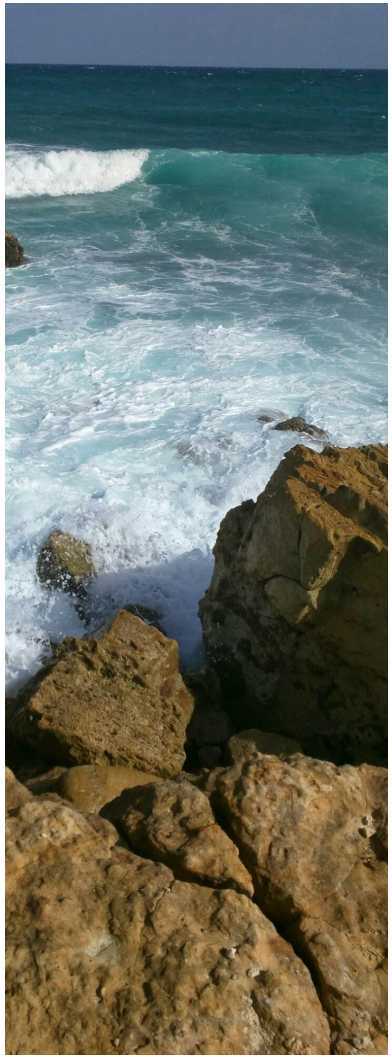


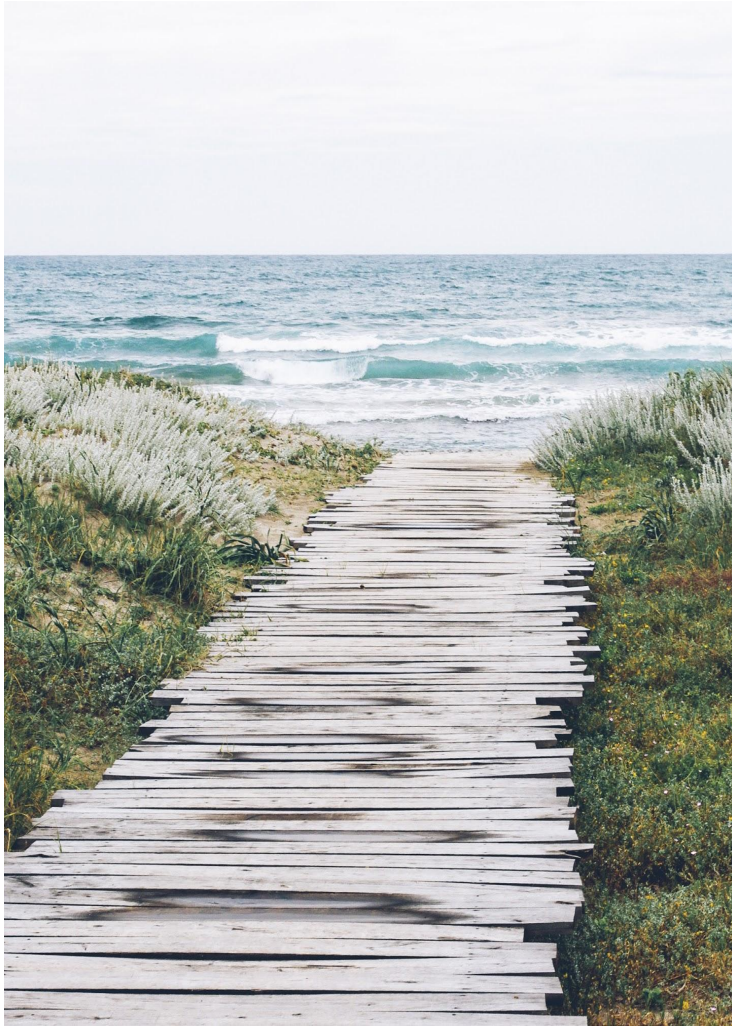
In Harmony With Nature

SOLO RETREAT PLANNER

Academy of Inner Knowledge
Teresa L. Crosier, D.O.M.

Lesson 3 - Contents

- Step 8 - Movement
- Step 9 - Journaling



STEP EIGHT

Movement

Learn
to move
your
body
with
awareness

Walking Meditation

For some people, movement helps to bring awareness to the nature of the mind. The mind will only bring to the surface what you are clinging to.

Walking meditation can be another opportunity to cultivate mindfulness.

It can be a park, your street, or even your backyard.

Take twenty-seven steps in one direction, then turn around and take twenty-seven steps in the other direction, walking back and forth in a straight line, for thirty minutes and work up to forty-five.

Notice how the heel of one foot strikes the ground, just as the toe of the other lifts up.

Notice the muscles of your legs, the bend of your knees, your hips, all working in sync together. Not too fast, not too slow. Not too tight, not too loose.

Eyes forward, fixed on a spot in front of you, and when you turn and walk in the other direction, focus on another spot.

Do a walking meditation for 10 to 20 minutes

What else do you notice?

Movement can strengthen our awareness and sometimes is a more accessible object for meditation than the breath.

STEP NINE

Journaling

For each day of your retreat, journal for at least 15 minutes a day, everyday.

Anytime anything comes to the surface would be a great time to journal.

Go beneath the surface of the everyday mundane details of your life to explore the emotions that lie beneath the stories.

The most positive action we can take about any circumstance or situation is to change our perception of it and reframe whatever happened.

Using journaling as a daily spiritual practice,
you can interact with life events and frame them so that you learn from them.

Journaling Exercises

Flow writing – go to the page with nothing in mind to write, sit, open your journal, close your eyes for a few minutes and when you open your eyes, whatever your gaze falls on, use that as the way into a stream of consciousness with yourself.

Begin each entry with:

I am looking at ...

I am thinking of ...

Or

I am remembering ...

Let the sensory based memory take you wherever it wants to and when you go there, after a few minutes, you will have tapped into the stream of consciousness that’s underneath the surface, and that’s where the good stuff is.

How to bring your sorrow or despair to the page

The most dynamic way to bring those types of feelings to the page is to write in dialogue by using a question and response kind of writing

What is your name?
What do you have to say to me?
What do you have to teach me?
How can we work together?
How can these feelings bring me strength?

And . . .

In the midst of a crisis, when the story we were carrying has been shattered, how do we bring that to the page, when there are no words?

Work in collage. Go to magazines and cut out imagery to begin putting the narrative back together. Notice what shows up repeatedly in the collages.

Then ask, who is that object or what is the meaning of that object to me?

That gives just enough to start down the verbal path again.

At the end of the retreat, write a section in your journal that contains:

Questions, Comments, or Insights

reflecting on the content of your retreat entries.

What have you learned about yourself?

Throughout Your Retreat

Just Remember

Keep It Simple
Know That You Cannot Do
This Wrong

In nature, plants do not see themselves as good or bad plants. Every plant has a purpose and grows naturally in some environment.

They go through the cycles of the seasons with their roots firmly in the ground, and like us, they eventually die.
This is life.

Choose What Works For You And
Add To It With Each Retreat

Deciding to begin regular seasonal retreats is a big step.

You are making a commitment to you and choosing yourself first.

You are saying that no matter what else is going on in my life,

I am taking time for me to be with me.

THANK YOU!!!
FOR ATTENDING THE COURSE

PLEASE FEEL FREE TO LEAVE COMMENTS OR SEND YOUR FEEDBACK TO:

drcrosier@yahoo.com

Sign up for an In Person Retreat or
Check out other ACADEMY OF INNER KNOWLEDGE courses at
http://academy-of-inner-knowledge.teachable.com