

## Pre-class Checklist:

- Whiteboard
- Whiteboard Markers
- Name Tags, Markers
- Meditation CD's
- Paper and Tape

## Students Leave Class With:

- A sense of the powerful nature of prayer. The importance of our belief, faith and acceptance in prayer or treatment.
- A grasp of the distinction between spiritual mind treatment and the general concept of prayer as supplication or petition.
- An appreciation of the qualities of their true nature. A growing acceptance of themselves as individualized users of creative power.

## Opening Meditation

Get paper and pen ready to journal. After becoming quiet and centered, ask, ***“What would you do if you could be guaranteed success?”*** (pause) *“What does it look like . . . feel like . . . sound like . . . Are there others around you?”* 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 must I give up in order to move toward this dream? What old habits are no longer serving me?”* (pause) *“What aspect of God must I embrace in order to bring this vision into reality?”* (pause) Now give them 2-3 minutes to write the answers to these last two questions. 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 what they would do?”*

In week 3 they journaled after each of the three questions. This week they journaled after two of them, which gives them practice in remembering their thoughts.

## Welcome and Sharing

## Lesson / Talk / Dialog

1. Any questions from last week's lesson?

2. Any questions about Personal Project – SB-5?
  3. Core Concept Four. SA-7 Say, “*Staying respectful of your faith of origin, can someone tell us what you used to believe about prayer?*”
  4. Prayer – What is it? What ISN'T it?  
S5.2 TTI and TWIW  
SOM 156.3&4; SOM 160.3; LSOM 42.4
  5. Belief / Faith / Acceptance are essential elements of prayer Ask, “*What are the essential elements of prayer?*” List on board. (power, connection, consciousness, trust, faith, belief, acceptance, etc.) Ask, “*Why does our prayer/spiritual mind treatment work? Why does a Catholic’s prayer work?*” They believe it.
  6. Pursue race belief that sounds like: “Perhaps my prayer won’t be answered because it is in conflict with the “WILL OF GOD.” Say, “*My idea of the will of God is that I am happy.*” My wish for myself and God’s wish for me are the same.
  7. For me, the prayer is valid and acceptable provided a) no harm to anyone or anything; b) not to control or dominate anyone or anything; c) does not take away from anyone or anything; d) heals and prospers ourselves and others; e) frees ourselves and others; f) adds to our lives and the life of our community.
  8. “The Second Crop,” and “Individual Use of the Creative Process,” pp. S5-6 and S5-7 utilize different metaphors to make the same point . . .
  9. Say, “Now that you’ve had an opportunity to write one of your own treatments for homework, do you have any questions?” Remind them that when they write their treatments some guidelines are:
    - Keep it positive.
    - Stay in the present tense, as if you have it now – “I have a creative job where I’m appreciated” vs. “I want a creative job where I’m appreciated.”
    - Use first person. Say “I” as if you’re talking aloud to and about yourself – no one else is in the room so there’s no reason to say, “you.”
    - Include the attributes of God that support your affirmation.
    - Remember, treatment is effective because it brings about a change in your own mind.
  10. Take care of housekeeping functions and Survey of Week 6 Home Study (quickly please!) before beginning the experiential.
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11. Begin Experiential T5-3 – Paper / tape / instructions - It continues throughout the break.

### Break

12. Resume Experiential – T5-4

Upon returning from break, you may choose to close out the experiential in this way:

- Once students are seated in whole group, ask them to turn to the person on their left.
- Silently remove that person's paper and hand it to him/her.
- Maintaining silence, everyone takes 2-3 minutes to look at what's been written on his or her paper.
- Ask them to consider
  1. Which comment called to you the most?
  2. Which one most surprised you?
- Go around the room and ask each student to reply to those two questions.
  - The comment/word that called to me most was \_\_\_\_\_.
  - I was surprised by \_\_\_\_\_. (This format keeps the answers brief.)
- If time, ask the whole group, "Why did we do this exercise?" "Why was it valuable?"

### Closing

An appropriate closing may be to stand in a circle and savor the feeling the experiential has brought to each person and to the group as a whole. Going around the circle each person states one quality from their paper that they now know is their Truth. When everyone has spoken simply say, "And so it is."

“Finding a Solution” Treatment

Name \_\_\_\_\_

Week \_\_\_\_\_

## Writing a Spiritual Mind Treatment

a. Purpose (a one sentence affirmation which you will incorporate into your realization stage)

1. Recognition

2. Unification

3. Realization

4. Thanksgiving

5. Release

## 1. Reading/Study

- a. Appendix A. **Core Concept Four**, p. A-7
- b. All the resource material marked The Way It Works (*TW/W*) in your Workbook for Week 5. Pay special attention to the two papers on Affirmations, pp.2-6 and 2-7.
- c. *The Science of Mind (SOM)* pp. 149-162; required.
- d. *Living the Science of Mind (LSOM)* pp. 41-56 required.

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

In the exercise "What Does It Mean to be a "Child of God?", p. 5-9, spend some time contemplating your answers to the questions given; then answer them on a separate sheet, as honestly as you can.

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

From the list of personal challenges in the exercise on p. 5-9, choose the one for which you most deeply long to find a solution. Write a treatment for yourself in relation to this situation.

In writing your treatment, follow the format outlined on the following page, Homework Week 5, p. 2.

## 4. Meditation

Preface your meditation practice this week with 5 or 10 minutes of the effective head massage described on p. 5-10.