



By Tenzin Osel Hita

THE HABIT ALIGNMENT KEY (HAK) EXPERIENCE

The Habit Alignment Key (HAK) is a profound, unique and innovative retreat experience created by Tenzin Osel Hita to facilitate deep insight and awareness into our inner and outer environments.

Combining Buddhist wisdom with current scientific thinking we will discover our intricate relationship to ourselves and the ever-changing interdependent worlds.

Grounded in our interdependence with the earth and the elements, we will cohabitate and learn how to align ourselves in a positive, sustainable way through our thinking, eating, living, and consumer habits.

We will explore our mental and emotional habits, the neural pathways we establish, the importance of flexibility and movement to our mind, the nature of reality and our personal relationship to it, how to live sustainably and contribute in a positive constructive manner to the earth and society.

We will be feasting on gourmet plant-based meals, with an experienced plant-based chef demonstrating how to prepare wholefoods at home to benefit ourselves and others. We will explore how perception and attitude are linked to the nutrition we receive and learn what is truly nourishing.

Experienced professionals from a variety of fields will provide stimulus for growth, new understanding and rethinking our habitual patterns.

We are exploring all aspects of ourselves -spiritual, mental, emotional and physical - how we relate to ourselves, those around us, and the environment we live in.

The HAK provides the potential for our minds to become more flexible, more understanding, more open and happier. Collectively the HAK experience will help us transcend conventional perspectives, leading to a deeper understanding of reality and our place in it. We will be well nourished at all levels and have the tools to change and improve habits aligned with our true nature and aspirations.

The opportunity of the group

Spending time with a group provides opportunities for shared experiences, diverse perspectives, and collaborative learning, which is metaphorically enriching. Everyone is participating together in the activities, boosting our desire to share, grow and improve. We have been living in tribes for thousands of years, it is normal we are attracted to being accepted into the group.

The habits we have

Habits are what we repeat every day, the more we do something the easier it is to repeat it; we develop neural pathways that become very easy to follow. Developing positive habits leads to better health, personal growth and wellness; helping us to achieve our goals with confidence and courage. It is important to be mindful of our habits and work towards cultivating those which align with our aspirations. However, we first need to become aware of our negative habitual tendencies if we are to transform them.

Why travelling is important

When we travel we have no home but ourselves. This is essential in understanding that many of our habits come from the locations, people, tendencies, hardships we have surrounded ourselves with. When the body is on the move it's just us and our body. In this process we

Nourishing body and mind

We are what we eat; food is a key factor in the health of our perceptions, attitudes, physical wellbeing and balanced nutrition. We are learning to feed ourselves what our body and mind truly needs and is grateful for.

Dance of the souls

Dancing is the motion of our body and mind in union. Dance and movement is liberating and expressive, allowing us to connect with our inner selves and let our spirits soar. We let go of what we think others may think and feel free through the expression of our inner beauty, balance, health, joy, and connection with the animals within us.

Conscious consumerism

Cheaper, better, healthier, sustainable and good for our environment. As consumers we create rubbish, we will learn to make purchasing decisions that consider environmental, social, and ethical impacts of products and services, minimising waste and supporting fair labour incentives. Nature gives us everything, we learn how to return the good graces, ensuring our children will thrive.

Applying Habit Alignment in our daily routine

Once back in our well-known area of being, we commence jumping back into our old habits. After training our mind we may be able to condition ourselves slowly, step by step moving into a more reasonable dynamic towards a happier and healthier life.

Ten steps to valuing our inner space and discovering our potential.

There are ten different emotions and non emotions that we have to attend to in our everyday life actions, thoughts and speech.

- 1) Apologising and forgiving
- 2) Letting go of our attachments
- 3) Understanding the reality of non separation
- 4) Creating an emotion of empathy and desire to help
- 5) Gratitude towards everything that helps us exist
- 6) Cultivation of training mind & spirit
- 7) Using the body to activate the brain
- 8) Perception and attitude
- 9) Effort of constancy
- 10) Creating your own reality and controlling the emotions