

Pre-class Checklist:

- Whiteboard
- Whiteboard Markers
- Name Tags, Markers
- Flip Chart (with five blank pages), Markers
- Tape
- Meditation CD's

Students Leave Class With:

- A realization of the power that lies in their freedom to choose their own paths. New insights on how this power might be used in a real-life personal relationship situation.
- A foundation for understanding that their freedom of choice can result in a misuse of Law through which “evil” might be experienced.
- A new viewpoint in the practice of visualization.

Opening Meditation: “Imagine yourself without limits; what might be standing between you and the vision of how you want your life to be?” S6-4

Welcome and Sharing

Lesson / Talk / Dialog

1. Questions from last week's lesson / Personal Project (SB-5)?
2. Core Concept Five. SA-8 – Wholeness.
3. Freedom is My Divine Heritage S6-3
4. The inclusion of seeming opposites in God's perfection. (Where does “God” leave off and “I” begin?) S6-5
5. Evil . . .
6. What is darkness? Nothing more than the absence of light. Turn off a light and darkness IS an experience. Turn ON the light - where did the darkness go?

7. Write this question on the board: "If Spirit is Perfection, Goodness, Love, Peace and Harmony, where do imperfection, badness, hate, strife, and dissonance come from?" Brainstorm answers to question on board (fear, choice, wrong thinking, freedom, etc.)
Now ask, "*What do the imperfections look like?*" (abuse, war, Hitler, etc.)

Introduction

- Read p. 6-6 as a group, clarifying the question. The bottom line is, we don't know. We search for explanations we can deal with, and that's what today's/tonight's discussion is about.
- Turn to p. 6-7. *It's all about our perception. We can shift our attention and see it differently.*

Points to discuss

- The news is the news because it's the exception.
- Events happen because they're in motion, and race (group) consciousness propels them. Review "race consciousness".
- We can swim sideways against the race thought and change it.
- The "bad" things can cause us hell, or we can choose again and have them be part of our dream.
- We can feel hopeless or we can feel hopeful.

Concluding ideas

- Ask, "When we were discussing all the "bad" things, could you feel the energy in the room?"
- Now brainstorm and list their opposites on board (friends, music, romance, carpool lanes when you have two people in the car, laughter, etc.)
- Ask, "What creates these opposites?" (attitude, focus, trust, understanding, etc.)
There is a distinct absence of these attributes on the board.

- Say, "Let's look at the imperfections we listed."
 - Would attitude have created those?
 - Would focus?
 - If we TRUST that that's just the way it is, could we have created imperfections?
 - If our UNDERSTANDING is that we're born into a life that has suffering and that that's just the way it is, could we have created those imperfections?"
 - The answer to all of these is yes.
- We're free to choose how we perceive the situation.
- Whole class rereads the quote, " If Spirit is Perfection, Goodness, Love, Peace and Harmony, where do imperfection, badness, hate, strife, and dissonance come from?"

How to Feel Hopeful

- When I start feeling sad or angry and stay in that space, I'm not hopeful. I become separated, concentrating on what I don't have.
- This, in turn, perpetuates the race consciousness that says things like abuse and war will always be with us. That's how we got caught up in the "evil" of the world in the first place.
- I can stop race consciousness in my own head by establishing a relationship with God.
- I can change the energy of my thought. I can consciously choose the power of prayer instead of feeling like a victim, thinking I have no control.
- I can visualize what peace looks like. I can actually see what it looks like in my mind's eye. What do I see? What colors are there? What are people doing? What are they saying to each other? What are the expressions on their faces? I keep visualizing until the emotion I feel personally is one of hope and high expectancy.
- When I get to that place, I pray, and my prayer then affects people I may have never met, but whom I know intimately on some level.

- Every time I do this, I raise the level of the race thought. I do have power, I do count, prayer works.

Visualization in Meditation and Treatment S6-10

Break

Experiential T6-4 – Flip Chart (with five blank pages); Markers; Tape

Discussion

If time, discussion about what individual revelations took place tonight. If no time, ask that students journal about it this week.

Closing

Freedom Empowerment 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 Five**, p. A-8
- b. All the resource material marked *The Way It Works (TWIW)* in your Workbook for Week 6.
- c. *The Science of Mind (SOM)* pp. 108.2-111.3; suggested.
- d. *Living the Science of Mind (LSOM)* pp. 136-140, 354-358; required.

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

Work through "An Exercise in Freedom," p 6-9. If the insights gained seem valuable, you might try some of them out in the actual situation.

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

In "An Exercise in Freedom," choose an area in which a change in what you are thinking, feeling, or doing about the situation might bring about an overall change for the better. Write a treatment to empower yourself in accomplishing this change, using the format in homework Week 6, p. 2.

4. Meditation

Enjoy your fantasy meditations to the fullest!