ONLINE RETREAT

Flow, Inner Peace & Stability

Week Four

- Savita

WEEK 4

In bringing all 3 weeks together if you really got a felt sense of your divine essence moving through you, you may have had the realisation that whilst we can talk about stability, inner peace and flow as separate distinctions, they really are just aspects of all the one thing.

Your divine essence.

By selecting certain aspects of one's true nature a framework for tuning into that divine intelligence to guide one's spiritual practise, nervous system's capacity for embodiment and living from that peace and presence as a moment to moment unfolding with a groundness that is not rigid or fixed.

WEEK 4

You should come away from the retreat with deep insights into your spiritual evolution, your life and maybe shifts to greater depths of your true nature.

This one infinite unnamable thing that has many aspects and an infinite number of ways it can move through our lives.

WEEK 4

So you should leave the retreat with.

1. One practise that aids to stabilise your current level of spiritual opening.

2. One area of your life that is calling your attention and can be the edge of your next spiritual shift/ growth and deepening of embodiment.

3. Illumination of one or more old conditioned ways of moving through the world that wants to be shed.

4. A way of nourishing your nervous system to increase the capacity for embodiment of your spiritual shifts.

5. An inquiry that is really alive and true for you to penetrate through identification for the first time or a deepening into areas where some identification may still hiding out post initial awakening.

6. Greater capacity to be with fear lodged in the body and perhaps move through it to the other side.

7. Illumination of your particular flavour of fear the holds the personal will together and stops full surrender to divine will.

END OF WEEK FOUR