

## Pathways for development

If you do not feel well-established in the prerequisites detailed above but want to strengthen them in your practice in order to be able to take the course in the future, there are several pathways for development.

For the recordings from previous retreats, you might consider working through the material together with a small group of sangha.

Energy body and samatha:

- [The Art of Concentration](#) (2008 retreat at Gaia House)
- [Samatha Meditation](#) (2007 retreat at Gaia House)
- [Practising the Jhanas](#) (2019-20 retreat at Gaia House)

Energy body and emotions:

- [The Boundless Heart](#) (2011 retreat at Gaia House)
- working with other talks by Rob on practicing with emotions and mind states (search on [Dharmaseed](#) for anything with the words 'Mind States', 'Emotion(s)', or 'Psychodynamics' in the talk title)
- Joining the online course '*Developing Artful and Liberating Ways of Looking within Our Emotional Life*' beginning in September <http://dharmacourse.org/> with two of Rob's trained teachers. This will be very helpful in itself and will help create a basis for any future Soulmaking practice.

Emptiness:

- reading and practicing with the book [Seeing that Frees](#)
- attending the [Emptiness Drop-In Group](#) offered by some of Rob's teacher trainees and graduated teachers

Metta:

- [Metta and Emptiness \(Level 1\)](#) (2011 retreat at Gaia House)
- [The Loving Kindness \(Metta\) Retreat](#) (2010 retreat at Gaia House)

Soulmaking practice and theory:

- [Path of the Imaginal](#) (2015 longer course through Gaia House)
- [Foundations of a Soulmaking Dharma](#) (2018 retreat at Gaia House)