

Pre-class Checklist:

- Whiteboard
- Whiteboard Markers
- Name Tags, markers
- Meditation CD's
- "A Letter From Life" 8b.doc
- Gratitude Exercise 8c.doc
- Masking tape or extra self-stick name tag
- Breath mints
- READ Hiam Ginott quote T8-3

Students Leave Class With:

- Clear awareness of the many ways in which Life continually demonstrates Its reciprocal nature – what we are to Life, Life will be to us.
- A realization of the content of our day-to-day, minute-by-minute self-talk, and the long-term effect it can have on our well being.
- A perception of the deep spiritual connotation of the Universal Reciprocity, as expressed by Holmes in "Givingness" on S8-9

Opening Meditation – use 5 questions from S8-6

1. What kind of things am I saying to myself right now?
2. Under what circumstances do I most notice my self-talk?
3. At what time of day do I most notice my self-talk?
4. Are my thoughts about myself predominately positive or negative? If you could give them a color, what color would be positive? Negative?
5. Is the pattern of my thinking supportive of my desires? If you could put your colors in two piles, which pile would be bigger? If your negative color pile is bigger, what could you do to change it?

Welcome and Sharing

Lesson / Talk / Dialog

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

2. Gratitude Exercise – Pass out papers face down. “List 25 things you’re grateful for. Don’t try to edit because you won’t have time – just write. You’ve got 60 seconds.” Afterward elicit volunteers to read their list. If no volunteers, call on people. Ask, “Were you surprised at what you wrote?”
3. Unexpected Income Club – Demonstrations?
4. Core Concept Seven. SA-10 / Reciprocal Universe / Mental Equivalents
5. Heaven and Hell – do they exist? Have a student recapitulate their interpretation of the parable of the Samurai and the Monk S8-3.
6. Have class read this aloud: **An Autobiography in Five Chapters** S8-10. Take out a piece of paper. Journal about a time you kept falling into a deep hole. What changed, prompting you to walk down a different street? Where was God in all of it? 10 min. Share stories, insights. For those not quite finished, “Take another minute to finish up what you’ve written so far.”
7. Highlights from S8-1: We *do* get what we give – if not today, then tomorrow. We attract what we are. There is no aspect of punishment – there is only law, impersonal and unavoidable. New ideas (cause) can change and replace old ideas/cause, though. Nothing *has* to happen. “There is an invisible counterpart for every visible form...” Has anybody had an experience of this?
8. “Givingness” S8-9 We must set up a receiving center. We must hold up our bowl of acceptance or the gift cannot be complete. “Life is ready to give us all that we desire.” How do we know this?
9. “How You Talk” S8-5 and S8-6
 - a. Limiting language / Freeing Language S8-5
 - b. Continuing to talk about the problem and linger in belief that created it S8-6
 - c. Questions (1-5) on S8-6 (we asked these questions in the opening meditation).
9. Meditation Practice: Enjoying it? Struggling? Bored? Confused? Excited?
10. Housekeeping functions (homework / attendance, etc.)

Break

Experiential T8-3 or 8b.doc “A Letter from Life”

Preparation for "Circle Whispers"

- Say, "We're going to be rather close to each other for this experiential. If you'd like, help yourself to a mint as they're passed around."
- Count off 1,2, 1,2
- 1's form inner circle, 2's form outer circle

For large class: "Circle Whispers" (two circles – inner and outer – facing each other. Students – eyes closed – walk path between two circles. Each person in circle whispers something uplifting / promising to the one with eyes closed). Put a piece of masking tape, self-stick name tag or other noticeable marking on the back of each person who walks with their eyes closed, so it's evident that they have had a turn. When the walking person returns to where they started, their classmates quietly welcome them back and they join the circle. If the class is large have 2-3 people walk at the same time.

For smaller (10 people or less) class: "Circle Whispers" One person stands in the middle of circle of students with eyes closed. Others step up to them, whisper, and then step back into circle. When everyone has finished whispering group says, "_____, you are God's beloved." Next person steps to center of circle.

If time, share about the experience – it's very moving!

Closing

Class 8 - A Letter From Life

San Jose Center for Spiritual Living

Foundational Class

Dear _____ ,

**Love,
Life**

Gratitude Exercise

Foundational Class

Please list twenty-five things you are grateful for. You have 60 seconds:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25

“Contribution to Life” Treatment

Name _____

Week _____

Gratitude Exercise

Foundational Class

Writing a Spiritual Mind Treatment

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

1. Recognition

2. Unification

Gratitude Exercise

Foundational Class

1. Reading/Study

- a. Appendix A. **Core Concept Seven**, p. A-10
- b. All the resource material marked *The Way It Works (TWIW)* in your Workbook for Week 8
- c. *The Science of Mind (SOM)* pp. 279-293; required.
- d. *Living the Science of Mind (LSOM)* pp. 196-214; suggested.

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

Work through the exercise "How You Talk!", parts A and B, pp. 8-5 through 8-7. Use extra sheets of paper as needed.

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

Write a short letter beginning "Dear Life," continuing: "One thing I would like to contribute to the world is" and ending: "What it would take for me to do this is"

Write a treatment for a desire unfolding in your consciousness which is related to the letter above.

4. Meditation

Follow the suggestions on p. 8-11.

Gratitude Exercise

Foundational Class

3. Realization

4. Thanksgiving

5. Release