

MODULE 1

CLASS 1

*What is Spirituality and
how do I start my own Spiritual Journey?*



KRAKTI
FACILITATING EMPOWERMENT

General information

- This class is part of a module with 3 classes;
- Class 1 & 2 will be about 25 minutes;
- Class 2 will be about different methods to come closer to yourself;
- Class 3 will be a practical class to embody and integrate the information of C1 & C2.



Tips on how to define Spirituality

Spirituality...

- is fluid and nuanced;
- will always empower you;
- will give you unlimited opportunities & freedom;
- is whatever you choose it to be!



Tips on how to start/accelerate your Journey

Clearly state what you are choosing for! Through text, voice or just in your mind. Choice is a very powerful tool.

After consciously and willingly choosing, you will be committed and you will also notice small coincidences and synchronicities which are there to help you grow.



Homework

1. What is Spirituality for you now / before this class?
2. What do you choose Spirituality to be / what do you want your definition of Spirituality to be – for now?
3. Write a short paragraph in which you state to choose to begin your journey. Start with “**I choose ...**” and then incorporate the following:
 - a. Why you choose to begin your journey;
 - b. How it makes you feel to have made the choice.



Information

If you would like to discuss your homework you can send me a message at hello@krakti.life. We can then discuss it together or in the live online class I have yet to schedule.

I will post the date and time of the live group on social media!

May this class contribute to your growth, so we can contribute to the world together! 🙏



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