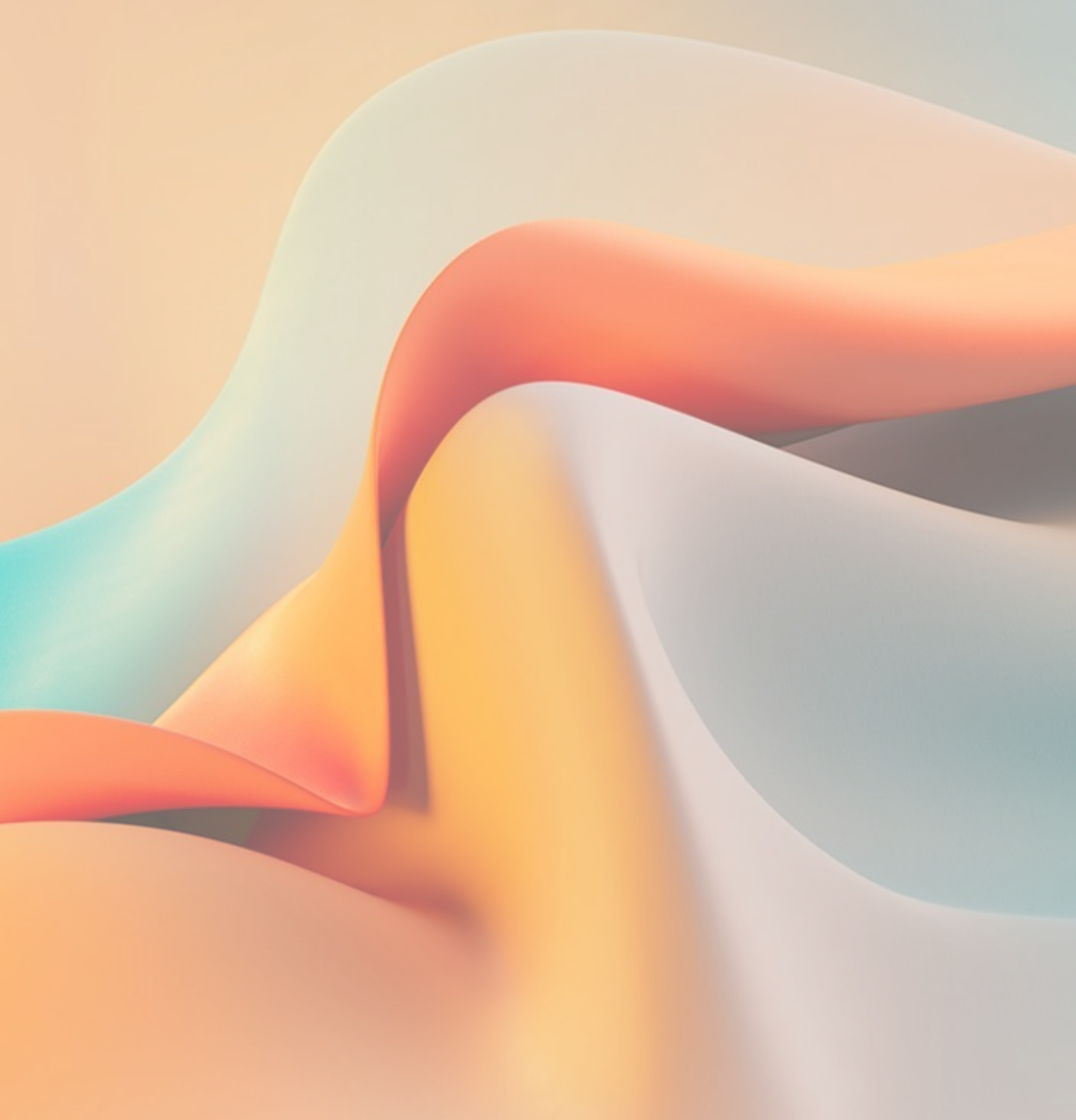




Class 4

Walking The Path

12. Karma, Free Will, &
The Law of Attraction

13. Spiritual Practices

14. The Real Teacher

Right Action

15. Decision Making

REVIEW

What is Samskara?

What is Shakti?

The Deeper Truth Behind it All

Chapter 12 — Karma, Free Will & the Law of Attraction

Karma is just the energy you haven't let go of yet.

Free will is the choice to release or to cling.

And what you "attract" isn't some magical reward system.

It's your own consciousness shaping your experience of life.

Questions

12-2

How does Singer's teaching view karma, and how can one let go of it?

12-3

What is the connection between free will and karma?

12-5

What about the Law of Attraction? Is it a good thing to focus on?

12-6

How can I attract the right partner to build a family once I have a vision of a perfect future?

12-7

Does the external world change as I grow internally?

Reflection

Chapter 12 — Karma, Free Will & the Law of Attraction

What is Karma?

What is Free Will?

What is the Tao?

How can I look at the Law of Attraction in a higher, deeper way?

What does relaxation have to do with any of these things?

Spiritual Practice: Right Here, Right Now

Chapter 13 — Spiritual Practices

True spiritual practice is about what you're doing with your inner world, right here and now.

Every moment of your life gives you the opportunity to let go, to relax, and to rise above the noise inside.

The real practice is learning to release your resistance and surrender to the flow of life.

What does it mean to bring spiritual practice into every everyday moment?
How can you use your thoughts, emotions, and even discomfort as stepping stones to freedom?



There isn't anything except your own life that can be used as ground for your spiritual practice. Spiritual practice is your life, twenty-four hours a day.

— Pema Chodron —

AZ QUOTES

The Moments of Your Life Are Your Daily Practice

Your Moment to Moment Choices

Aligning with the Tao

Questions

13-2

How do I maintain my intent to relax and release when it starts to erode over time?

13-3

How can I bridge the gap between understanding spiritual teachings and living them consistently?

13-5

How can one maintain a spiritual focus without intense strain during purification periods?

13-6

Practicing my mantra feels like my mental chatter is fighting back even harder. Should I keep pushing through it, or is there a better approach?

13-9

How can I handle profound spiritual experiences without becoming ungrounded?

Reflection

Chapter 13 — Spiritual Practices

What is the power of gratitude, and how does it affect perception?

How are you using the moments of your life as a spiritual practice?

Singer said this is not some philosophical game. The highest form of living is using the unfolding of life as an opportunity to grow — and being truly grateful, so we can stay in harmony with life itself.

Who will share how they stay in a sense of gratitude for the unfolding of life?

Those of you who took the Starcke class, what is similar about Singer's teaching & Starcke's teaching?

Life Is the Real Spiritual Teacher

Chapter 14 — The Real Teacher

Every moment, every challenge, every inner reaction is here to show you exactly what you need to let go of in order to be free.

The question is whether you will drop the walls of ego and receive what life is already giving you.

True guidance comes from your own sincerity, your openness, and your commitment to letting go in the face of life as it is.

Questions

14-1

Can we learn everything we need from books, or do we need a spiritual teacher?

14-2

How do I find a guru or spiritual teacher?

14-3

Do the teachings of Christ relate to yoga, and if so, how?

14-4

How can I spread the truth about higher consciousness to people who are resistant or rooted in traditional beliefs?

14-5

How can I support my partner without becoming frustrated when they don't adopt the same teachings I follow?

Reflection

Chapter 14 — The Real Teacher

Do you understand how to use your life as your spiritual practice? **Who will speak on this?**

Do you understand how the teachings of Christ relate to yoga?

Yoga is about union. What are Christ's teachings suggesting we merge with?

Relationships give opportunity for growth. How do you use a relationship with someone for growth?

Chapter 15

Decision Making

**Making Decisions from
a Place of Clarity
For the Benefit of the
Overall Situation**

The calmer you are,
the clearer you
think. Let your
decisions come from
a place of peace, not
from reaction.



Questions

15-2

When is the voice in my head just a thought, and when is it actually me? If I have to think through a major life decision, isn't that "me" doing it? If I ignore that voice, how do I make decisions?

15-3

If we are meant to surrender to life's unfolding, how do we make decisions? My mind keeps going over and over the possible choices in the situation I'm in. How do I navigate this?

15-4

Can you clarify the difference between judgment and discernment? For example, how do I avoid judgment while still using discernment in work or practical situations?

15-5

I often struggle with making personal decisions and feel paralyzed by the fear of making the wrong choice. How can I overcome this?

Reflection

Chapter 15 — Decision Making

How do you honor a decision you have made — and honor the results?

How do you live your life from a place of absolute clarity and peace?