

Precis October 27, 2018 – Will and Staying the Course

In the October daylong, we will explore the essential Aspect of Will which plays an important role in supporting us in our movement through our emotions, reactions, and beliefs to the deeper reality of our true nature. It is the aspect that makes it possible for us to persevere and not give up on ourselves and our spiritual journey.

Talk 1 Determination and Persistence

We can feel “*I can DEFINITELY do this*”

“It is what I WANT to do and I WILL do it”

And you JUST KEEP GOING, not letting ANYTHING STOP YOU

So, you can FEEL the presence of determination, persistence, and STAYING power

You can recognize that INSTEAD you have:

-TENDANCY to COLLAPSE

-GIVE UP even when things are going OK

- or PROCRASTINATE til a TOMORROW that NEVER COME

Not necessarily a PARTICULAR PROBLEM

= but just **DON’T HAVE IT** in you to CARRY ON

& **CAN’T FOLLOW THRU** with your INTENTION

Exercise - Monologue 15 min.

Look at your relationship to determination and persistence in your life. Are you able to stay on track with a task and follow it through to completion? Or do you collapse, give up, lose steam, put it off. Do you stay the course in your spiritual path? With your practices? 10-minute discussion about what you have seen.

Karen Talk #2 - Karen can provide some details here.