ONLINE RETREAT

Flow, Inner Peace & Stability

Week Two

- Savita

INNER PEACE

The inner peace inherent in our true essence can be experienced in different ways as spiritual awakening unfolds.

It can be felt more as the peace of resting in the Self as spacious cosmic mind. When division, resistance and identification of the mind that is searching for itself drops away.

One's mind can still have thoughts, plan things, investigate etc but identification with the thoughts is unhooked.

INNER PEACE

It can be experienced through a more heartful peace.

Emotion can and does still flow but division between outside and inside falls away in the way it used to be experienced.

Identification with and resistance of emotions is unhooked allowing their natural flow and a naturally peaceful undivided presence to unfold.

INNER PEACE

And then the survival fear and identification that gets fused together and trapped in the body, begins to unravel, a different very grounded and immense type of peace begins to emerge.

If our nervous systems have a lot of stored, unprocessed and undigested past imprints, contractions, traumas and emotions, then for inner peace to find stability a clearing of these will need to occur.

INNER PEACE

What covers over our natural state of inner peace?

- Identification with a separate small self or even a separate divine self.
- Trauma symptoms in the body, mind and emotional body
- Fear of the unknown
- Fear of death
- Fear of more suffering

CONTEMPLATE

- What nourishing practice does my nervous system and body need to soften into its natural state?
- What inquiry is really true and alive for me to pierce deeper into where identification is still hooked in the body, mind and/or emotions?
- If I was to turn my attention towards the fear that is running in my system could I be in a state of curosity about what is on the other side?

INSIGHT

- What insights come through for you after contemplating those questions/ inquiries?

- Is there a common thread or no relationship at all?

COSMIC BODY MEDITATION

- Spaciousness inside and outside

- What dimension of being has never been afraid, contracted or restless.

END OF WEEK TWO