ONLINE RETREAT

Flow, Inner Peace & Stability

Week One

- Savita

INTRODUCTION

A 4 week somatic and experiential online retreat centered on the themes of flow, inner peace and stability.

What does this look like in terms of spiritual awakening?

What does this look like in our day to day lives?

Where do the two meet?

This is a living, breathing inquiry.

WEEK ONE

STABILITY

Our divine depths want us to have stability so we may express and translate our deepest spiritual shifts through our humanity in service to life.

Both for ourselves and others.

Stability in our spiritual shifts and stability in our human lives.

STABILITY

What does word stability mean to you?

What do you feel in your body in association with stability?

Where do you feel the most stable in your body?

Is there a spiritual shift that has opened that feels like it has a stability to it or does it feel like it comes and goes?

BREAKING APART IDENTITY FOR A NEW STABILITY

- The process of spiritual awakeing as it unravels identification can actual feel destabilising at certain points
- What wants to emerge is a new type of stability. The immensity of what we are waking up and recognising itself.
- It then does the return journey for all the contracted parts of us still identified as the small ‘me’ navigating life.
- The small ‘me’ can find a type of stability relatively speaking. Maybe financial, psychological or emotional. Maybe stable enough relationships. However, it only takes some shift in external circumstances to rock that stability.
- This deeper spiritual stability can not be taken away only forgotten, where we are not consciously connected to it.

EACH OPENING REACHES STABILISATION

- There are different realisations and openings as awakening unfolds. Each one will take time before it reaches a point where it is stabilised.
- Where are you on this evolutionary arc and what practises best serve at this point in time, to support this stabilisation to emerge with more ease?
- Alternatively what practise is calling my attention if an opening has not occurred?

STABILITY IN LIFE

Financial stability

Psychological Stability

Emotional stability

Spiritual stability
Grounded in your own Being

Physical health - stability in the body

Stability in life's work, career & service

Stability in Relationships

CONTEMPLATE

- What spiritual practise would help stabilise and ground what has already unfolded?
- What area in my life is asking for attention in terms of stability?
- Where is my body and nervous system currently in terms of feeling stable and grounded?

PRACTISE FOR THE WEEK

- Practice ~ One spiritual practice that aids in grounding and stability
- Contemplate ~ One area of life that is calling for attention in terms of stability ~ contemplate what is being asked. (Not what you believe or think but a deeper intelligence coming from true nature).
- Illuminate ~ One old conditioned way of trying to create stability from a sense of separation, fear or illusion.

INSIGHT

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

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

END OF WEEK ONE