



Life Mastery Training Program Year 1 - Homework Week 5 Chakras 6 and 7 / Knowledgeable Achiever

BEFORE WEEKEND FIVE

Complete these readings/preparations and make notes in your journal of **AWAKENING!** moments:

Required Reading/Preparation

A New Earth, by Eckhart Tolle (book or audio)

*The Missing Piece, by Rhys Thomas – review Rule Keeper/Knowledgeable Achiever (*in RTI Online Membership website)

*30 Days To Self-Healing Through the Chakras by Rhys Thomas. Learn about Chakras 6 and 7

Days 22-30 (*in RTI Online Membership website)

Optional Reading (Please complete at a later date)

Wheels of Life, by Anodea Judith – Read the chapters on Chakras Six and Seven

*12 Gateways to Your Life Purpose, by Rhys Thomas – review Chakras Six and Seven (*in RTI Online Membership website)

Enlightenment Chart Work: Complete the columns in your chart for 6th Chakra and 7th Chakra. Just do the best you can, don't try to be "right", simply pick something that resonates with you from the readings, handouts, and recordings. Blank charts, documents with vows & freedom statements and excessive/deficient descriptions, and chakra audios are all available in Class Resources on the RTI Online Membership website. If you feel you're struggling, reach out to your Teachers/TAs for help getting started. In class, there will be more in-depth support around filling in your chart. After making entries in these Enlightenment Chart boxes, please save it on your computer (you will keep adding to it throughout the year) and **then attach it on the website with your other homework submissions.** *IMPORTANT: Bring a working copy of your chart to each class weekend.* **

The sixth chakra, the third eye chakra, includes one's ability to see, perceive and use intuition. The seventh chakra, the creative center, is where you connect to divine consciousness through knowing and understanding. Please consider the following questions as you complete your EC for Chakra Six and Chakra Seven.

- How do you see yourself in the world? How does your family of origin still dictate how you see yourself in the world?
- What were the beliefs in your family around religion and/or spirituality?

Print for Session 5: On the website's homework page, there is a file of handouts that you need to please print and bring to class with you. If for any reason you cannot print the materials, please contact your teacher to discuss. If you wish, feel free to read them ahead of time but these handouts will be utilized during class.

Recommended Optional Reading:

Anatomy of the Spirit, by Caroline Myss – read Chakras Six and Seven

Other Supportive Exercises:

Keep a journal.

Do the exercises at the end of the chapters in Wheels of Life and the 12 Gateways for Chakras 6 & 7.

Listen to Chakra Six and Chakra Seven bowls when you wake up in the morning and when you go to bed at night. Write down the kinds of feelings you experience with these tones. (Crystal Bowl Tones available in the RTI Online Membership website.)

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 teleclass replays, 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.

1. **What is coming up in your life?** ...including breakdowns, breakthroughs or inspirations during/after weekend four, and any significant life changes that have occurred recently? What, if anything, has changed in you during this school year? Write a paragraph or two.
2. **Profile Question:** Having read the material on the Knowledgeable Achiever (KA)/Rule Keeper (RK), how do you exhibit the core soul qualities of the Knowledgeable Achiever and the qualities of the Rule Keeper defense in your life? Do you feel this is your primary profile or your primary defense?
3. **Healing Question:** What was your experience giving the Heart Spiral healing? What was the experience of your Homework Buddy and/or other classmates? Was the healing done in-person or long distance? Add any additional comments about your experience including pendulum readings before and/or after the healing.

Please do your best to have written homework questions/Enlightenment Chart submitted online 2 weeks prior to class (May 6) Thank you!

Homework Submission Procedure:

The homework is due one (1) week before class and is submitted on the RTI Online Membership website. Login at <https://rhysthomasinstituteonline.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.

Getting your homework done 2 weeks before class 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 teacher 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 staff (support@rhysthomasinstitute.com).