

## Pre-class Checklist:

- Whiteboard
- Whiteboard Markers
- Name Tags, Markers
- Meditation CD's
- Foil Squares

## Students Leave Class With:

- A beginning understanding of the infinite power of thought – both the thought of God in the Divine Creative Process and the thought of humankind in their personal co-creative process.
- A realization that our conscious thought and our subjective beliefs combine to re-enact the Universal Creative Process as we co-create the events and conditions of our lives.
- A recognition that the structure of treatment derives from the Creative Process – and – the power of treatment lies in our conscious awareness of the unwavering presence of God.

## Opening Meditation

After settling the students into a receptive state say, *“Put yourself in a place where you want to be . . . any place that makes you feel calm, relaxed. What does it look like, feel like, smell like? (pause) Somewhere nearby a phone rings, and as you look toward the sound, you see it. You instinctively know the call is for you. You answer. It is your Higher Self speaking to you. What does It say to you? (pause) On the board write: Where were you? and What did your Higher Self say? Give everyone a chance to collect their thoughts because you will ask each person to answer those two questions – one sentence for each.*

## Welcome and Sharing

## Lesson / Talk / Dialog

1. Any questions from last week's lesson? Open a discussion about their assignment to construct a treatment (to be handed in tonight) using week 3 affirmation as the foundation of the realization stage. S3-12

2. Did anyone do/enjoy the Walking Meditation described on S4-10? What was your experience of it?
3. Core Concept Three SA-6 Core Concepts 1, 2, 3 are the foundation. All that follow are somehow corollaries.
4. Feelings / Emotions / Intuition. S4-4  
Feelings are . . . “an emotion or emotional perception or attitude.” Most of society doesn’t think we can change feelings, “It’s just how I feel.” We know we can change them.  
Emotions – results of thought patterns/tendencies. Emotions give rise to feelings.
5. Difference between “our words in treatment” and “Our Word.” - S4-8
6. Sharing of insights gained in the “Hidden Beliefs Exercise” S4-5
7. Uncover hidden beliefs: Practice writing affirmations on chalkboard. Write, “I am wealthy,” If thought says, “Yeah, right!” I want to investigate “Yeah, right!” - S4-4
8. Discussion: “Highest consciousness not one of possession, but one of being” S4-8
9. What are some of the terms Holmes used for a. Spirit b. Soul c. Body? S4-6

### Break

Housekeeping functions

**Week 4’s Homework:** Discussion from the assignment to set your intention for the day by using affirmations. On board write: My affirmation was \_\_\_\_\_. I knew it was working when \_\_\_\_\_. Ask each person to complete each sentence by giving an example of how their affirmation worked in their life last week.

Survey of Week 5 Home Study

**Experiential** – T4-3 – The Human Creative Process – FOIL SHEETS

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## TIN FOIL EXPERIENTIAL Concluding Activities

### Summary

Once everyone has shared his or her second tin foil creation say, *“Today we’ve talked about the creative process. We’ve discussed*

- *Hidden beliefs*
- *How the Law works*
- *Emotions, feelings and intuition*
- *What else?”* (Elicit responses from students.)

### Bridge into next activity

Say, *“This experiential was a culminating activity for everything that was in your reading this week and for everything we’ve discussed today. It’s significant that you created something in physical form with your foil, then you created something brand new with that same piece of foil.”*

### Journaling

Instruct the students to journal about what they’ve learned about the creative process, making it personal to their own lives. (10-15 minutes)

### Sharing

Have students share any new ideas or awarenesses that came from their journaling.

### Purpose for these follow-up activities

- 1) Students leave with a clear picture of how creation works.
- 2) Students leave with a deeper appreciation of journaling as a spiritual tool as it
  - Helps them make sense of new information.
  - Gives them an opportunity to see how that new information fits into their personal lives.

**Closing**

## Hidden Beliefs Exercise

### Directions

- Using your answers from the Hidden Belief Exercise (p.4-5) set your intention for the day using an affirmation such as, “My relationships are joyful and loving.”
- Using your affirmation ribbon, say your affirmation at least 3 times per day, 20 times at each setting. Begin with your morning spiritual practice routine.
- Allow your affirmation to guide your day. Notice when you smile at a stranger, say hello to a co-worker, call the grocery clerk by name or call someone just to tell them you were thinking about them
- 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 Three**, p. A-6
- b. All the resource material marked The Way It Works (*TW/W*) in your Workbook for Week 4.
- c. *The Science of Mind (SOM)* pp. 137-148 required;
- d. *Living the Science of Mind (LSOM)* pp. 284-300, suggested.

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

After reading "Our Hidden Beliefs and Our Conscious Thought" on p. 4-4, complete the Hidden Belief Exercise on p. 4-5. Spend some time contemplating the beliefs you have recorded. How does each belief reflect in your experience? Only you can see what these beliefs are telling you. Remember, there is no right or wrong.

On the form titled "Vocabulary: The Many Words for Spirit, Soul and Body," p 4-6, begin to keep a running list of the many different terms you will be finding in each category.

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

Create an affirmation regarding the truth of one of your beliefs from 2a. Complete the Week 4 exercise. "Affirmations: Behind Hidden Beliefs".

## 4. Meditation

Carefully follow the new suggestions for your meditation practice on pp. 4-10 and 4-11. "Week 2 Meditation Practice," p. 2-11.