

WEEK ONE

INTRODUCTION TO THE AWAKENED LIFE



**AWAKE** (10-15 MINUTES)  
CHECK-IN  
INTRODUCTION  
GROUP ACTIVITY



**AWARE** (10-15 MINUTES)  
THE WHY  
INTRO TO MEDITATION



**ALIVE** (10-15 MINUTES)  
JOURNAL



**ABIDE** (10-15 MINUTES)  
*LECTIO DIVINA*



**ARISE** (5-10 MINUTES)  
REVIEW HOME PRACTICES  
CLOSING BLESSING