history, your lineage; feel how you open your heart; and in front of you, your future

What was your experience of length, width, and depth?

From your Centre, who or what do you love/care about?

*Being must be felt, it can't be taught.*

*~ Eckhart Tolle*

*At the centre of your being  
you have the answer;  
you know who you are and  
you know what you want.*

*~ Lao Tzu*

## Compassion & Forgiveness Sharing

- What was your experience of the compassion visualisation?
- What was your experience of the Self-Forgiveness & Self-Love walk?

## Three Essential Components of Self-Compassion

According to Kristin Neff, author of the book *Self-Compassion*, there are three essential components of self-compassion:

- Mindfulness
- Common humanity
- Self-kindness

This following mantra, combined with hands over your heart, can be very powerful. It incorporates all three essential components of self-compassion:

- ‘This is a moment of suffering.’ (*mindfulness*)
- ‘Suffering is part of life and all human beings suffer.’ (*common humanity*)
- ‘May I be kind to myself in this moment. May I give myself the compassion I need.’ (*self-kindness*)

## Self-Compassion and Self-Love Practices

Consider how you'd treat a friend who feels bad or is struggling.

What are some examples of self-compassion, self-love practices?

*If your compassion does not include yourself,  
it is incomplete.*

*~ Buddha*



## Compassion & Forgiveness Sharing

- How would my life be different if I forgave myself when I made mistakes?
- How would my life be different if I gave myself compassion daily?
- What am I taking forward from this conversation?



# Cycle of Transformation

Awareness

Expression

Compassion and Forgiveness

New Behaviour: New Way of Being

## Recycling and Pre-cycling Instructions

### Step 1: Identify the Pattern and Scene

Close your eyes and name the pattern you are recycling or pre-cycling.

Think of either a recent or future problem situation where that pattern was or might be present, and experience what you feel, think, or do in that situation and let the scene play out.

Tune in to what the pattern is doing in your body. Take on the posture of that pattern in this moment. Now exaggerate it, turn it up by 10% – make it dramatic. Feel what this is like.

Place your hand on your body where you feel the energy of this pattern most intensely.

### Step 2: Trace Pattern

Trace the pattern back to see how you learned it in your childhood and how your parent(s) learned it in their childhood. Just get a sense of this.

### Step 3: De-energise and Transform

Take a deep breath. Your Spiritual Self pulls the pattern out of your body. Hold it in both hands in front of you.

Start rubbing your hands together faster and faster as the pattern is being transformed. Pull your hands apart. Your Spiritual Self has transformed the pattern into something luminous. What do you see, sense, feel, hear, maybe even smell?

Gently place this luminosity into your body right where the energy of the pattern resided.

Allow the healing energy and luminosity to fill that space and begin to expand into your whole body, into every fiber, more and more, until ...

You realise that you ARE your Spiritual Self. Breathe into your Spiritual Self, take on the posture of your Spiritual Self, and become aware of the quality or qualities of being you are experiencing ... This is you!

### Step 4: Experience

Now return to the original situation as an embodiment of your Spiritual Self. Experience yourself moving through the scene and notice what it's like. What do you feel? How does it change the scene? Let it play out from this new way of being.

## Recycling and Pre-cycling Instructions (cont.)

Open your eyes and write down the Authentic Quality, **and expand on your new way of being**, on your pattern sheet. In addition to writing the authentic quality, **write a description of your new way of being in the scene, and if there were others in the scene, and how it impacted them.**

*As you become adept with recycling and pre-cycling, you can shift from the recording to doing it quickly and simply within yourself.*

**Note:** You can use this tool also for any situation or stress that comes up; simply remove the tension/conflict/insecurity/body sensation and replace it with 'something luminous' and allow your Spiritual Self to take over.

## Vision Reflection

- How did the qualities and new ways of being deepen and expand my vision?
- One new aspect of my vision today that stands out, that pleases me, or that touches my heart.
- What surprises me about how my vision changed, if it did.

# Quadrinity Check-In

## **Body**

*Present moment:*

*Support:*

## **Intellect**

*Present moment:*

*Support:*

## **Emotional Self**

*Present moment:*

*Support:*

## **Spiritual Self**

*Present moment:*

*Support:*

## Cast All Your Votes for Dancing

*I know the voice of depression  
Still calls to you.  
I know those habits that can ruin your life  
Still send their invitations.  
But you are with the Friend now  
And look so much stronger.  
You can stay that way  
And even bloom!  
Keep squeezing drops of the Sun  
From your prayers and work and music  
And from your companions' beautiful laughter.  
Keep squeezing drops of the Sun  
From the sacred hands and glance of your Beloved  
And, my dear,  
From the most insignificant movements  
Of your own holy body.  
Learn to recognize the counterfeit coins  
That may buy you just a moment of pleasure,  
But then drag you for days  
Like a broken man  
Behind a farting camel.  
You are with the Friend now.  
Learn what actions of yours delight Him,  
What actions of yours bring freedom  
And Love.  
Whenever you say God's name, dear pilgrim,  
My ears wish my head was missing  
So they could finally kiss each other  
And applaud all your nourishing wisdom!  
O keep squeezing drops of the Sun  
From your prayers and work and music  
And from your companions' beautiful laughter  
And from the most insignificant movements  
Of your own holy body.  
Now, sweet one,  
Be wise.  
Cast all your votes for Dancing!  
~ Hafiz*



## Appreciation and Gratitude

**Write down three things you appreciate about yourself.**

Trust whatever qualities of yourself you appreciate in this moment and write them down.

1.

2.

3.

**Write down three things you are grateful for in your life.**

Let it be whatever comes up for you now, in this moment, what you are grateful for in your life.

1.

2.

3.

## Love After Love

*The time will come  
when, with elation  
you will greet yourself arriving  
at your own door, in your own mirror  
and each will smile at the other's welcome,  
and say, sit here. Eat.*

*You will love again the stranger who was yourself.  
Give wine. Give bread. Give back your heart  
to itself, to the stranger who has loved you  
all your life, whom you ignored  
for another, who knows you by heart.*

*Take down the love letters from the bookshelf,  
the photographs, the desperate notes,  
peel your own image from the mirror.  
Sit. Feast on your life.*

*~ Derek Walcott*

