Introduction to Spiritual Awakening

**Spiritual Awakening Program**

Pathways of Light
Introductions

- Ground Rules...
  Phones... Breaks...

- Introductions....Rev.
  Ron Cruickshank OMC
Certified Trained Facilitator

• The spiritual Awakening Group is designed to be led by a trained Group Facilitator.
• These facilitators are trained and certified by Pathways of Light ® Spiritual College
Rev. Ronald Cruickshank OMC

- Ordained Ministerial Counsellor
  - Pathways of Light Spiritual College
  - Accessing Inner Wisdom Counsellor
  - Spiritual Relationship Counsellor

- Registered Counsellor
  - Australian Institute of Professional Counselling
    - Diploma of Professional Counselling
    - Advanced Study Majors (3)
      - Relationship Counselling & Conflict Resolution
      - Child Development & Effective Parenting
      - Abuse Counselling
Memberships

• **Pathways of Light Spiritual College**
  – Certified Facilitator

• **International Institute of Complimentary Therapists.**
  – Clinical

• **Counselling Tasmania Inc.**
  – Board Member (Chair, Treasurer) and Co-Founder
Professional Development

- Student of *A Course in Miracles*
- *Teacher of A Course in Miracles*
- [http://acim.house](http://acim.house)

My Spiritual Search to date....
Opening Prayer
Meditation
Introductions

I am known as .....
Reactivate Your Spirit Within

• The courses, group experiences and materials offered by Pathways of Light ® provide many pathways to awakening to your true Spiritual nature in an atmosphere of acceptance and caring.

• They help you reactivate your recognition of the spirit within.
3. Group Workbooks & Note Paper

• Please open your workbook introduction from your web page by clicking the link above these slides.
  ✓ If you register to do the 8 week workshops this workbook and other materials are included in the price.

• Scroll to the table of contents....
Highlights of Each Week

• Week 1: Accepting Abundance
  - Letting Spirit Be in Charge

• Week 2: Opening to Inner Guidance
  - Strengthening Your Communication with Spirit

• Week 3: Going Gently
  - A Process for Achieving Greater Awareness

• Week 4: Transforming Your Life
  - Changing Your Thoughts to Change Your World
Highlights of Each Week

• Week 5: The Awakening Perspective
  - Releasing Judgment and Allowing love to Shine Through

• Week 6: Accelerating Your Growth
  - Seeing the Messages in Your Relationships

• Week 7: Building Your House of Light
  - Making Every Moment an Empowering Experience

• Week 8: Divine Play
  - Celebrating love - Oneness
Group Workbooks

• Scroll to Page 1.... Introduction.... Guidelines for Group Participation .... Group Nurturing Qualities
Guidelines for Group Participation

• The purpose of the Spiritual Awakening Group is to provide a loving, supportive, non-judgmental group environment to nurture spiritual growth.

• The Spiritual Awakening Group is simply a vehicle for Spiritual Growth.
  – You are the driver,
  – responsible for your own growth
Guidelines for Group Participation

• We are each other’s teachers
  – We are here to learn from each other

• If anything doesn’t fit or feel right to you,
  – Put it on a mental shelf, you may want to come back to it later
  – You don’t have to accept anything
Guidelines for Group Participation

Agreeing to the following guidelines will help all group members gain the most from their experience:

1. We listen with an open heart and open mind
2. Out of mutual respect for each participant, we accept each person’s opinion or expression as valid for that person at that moment
Guidelines for Group Participation

3. We remember that we each have free will. Each of us is free to choose what ideas we accept as true for us.

4. Out of respect and value for each person’s time, we arrive before the scheduled meeting time so the group can start promptly.
Guidelines for Group Participation

• 5. while acknowledging each person’s right to express themselves, we are also aware of keeping our own sharing to a reasonable portion of the available time.
6. We agree not to use the group as a place to dwell upon our troubles.

• Rather we use this group as a place to look at perceived problems,
• Explore the thoughts behind them,
• And open to new perspectives from Inner Guidance.
Guidelines for Group Participation

7. We hold what is expressed in the group confidential so that everyone can be comfortable sharing their feelings.

8. We are committed to attending sessions regularly to maintain continuity of our awakening process.
Guidelines for Group Participation

9. We use our time together for sincere focus on spiritual awakening. We reserve social conversation for after the session or other agreed upon times.
Group Nurturing Qualities

- Non-judgmental
- Focused
- Relaxed
- Supportive
- Open to Spirit
- Caring
- Enthusiastic
- Friendly
- Gentle

- Sensitive
- Respectful
- Trusting
- Self-Confident
- Flexible
- Attentive
- Spontaneous
- Patient
- Giving
- Open
Group Nurturing Qualities

- Self-Empowered
- Receptive
- Empathic
- Calm
- Sincere
- Accepting
- Loving
- Playful
- Nurturing
4. Accepting Abundance

Letting Spirit Be in Charge

• Self Awakening Meditation
  – Guided meditation to receive insight from Spirit and gain a new perspective.
  – You might like to take a minute to stretch and get comfortable
Meditation Experience

• How many feel more relaxed now?
• How many were able to gain a more peaceful perspective on your area of concern?
Meditation Process

• Share with us what you experienced and what insights you received.

• Each time you do this meditation, you will experience it more deeply and be able to gain more insight....
Group Reading & Discussion

Letting Spirit Be in Charge

Group Reading and Discussion (page 5 in your workbook)

- A sharing of insights in the group from the following reading material.

- “You Create What You Focus On”

Let’s take turns at reading a couple of lines and we will stop and discuss as time permits...
Take a look at how you feel about your present circumstances. Ask yourself,

– “What must I be focusing on in order to be having these experiences?”
– If what I see and feel is not what I would like, what would I need to focus on in order to experience what I would like in your life?
Sending / Receiving Love Energy

• We are now going to preview an activity from the Spiritual Awakening Group:
• Visualise a large open circle with one participant seated in the centre...
Sending / Receiving Love Energy

• As all of us call upon (name) and energetically touch their soul, we will say:

• “(Name), you are a beautiful Being of Light. You are worthy and deserving of unconditional Love.”

• We will in turn say this several times to (Name) and, as we do this, we will extend unconditional Love to (Name)
Sending/Receiving Love Energy

• What was it like to be in the focus?
• What Feelings did you experience?
• What was it like to give unconditional Love to the person in the focus?
• What Feelings did this evoke?
• Next volunteer please...
Overview of Week 1
“Accepting Abundance”

Letting Spirit Be In Charge

- Opening Attunement Circle
- Getting Acquainted
- Guidelines for Group Participation
- Self Awakening Meditation
- Group exploration, “You Create What You Focus On” – A reading, group discussion, and questions
Overview of Week 1
“Accepting Abundance”

*Letting Spirit Be In Charge*

- Focus on the Coming Week – working with the ‘Reminder Card’ for the following week – “I Remember Who I Am.”
- Group Activity – “Focusing on a New Image” – practice working with Inner Guidance to create a new, abundant Self-image. (Creative Drawing)
7. I Remember Who I Am

Close your eyes

- What I will read to you is a reminder of Who you Truly Are.
- Imagine yourself experiencing what I am saying.
- I Remember Who I Am Focus Card
I Remember Who I Am

How does that feel for you?

• Draw an image of the vision that you experienced....

• Share with us what had the most impact for you from today.

• This is what we will be developing in ourselves in the Spiritual Awakening Group.
A New Group is Forming

Earlier you have already experienced the Self Awakening Meditation. You have also experienced one of the experiential processes.

• You are now given the opportunity to join this group at a very special rate!
8. A new Spiritual Awakening Group is forming:

This group meets weekly for 2 hours.

✓ It is $284 AUD or $80 deposit and $34 per week for 6 weeks, (all materials included).

✓ If you register for the spiritual Awakening Group Program now, and pay a deposit of $80.00 we will post or send electronically to you the Workbook, Meditation CD and Laminated Cards to preview before the first session.
What Day and Time will We Meet

- First Meeting:
  - Date:
  - Time:
  - Venue:
    - Teleconference/Skype/In Person
  - Clinic:
A new Spiritual Awakening Group is forming:

Those who wish to participate in the new Spiritual Awakening Group now forming can register from the link on your Workshop Web Page.

You can bring friends to the first session, but after that the group will be closed to additional people unless the whole group votes to add someone.
A new Spiritual Awakening Group is forming:

You can Register now...

• Are there any additional questions?

• Please feel free to engage in informal discussion with me about joining the group after this session. I have blocked out the next hour for personal private discussions.
Closing Prayer of Gratitude
Closing Matters

• Assessment Sheet:
  – Please complete online and submit...

• Accessing Inner Wisdom Counselling
  – Please see me after we are done

• Relationship Enhancement Counselling
  – Please see me after we are done

• Talk to us about future introductory seminars.

• THANK YOU for your valued presence.