

# Foundational

## Saturday Treatment Workshop

I created this 13-page booklet to walk the students through the all-day Treatment Workshop. Included are a procedure/lesson plan and a list of materials needed. It's designed to be facilitator and student friendly.

Please feel free to contact me if you have questions. I'd love to chat!

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# Foundational Treatment Workshop

## Materials

- Meditation music
- Bell/bowl to call people back after break
- Nametags and markers
- Sign-in sheet (or use class roster)
- Handout Packets
- Extra pens
- White board and markers or flip chart
- Copies - Science of Mind Magazine and Creative Thought
- Certificates - sign my name ahead of time and keep same pen for their names
- Class roster for spelling of their name
- Pitchers of water, cups, napkins
- Boxes of tissues
- Candles, flowers

# Procedures

Write agenda on chart paper before class starts.

1. Evocation
2. Create Guidelines
3. Intentions
4. Recognition and Unification
5. Realization
6. Thanksgiving
7. Release
8. Validation
9. Closure

Open and welcome

Pray in

Go over agenda

Guidelines - have class participate in setting them

- Confidentiality
- Cell phones off
- Use restrooms when needed - we'll take breaks
- Respectful participation
  - Don't comment on someone else's sharing - the most valuable thing you can do for someone is to be a really good listener.
  - Don't interrupt
  - No side conversations
  - Want to hear from everyone - those who share easily be aware of the quiet ones.

**Setting Intention** p. 1 Participants will write their intention for the day.

**Preparation for prayer** p. 2 with additional page for notes p. 3

- Show copies of SOM and Creative Thought. As an aside, point out directory of churches/groups - newcomers appreciate it! If possible have bookstore open to sell magazines during break.
- Guided meditation from workbook p. W-2 through W-4
- Take a few minutes to write about your experience on "notes" page, which is p. 3 in your packet.
- In preparation for sharing go stand in the back of the room if you're finished. Hook up with 1 or 2 other people to go off to a quiet place and share, leaving it quiet for those still finishing.
- Walk around, being available to those still writing or to those sharing.
- Later ask 2-3 to share with whole group

**BREAK** (10 min)

**Attributes of God worksheet** p. 4,

- Explain difference between attribute (eternal) and effect (temporary)
- Brainstorm and write more attributes on board as they copy on their paper

**Condition/Purpose** p. 5

- Explain that purpose will be focus of realization stage.
- Be available to help clarify as purpose is written. After purpose is written:
  - **The last page of packet is a form for your completed treatment.**
  - You can fill it in as you go along or write it all at once at the end of the day.
  - It begins with the purpose.

Ask if each person now has a strong purpose statement they are satisfied with. Anyone want to share? 3-4 volunteers.

**Treatment, the technique** p. 6 Explain that the five steps are a logical, sequential way to pray affirmatively, each step building on the ones before it.

### **Recognition and Unification p. 7**

- Go over p. 7 so they have a sense of what they'll be writing before the meditation begins.
- Meditation W-14 through W-16
- Silently go back to p. 7 and complete it
- Share with another person, if time

12-12:45 **LUNCH BREAK** - 45 minutes - make out certificates

### **Realization stage info**

- First go over p. 10 realization, but don't write yet.
- Go back to **Building Trust - Partner Questions** p. 8 (p. 9 for notes)
- Then come back and complete writing Realization step
- While some are finished writing take a short break

BREAK - short stretch

### **Thanksgiving p. 11**

- Read thanksgiving page
- Have everyone find 3 different people. To each read the realization that you have just written. Express your gratefulness for having this experience in your life. Then listen to the other person read their realization and express their gratitude.
- Write Thanksgiving step

### **Release p. 12**

- Look at release page
- Do meditation W-22 through W-23
  - In first paragraph - Place your hands over your eyes and [change to] *quietly repeat after me*, "I now free my eyes to see clearly and fully (they repeat).
  - With eyes remaining closed, they continue to repeat after being given short phrases.
  - They are getting tired by now - this keeps them involved.
- Write release stage

### **Completed Treatment**

- Write your full treatment on last page - p. 13.

- As you finish take a short stretch while others finish up.

Everyone reads their treatment aloud - they can pass if they choose.  
Applaud each.

### **Closing**

- Questions?
- Hand out certificates
- Circle benediction - Think of one word that you accept for yourself today. I'll start. I'll say my word, then I'll squeeze the hand of the person on my right and we'll go around the circle until everyone has spoken. When all are done, simply say, "And so it is."

Everyone helps clean up. Play upbeat music - it's a celebration!  
Mark off attendees on class roster.

# The Intention of the Workshop

## **Becoming Comfortable With Writing Spiritual Mind Treatments**

In class we have talked about the technique of doing five-step affirmative prayers called spiritual mind treatments.

We have also talked about "the fire" that causes the prayer to be uniquely our own, making it personal to us.

Today my intention (and my prayer) is that you will become more comfortable with writing treatments. In doing so you breathe life into the technique by making your treatment a prayer you believe and trust, so when it's released you **know** it's done.

## **Building Relationships**

In a large class we are often without time to get to know each other as well as we'd like.

My intention is to allow time and space today to get to know each other at a deeper level.

My prayer is to create an atmosphere that's so safe that we won't hesitate to be real with each other, knowing that what's shared is accepted lovingly and without judgment.

**My Intention for Today**

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# Preparation for Prayer

Preparation is a quiet mental energy, a mind-set that puts you into a place of acceptance and anticipation. Meditation is a powerful tool that brings you into this place.

Some ideas are:

- Read an inspirational essay, poetry, daily meditation from Science of Mind Magazine or Creative Thought
- Take a walk, jog, practice Tai Chi, Yoga
- Move about your morning activities in silence as you get ready for your day.
- Draw, journal
- Chant - there are many good CD's available
- Listen to inspirational music or quiet meditative music
- Light a candle, focusing on the flame
- Notice a tree outside your window, focus on one leaf
- Repeat an affirmation
- Visualize yourself in a place that nurtures you.
- Quiet meditation. See yourself a tree growing next to a beautiful stream. If a distracting thought comes into your head, picture it as a leaf quietly falling into the stream, moving away in the gentle current.

*The preparation for today's treatment is a guided meditation.*

## Notes

# Attributes of God

## Attribute (eternal)

Abundance

Harmony

Beauty

Wisdom

Peace

Wholeness

Love

Power

Clarity

Freedom

## Effect (temporary)

promotion, inheritance

happiness, falling in love

rose blooming, sunset

# Condition and Purpose

Choose a condition or issue you'd like to transform by the use of prayer today.

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Use the guidelines we've learned for affirmations to reframe the condition into a positive statement of truth. This will eventually become your purpose. Basically, your purpose is a short affirmation that you will build upon when you do your realization stage.

## Guidelines

- "Acting as if" works!
- Stay in the present tense, as if it's happening now. "I enjoy prosperous, creative employment now."
- Keep it affirmative, as if it's already yours. "I am healthy and full of energy," instead of, "I want to be healthy and full of energy."
- Think about the attributes of God that support your affirmation.
- Since we know God is within us, your treatment is directed to yourself. Keep your treatment in the first person. Say "I," as if you're talking aloud and no one else is in the room to hear you. For example,

"I am harmony," instead of "You are harmony." (The latter sounds like you're talking to an external God.)

**Remember, treatment is effective because it brings about a change in your own mind.** Let your purpose reflect what you affirm for yourself.

**Purpose**

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# TREATMENT - THE TECHNIQUE

## An Orderly Sequence of Affirmative Prayer

1. **Recognition** - God is all there is.
2. **Unification** - God is all there is, and I am one with God.
3. **Realization** - God is all there is, and I am one with God, and because that's true I am \_\_\_\_\_, I have \_\_\_\_\_, my life is \_\_\_\_\_, etc,
4. **Thanksgiving** - God is all there is, and I am one with God, and because I am \_\_\_\_\_, I have \_\_\_\_\_, my life is \_\_\_\_\_, I'm grateful.
5. **Release** - God is all there is, and I am one with God, and because that's true I am \_\_\_\_\_, I have \_\_\_\_\_, my life is \_\_\_\_\_, and I'm grateful, I now release/let go, trusting that \_\_\_\_\_ is already mine. And so it is.

# Recognition and Unification

**Recognition is the stage where the presence of Spirit is acknowledged and experienced.**

In the unification stage we are surrendering any idea or feeling of separation between the Peace and Harmony of the Creating Power and our own life.

*In the meditation which follows, allow your mind to go where it will to bring to you the gift of greater self-awareness.*

## **After the Meditation**

Spirit  
is \_\_\_\_\_

\_\_\_\_\_

I am

\_\_\_\_\_

\_\_\_\_\_

Spirit  
is \_\_\_\_\_

\_\_\_\_\_

I am

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Now use these Truths to write your Recognition and your Unification stages.

**Recognition**

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**Unification**

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# Building Trust - Partner Questions

This exercise is to begin the process of listening to our inner voice, that Wisdom which knows more clearly what will bring fulfillment and well-being into our lives.

In this exercise you and your partner will ask three questions of each other. For 5 minutes, Partner One will repeat these same three questions over and over to Partner Two, who will give the same or changing answers verbally.

When I signal you, fall silent and write.

Then Partner Two will ask the questions of Partner One for 5 minutes.

Again, when I signal you, fall silent and write.

The three questions are:

1. What do you really want?
2. What form do you see this taking?
3. What specific experiences do you desire from what you want?

## Notes

# Realization

In the realization stage we refer back to our purpose. We look past that thing, person or situation to the experience of having it.

For instance, I want a partner - the experience of having a partner may be comfort, companionship, security and love. I want a new home - the experience of having it may be to create comfort for myself, quiet, privacy, feeling of success.

In the realization stage we say what we want (a partner or a new home) but we center more on the experience of having it than we do the particular person or thing. There may be much more out there for us than we can even imagine!

As in affirmations, we write it as if we already have it. We're excited because we know it's ours. "The perfect job is mine. I'm appreciated and valued. I wake up excited each work day because I'm eager to go to this job where I feel creative and fulfilled," etc.

Helpful phrases are:

- I accept \* I declare \* I embody \* I am open to my good \* I welcome this good into my life \* This or something greater is mine now \* For the highest good of all concerned \* That which I am seeking is also seeking me.

## Realization

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# Thanksgiving

Gratitude is the key element in moving our consciousness to a state of receptivity. It is in thankfulness that we unleash ourselves from perceived limitations within ourselves and open to a higher good in our life.

When you reread your realization step you are grateful for knowing that it's true. Give thanks for what you have just affirmed and claimed. Your feeling is one of completion.

Helpful phrases:

- I'm thankful for knowing my Truth.
- I'm grateful to realize this (the outcome of my treatment).
- I give thanks for the movement in consciousness that is occurring in me now.

Thanksgiving

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# Release

Release is a declarative statement of trust and acceptance. It's an act of pure faith.

The words, "And so it is" can be an empowering ritual if you are willing to let go of the process, timing and form of the demonstration (answered prayer).

Helpful phrases:

- I release my Word (prayer) now knowing that as it's spoken, it's done.
- I release my Word to the activity of the Law.
- In total faith I release my Word.
- In confidence, I let go and let God.
- And so it is.

*The following meditation will assist you in having the experience of release.*

**Release**

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# Writing a Spiritual Mind Treatment

## Purpose

1. Recognition

2. Unification

3. Realization

4. Thanksgiving

5. Release