

Pre-class Checklist:

- Whiteboard
- Whiteboard Markers (variety of dark colors)
- Name Tags, Markers
- Meditation CD's

Students Leave Class With:

- A beginning understanding of the three-fold nature of God and humankind.
- A beginning familiarity with the Creative Process and the SOM Teaching Symbol.
- A grasp of the names and functions of the five stages of treatment.
- Personal application of the above awareness in "The Future You" guided meditation

Opening Meditation

Get paper and pen ready to journal. After becoming quiet and centered, ask, "***What are the three most important goals in my life right now?***" After 1 minute of silence give students 2 minutes to open their eyes and write their answers without speaking to anyone. Then take them back into the silence and ask, "*What old habits . . . ways of being . . . must I surrender in order to move toward my goals?*" After 1 minute of silence give them 2 minutes to open their eyes and again write their answers. Take them back into the silence a final time by asking, "*What aspect of God must I embrace in order to bring these goals into reality?*" Once most have finished writing ask for 1 or 2 volunteers to share. "*Can I hear from someone who would be willing to tell us?*"

Welcome and Sharing

Lesson / Talk / Dialog

1. Any **questions** from last week's lesson?
2. **Core Concept Two** SA-5 The Triune Nature of God will become more clear as we look at our SOM (Science of Mind) teaching symbol.
3. Introduction of metaphysical Chart / **SOM Teaching Symbol**. We no longer have to rely on blind faith because we have understanding of the operation of Law. Prepare to give a very basic explanation of our teaching symbol. Draw a large

representation on the board. Have students draw it on paper or use the symbol on S3-4. Explain that the lines exist purely for explanation, that God is all of it.

- Outside circle represents God, never-ending (allow students time to write this on their papers as you write it on board).
 - The three sections represent the Triune Nature of Spirit.
 - Top section Spirit = God = Conscious Mind (we have many names for God!) plus Love, Wisdom, Power (all the attributes of God) Explain that attributes are eternal truths.
 - Middle section Law, works automatically like gravity or electricity. Takes the thought of Conscious Mind and acts on it.
 - Bottom section Form, body, the effect, the result that comes from the thought.
 - Now use a different colored marker to write SEED in top section, SOIL in middle and PLANT in bottom to use that analogy for further clarification.
 - Lines drawn through the center Explain that it's not a "V". Symbolizes the descent of Spirit into matter, or form. The descending line shows that all comes from God. The ascending line shows that God then lets go of the form It's created, only to take form again and let go of it again – it's an eternal cycle.
 - Explain that this represents the **macrocosm** – true of all life.
 - Then explain that this is also true of us – the **microcosm**.
 - **Use a different colored marker.**
 - Top section Write OUR THOUGHT. Explain that it's the tendency of our thoughts that create. Are they mostly negative or mostly positive?
 - Middle section Our thoughts are acted upon by LAW.
 - Bottom section We get the RESULT of what we think.
 - For instance, if we think our life is hard, we will get results that prove that to be true.
 - Ask if anyone else can think of an example.
4. **Identification of terms** – S3-4 and SOM Text 568-569
 5. **"The Technique and the Fire,"** S3-5.4 and S3-6
 6. Difference between **prayer and treatment** (affirmative prayer)
 7. Elements of Spiritual Mind Treatment **"RURTR"** (R=Are U=You R=Ready T=To R=Receive?) Give a basic explanation of treatment as affirmative prayer.
 - Treatment is a logical sequence of 5 steps which produce a result. Our name for answered prayer is often referred to as a "demonstration".

- Before we begin a treatment we think about the PURPOSE – what do we want to have changed in our life? Take a few suggestions. Write these on the board. Go slowly, as students will want to copy what you write and listen to what you're saying.
- Step 1 RECOGNITION I recognize that God is all there is. . . Love, Beauty, Power (all the attributes we discussed when we talked about our teaching symbol)
- Step 2 UNIFICATION Because God is all there is, I must be part of that, so I am Love, Beauty, Power
- Step 3 REALIZATION God is all there is and I am one with God, so I have _____ (whatever you desire).
- Step 4 THANKSGIVING I'm thankful to know this is true about me.
- Step 5 RELEASE I now release/let go, trusting that _____ is already mine. And so it is. (We say, "And so it is" meaning that we believe it's true.)
- This is a quick overview. We will be talking about treatments a lot in class and you will be practicing writing them.
- Are there any questions?

8. Meditation practice – anybody trying it out? Any successes? Challenges?

Break

Explain **Personal Project** SB-5 / Housekeeping functions / Week 4 Home Study

Have students share experiences of **Week 3 Affirmation Exercise: Setting Your Intention** (pp. 3-8 to 3-10 have been removed from the curriculum and replaced with new exercises. Questions on page 3-10 can be used as dream-weaving opening meditation questions, as we did in this week's class.)

Experiential T3-4 "The Future You"

Closing

The Way It Works . . .

WEEK 3 MEDITATION PRACTICE

Again, choose a 10-to-15 minute time slot for each day's meditation. Use a gentle but determined approach to establishing the habit of a daily meditation time and practice. You will find that, by taking the time to establish your new meditation practice, you can make your life less hectic. Please stick with it and, if you miss a day, do come back to it. Be gentle with yourself and also persist.

If you found last week's meditation experience new and challenging, then please repeat the same exercise this week, making any adjustments in time and place that will allow you to more easily focus on quieting and directing your thoughts. Remain focused on your breathing.

If last week's experience was easily accomplished and you feel that your time and practice are firmly established, you might extend your allotted time to 20 minutes and/or use the following directions:

YOUR MEDICINE

If you have not
Been taking your medicine lately
By saying your prayers every day
How can Hafiz seriously listen
To all your heartaches
About life or God?

- Hafiz

Allow your body to relax. Let go of any busy thinking...allow your attention to focus on your body and consciously let go of any tension...let go...feel peace flood your body, breathing in flowing, soft light...relax...allow your thoughts to quiet...notice your breathing...begin counting your breath...One...Two...One...Two...relax...let your breath find its natural rhythm...One...Two...now become more aware of your body...notice what you are feeling...feel the pressure on your body as you are sitting...feel the temperature of the air on your skin...relax...return your attention to your breath...continue until your time is complete...open your eyes and stretch...write down your insights.

Setting Your Intention Exercise

Directions

- This week set your intention for the day using an affirmation such as, "Today I am Peaceful."
- Using the affirmation ribbon we created in tonight's class, say your affirmation at least 3 times per day, 20 times at each setting. Begin with your morning spiritual practice routine.
- During the day watch for evidence that your affirmation is working. When you bite your tongue instead of snap at a rude co-worker, that's it. When you notice a child's smile, that's it. When you stay in gratitude as you pay a bill, that's it.
- Keep a log of the evidence. Challenge yourself to find and list at least 10 incidents before bedtime.

Homework – to be handed in:

1. Choose one day from this week and write about your experience
2. What was your affirmation?
3. Write down at least 10 incidents that give evidence that it is true. (Copy them from your notebook.)
4. Write about your experience:
 - a. How did this affirmation change the way you view the world?
 - b. How did it change the way you view yourself?
 - c. Did it change your behavior? How?
 - d. Where was God in all of this? Please explain.

1. Reading/Study

- a. Appendix A. **Core Concept Two**, p. A-5
- b. All the resource material marked The Way It Works (*TWIW*) for Week 3.
- c. *The Science of Mind (SOM)* pp. 81-105 required.
- d. *Living the Science of Mind (LSOM)* pp. 75-82, 151-153 suggested.

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

As you read **Core Concept Two** and your SOM references, refer to the blank metaphysical diagram on p. 3-4 and write the appropriate words or terms in the three sections. (The same diagram in Appendix A, p. A-15, will offer guidance.)

3. Writing . . . (to be handed in)

Week 3 Affirmation exercise: Setting Your Intention

4. Meditation

Follow the direction for "Week 3 Meditation Practice," p. 3-8.