

## Pre-class Checklist:

- Whiteboard
- Whiteboard Markers
- Name Tags, Markers
- Class 2 Opening Meditation 02b.doc
- Class 2 Experiential - Orderly System 02c.doc
- Flat, narrow ribbon, 18" per student – Affirmation Ribbon

## Students Leave Class With:

- An acquaintance with the meaning of the word *cosmology* and a realization of its deep significance in our lives.
- An understanding of the fundamental nature of *Core Concept One* in both Universal and Human connotations.
- A perception of the difference between an *Affirmation* and *Meditation* and some elementary techniques for using these two basic tools.

## Completion of Registration

**Opening Meditation** Follow guidelines on Class 2 Opening Meditation document

## Welcome

## Introductions of newly registered students / Sharing

Finish these four statements. If I were a \_\_\_\_ I would be a \_\_\_\_\_. Tell why.  
Tree, food, animal, car.

## Lesson / Talk / Dialog

1. Any questions from last week's lesson?
2. What are Core Concepts? SA-2
3. What is Core Concept One (1) The Thing Itself and (2) The Way It Works?  
SA-4 and S2-1, 2, 3, 4 and 9

4. The need for a **cosmology** S2-1 to S2-2 [demonstrated in the Experiential portion (below) of tonight's class]
5. **Affirmations** – what and why? Say, “*Affirmations are short statements we make about our life and ourselves. The word affirmation means: something validated, made firm.*” Liken to “realization” stage of Treatment. S2-6 & 7 **What?** Affirmations are **P**resent tense, **P**ositive, **P**ersonal, **P**owerful. They are statements of truth. **Why?** Our thought is creative, but most of our thought is not conscious. The Law just reproduces the bulk of our thinking. Affirmations redirect our thinking. They are active. Say, “*Who can give me an example of an affirmation? Remember, it is short, easily memorized.*” Call on volunteers. Encourage everyone to come up with a simple affirmation for the next activity.
6. Create affirmation ribbon.
  - Pass out one 18” length of ribbon to each student.
  - Say, “*Once you’ve chosen an affirmation for yourself, begin the process of saying that affirmation each time you make a knot in your ribbon. With each knot, you are affirming your Truth.*”
  - Make 20 evenly spaced knots in the ribbon.
  - To be used during prayer time to repeat affirmation, once for each knot
  - Ribbon can be kept in a pocket as a tool to remember what you choose for yourself as you move through your day.
  - *You will use your affirmation ribbon for a homework exercise this week.*
7. Meditation – what and why? Liken to “recognition” and “unification” stages of Treatment. S2-10 and 11 Meditation is receptive.
8. Meditation practice – great gain in spiritual awareness by choosing and using consistently. It’s a tool we use to remember who we already are. How can meditation be used as a tool? What does it accomplish? Slows your mind, quiets you, brings serenity. What are the other spiritual tools? Prayer, spiritual study, spiritual service and circulation (tithing).

Before break take care of all housekeeping duties to leave time for experiential

### Survey of Week 3 Home Study

### Housekeeping

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1. Records of attendance
2. Homework, makeup work and other requirements.

### Break

Optional Experiential: Ornate affirmation ribbon options ie. beads, macramé, etc.

Optional Experiential: "Orderly System"

### Orderly System 02c.doc

#### Part 1

Take a few minutes to review the five steps of treatment. (15-20 minutes)  
Together, write a quick treatment on the board (for an issue of your choice) as review.  
Pull answers from the group, using your discretion so the final result is simple but powerful. Read it aloud together. This gives students an overall review of treatment before beginning the experiential. Erase the board.

#### Part 2

**Form into groups of 5.** Then count off 1-5 in each group. Say, "*This is Group A – count from 1 to 5.*" Next group, "*You're Group B - count from 1 to 5.*" Continue until each student is given a group number. Instruct each person to write his or her step, using this pattern: 1's do recognition, 2's do unification, etc. Group A does career / creativity, group B does Health / Body / Physical – see top of experiential worksheet.

**Assign a topic to each group.** Explain that A1's will write a recognition step for career / abundance, A2's will write a unification step for career / abundance. 1B's will write a recognition step for health / body / physical, etc. Ask for raised hands if there's anyone who isn't sure of the issue they're addressing or what step they're writing. Give them 3-4 minutes to write their individual step without talking to their group.

Have group A come up, get themselves in order by their steps and have each person read their individual step. The result is a beautifully logical treatment – order out of what appears to be chaos! Continue until all groups have participated.

### Closing

## Class 2 - Opening Meditation

# Foundational Class

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Become comfortable in your body for a few moments

- Feet flat on the floor
- Nothing in your hands.
- Let your shoulders slump, your body relax, your jaw hang slack.
- On count of 3 we'll breath in together, 3 ... hold it 2 ... 1 ... exhale.
- Be here now.

If anything pressing in your life, set it aside for a few short hours, staying open to possibility.

Most of us have come to this class looking to deepen our spiritual experience, looking for something – looking for healing in some measure or other

- An answer to Physical Healing
- Greater peace
- Greater sense of Self
- Relationship
- Financial Freedom
- Career Fulfillment
- Freedom from fear
- Deeper experience of God

These are all valid

What is it you might be seeking?

- Imagine it ...

How far away does it appear? Far away? Close? Big? Small?

- What are the details of it?

However close or far away – bring it closer . . . Imagine it very near . . .

- What does it feel like?
- What ideas do you get as you imagine it close to you?
- What messages come through?
- Make the details brighter . . .
- Make the sounds more distinct . . .
- Exaggerate the feeling of it . . .

Imagine it is already accomplished ... imagine one year AFTER it has been accomplished . . .

What does your life look like now in your imagination?

## Class 2 - Opening Meditation

# Foundational Class

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- What is important to you AFTER it has been accomplished?
- What are your goals now?
- Beyond immediate goal, you may now know which direction to take your spiritual practice

# Class 2 - Experiential

# Foundational Class

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**Purpose: to experience the “Orderly System” as defined in what a cosmology is.**

- A** = Career / Creativity  
**B** = Health / Body / Physical  
**C** = Money / Abundance / Finances  
**D** = Relationship / Family / Love

Five Steps of Treatment (Affirmative Prayer):

1. **Recognition** “God is . . .”
  
2. **Unification** “. . . and I am one with . . .”
  
3. **Realization** “. . . and because that is true, my life is / has / etc. . . .”
  
4. **Thanksgiving** “. . . and because of that, I am grateful / thankful / etc. . . .”
  
5. **Release** “. . . I release this/let go/ trusting that \_\_\_\_ is already mine . . .”

## 1. Reading/Study

- a. Appendix A. Ten Core Concepts of the Science of Mind: “What are Core Concepts?”, p. A-2 and Core Concept One, p. A-4
- b. All the resource material marked *The Way It Works (TWIW)* in your Workbook for Weeks 1 and 2. Pay special attention to the two papers on Affirmations, pp. 2-6 and 2-7.
- c. *The Science of Mind (SOM)* pp. 63-70 required;  
pp. 63-80 suggested.
- d. *Living the Science of Mind (LSOM)* pp. 1-6 required;  
pp. 1-14 suggested.

## 2. Writing ... (retain in Workbook for reference)

As a basis for class (and/or small group) discussion and sharing, complete the exercise in the *TWIW* material for Week 2 titled: “In My Own Words,” p.2-5.

## 3. Meditation

After carefully reading the paper titled “Meditation . . . An Essential Spiritual Practice” in the *TWIW* material for Week 2, p. 2-10, follow the directions for the “Week 2 Meditation Practice,” p. 2-11.