

## Pre-class Checklist:

- Whiteboard
- Whiteboard Markers
- Name Tags, Markers
- Meditation CD's
- Giving (tithe) envelopes
- Prepare the building for the "TRUST WALK"
- Bell, chime as indicator to switch partners and then to return when Trust Walk is over.
- **Unexpected Income Club** Ask teaching assistants to:
  - Prepare a fun container to use to gather unexpected income money/checks
  - Prepare a large manila envelope to turn into accountant weekly, labeled "Foundational Unexpected Income Club"
  - Count the income together once it has been collected
  - Keep a running tab of amount collected and date
  - Together, put envelope in drop safe
- Write on Chalkboard: ***"Usually we look for too little ... and then we accept that and stop looking"***

## Students Leave Class With:

- Awareness of limitless good – both quantity and kind – available to them as their heritage.
- Parallel awareness that the amount of this good that they can actually have is based upon what they can believe, accept and embody.
- An understanding of the necessity for cultivating the "Abundance Consciousness" and an idea of how they presently rate in this respect.

**Opening Meditation**      Read aloud LSOM 339. Silently contemplate for 2-3 minutes.

## Welcome and Sharing

## Lesson / Talk / Dialog

1. **Questions** from last week's lesson? Personal Project – SB-5?

2. "What is Spirituality?" S7-9 (Answer: simply living with the intention to realize God in every circumstance of your being – in short, the totality of your life!) Refer to quote on the board. Watch abundance of answers arising from the following **chalkboard exercise**: Define Spirituality in: 1) physical; 2) biological; 3) psychological; 4) sociological; 5) ecological; 6) cosmological and 7) theological terms.
  3. Core Concept Six. SA-9 - ABUNDANCE
  4. **LSOM** 339.1/2/3; **LSOM** 340.2; **SOM** 277.3; **SOM** 338.3 [There is no Divine Will that will keep anything from you. We are NOW sons and daughters of Life].
  5. Ask, "May we hear from a couple of people about any insights you had while doing the *"What is my Abundance Quotient?"* worksheet on pp S7-6 and S7-7?"
  6. "The Great and Infinite Reservoir" S7-4 – Again read aloud the quote on the board: "Usually we look for too little ... and then we accept that and stop looking." Have someone read S7-4.1-2 quote from Swami Chetanananda.
  7. "Abundance is Natural in the Universe" Abundance is everywhere. It's not a matter of *making* it, but *noticing* it. S7-3 This leads to a Brainstorming Session on chalkboard - forms that are tangible & those that are not:
    - Call on one or two students who have been quiet in class or who simply could use some extra attention. Ask them if they would be comfortable acting as scribes for the next activity. Then have them write the brainstormed words on the board. Suggestion: *When more than one scribe: as each word is called out by the class, one scribe repeats it softly, indicating that s/he will write that word. The other scribe takes next word, repeating it softly. This eliminates confusion about who's writing what.*
    - Say, *"Give me ideas about all areas of abundance, both tangible, like stocks or grains of sand, and intangible, like health or thoughts."*
    - One objective here is to visually see board so covered with ideas of abundance that there isn't room for even one more. If class participation starts slowing down say, *"You all may as well participate because this is about recognizing abundance, it's all around us, we need only acknowledge it. We're not stopping until this board is full. What is there such an abundance of that you think we'll never run out of it?"*
    - Once board is full, acknowledge scribes: "Let's hear it for \_\_\_\_\_ and \_\_\_\_\_!"
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8. Abundance Consciousness (which rarely happens in a day) can be one objective of our continuing conscious growth. Be aware that:
- Money is an exchange of energy and belief – It's all faith.
  - Money may plunge when we're scared.
  - If we are not manifesting, perhaps there's a pocket of unbelief.
  - Faith in abundance doesn't mean spending money you don't have – that may only create fear.
  - Create order.
  - Balance checkbook.
  - Balance earning and spending.
9. **Seven Steps** excerpted from *Even Mystics Have Bills to Pay* by Jim Rosemergy.
- a. For one week – **list all the unexpected gifts** you received. Carry a small notebook in your pocket. Write down everything from finding a dime to receiving a compliment from your co-worker
  - b. For one week – gather the family (or friend or partner or leave a tablet by the bed) and **make a list of all the things you are grateful for.**
  - c. **Endorse all checks** with “TYG,” “TY,” “Blessings,” “God is Good,” etc. When you receive a check, endorse it and then by your name write “Thank you God,” “Blessings”, etc. This is a tangible way of saying thank you as the check works its way through the banking system back to the person who issued it
  - d. **Uncreate habit of hoarding** and have a garage sale or give things away: (Gluttony: not enough and “Grab it while you can.” Hoarding shows insecurity, fear of what may come. If it's a treasure you can't do without, why is it in a box in the garage? Suggestion: If an item hasn't been used in one full season (a winter coat), then it's time to let it go.
  - e. **Examine your mood/attitude while paying bills.** Be grateful to creditors (they trusted you enough to loan you money). Bless your bills. You have received a service, so give thanks. It establishes a giving state of mind.
  - f. **80/20 Plan A:** Open an Opportunity Fund (savings account). This isn't for “a rainy day”; it's for an unexpected opportunity, a delight in the future. Get to 9% of your income.
  - g. **80/20 Plan B:** Begin Conscious, Regular, Structured Giving. Net or gross does not matter. Nor does percent. Suggestion? Try 10%. Too much?
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Begin with 1% and work your way up. Do not stop at 10%, though – go to 11%! True tithing is a consciousness of “GOD FIRST.” Attitude is more important than amount.

### 10. Begin “**Unexpected Income Club**” tonight.

- Regular, Conscious, Structured Giving (developing a pattern and a rhythm to giving) is a tool to stretch consciousness, just like praying, meditating, or spiritual education like this class.
- Just as we stretched to fill the board with ideas about abundance, we stretch our minds to accept the abundance we already have and to recognize the abundance that comes our way. For instance:
  - You expect to pay \$40 for pants and find that they are on sale, that’s income.
  - You go out to eat and other person picks up tab: “Thank you!” That’s income.
  - At grocery store, your favorite cereal is two-for-one, that’s income.
  - \$3 rebate check (you forgot about) comes in the mail, that’s income.
- The Unexpected Income Club is about actively recognizing our abundance. When we do that, we stretch our consciousness, which in turn brings about more abundance.
- For the next five weeks, *if you choose to participate*, every time you recognize your abundance, you will take 10% of it and bring it to class to donate to our Unexpected Income Fund. So if you saved \$1, you bring in a dime. If you saved \$4.50 you bring in \$.45. If you received an unexpected check for \$100 you bring in \$10.
- Use this as an opportunity to teach them to identify their giving. Keep a supply of giving/tithe envelopes for those giving cash.
- You’ll have opportunity to tell class where/how abundance showed up in your life.
- We’ll keep track of the money for the next five weeks. It will be used to serve our greater congregation as a gift from this class.

- Are there any questions about the Unexpected Income Club?

### **Break**

- Housekeeping (homework, attendance). Survey Week 8 Home Study
- Experiential Instructions on pp. T7-3 THE TRUST WALK
- Upon returning from the Trust Walk students are to stay in the sacred silence they held throughout the walk. Invite them to journal about their experience for 5-10 minutes, and then share about it with their partner. Then open it up to large group sharing. The spiritual analogy is: The trust you had in your partner, letting someone else totally take care of you, is the same relationship you have with Spirit.

### **Closing**

“Contribution to Life” 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 Six**, p. A-9
- b. All the resource material marked The Way It Works (*TW/W*) in your Workbook for Week 7.
- c. *The Science of Mind (SOM)* pp. 266-278; required.
- d. *Living the Science of Mind (LSOM)* pp. 338-349; required.

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

Complete the exercise titled "What is My abundance Quotient?", pp. 7-6 and 7-7. You will be sharing your perceptions of this exploration.

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

Abundance – Expecting Good exercise in Homework Week 7, p. 2.

## 4. Meditation

The "potato sack" exercise is good for any week.