

## Pre-class Checklist:

- Immortality Handouts
- Study guides for Final Exam
- White Board
- Markers
- Name tags
- Meditation CD's

## Students Leave Class With:

- An understanding of Ernest Holmes' belief about immortality and reincarnation. These opinions were personal to Ernest and not necessarily the official theology of UCRS.
- An awareness of their own beliefs about immortality from . . .  
. . . the objective approach of the Gallup Poll.  
. . . the feeling-based approach of the "Awareness of Immortality" exercise.

## Week 10 Reminders

- Invite facilitators of next classes to attend next week's class to give a 3-minute talk about their upcoming class. Sign-ups available during break.
- Projects will be presented on the last class (a combination of weeks 12 & 13) from 5:00-10:00PM. This info was shared with all students at the beginning of Foundational Class so all students were aware of it when they signed up.
  - Includes potluck – in a world of low-carb diets, please remember vegetarians, too!
  - There is a 3-minute time limit for projects. Music will softly begin after 3 minutes and will slowly get louder to politely suggest wrapping-up project presentation.
  - Guidelines:
    - Have multimedia set up ahead of time. Have a person assigned to run it.
    - Special needs? Let us know by next week.
    - Music without relevance is discouraged.
    - Practice your presentation so you know it's within time limit.
- Send home Study Guides
- All fees need to be paid by Week 11
- All homework due by Week 11

## Opening Meditation

Read Hefferlin Essay S10.4-6

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Ask this question after reading the essay: ***“What is the question I need to ask the most?”*** (2 minutes of silence) Say, *“If you need more time silently signal me by raising your hand.”* If a hand is raised say, *“We’ll give it another minute.”* If not bring them out of the meditation by having them stretch, shuffle their feet to bring their awareness back to the room. Ask, *“Who will tell us what question they need to ask the most?”* Write answers on the board. Discussion follows.

Some questions that might arise are:

- What is consciousness? Possible answer – All that you think and all that you have ever thought. It’s your awareness.
- Do we take our consciousness with us? Possible answer – Holmes says we take our consciousness with us. We may never know intellectually. Perhaps through the experience of God we’ll know.

## Welcome and Sharing

## Lesson / Talk / Dialog

1. Any questions from last week’s lesson? Personal Project – SB-5?
2. **Unexpected Income Club** – Demonstrations? Next week is our last week. Ask, *“Who would be willing to tell us how their view of abundance has changed since we began the Unexpected Income Club?”*
3. Core Concept Nine. SA-12
4. *“What questions do you want to explore about immortality?”* Write them on the board.
5. Exploration of personal beliefs about immortality.
6. Belief in immortality is internal. No scientific evidence - opinions were personal to Ernest Holmes.
7. Belief we shall persist after physical experience SOM 371.1 / Earth Suits . . . – Sight, sound, touch, taste and smell are so wonderful that humankind can easily become intoxicated with being a physical being. It’s may be hard to imagine the majority of you isn’t physical. Once we’ve shed this body, we’re not at the mercy of being intoxicated by it. After death there can be something other than physical.
8. Form is necessary to self-expression. SOM 374.5

9. We are more than our bodies. Ever been with someone passing / seen someone already passed? SOM 374.2
10. We are *spirits* now, as much as we will ever be. SOM 375.1
11. Consciousness cannot be located.
12. Spiritual communication must be possible SOM 379.3 “The highest faculty in [hu]man is intuition and it comes to a point sometimes where, with no process of reasoning at all, [s]he instantly knows.” SOM 359.1 Your intuition cannot be refuted.
13. Only thing we take with us is our character. May SEEM like heaven/hell. SOM 384.3 Concentrated worrying – the most common form of prayer I know of.
14. **Dialog:** “My Beliefs About Immortality” adapted from Gallup Poll. S10-7
15. Untimely deaths: *“I have no idea what their life has been like, what they’ve eaten, how many lawns they’ve mowed. I can’t know what state brought them to where they are.”*

## Break

**Housekeeping functions** (homework / attendance etc.) Pass out study guides for exams.

## Experiential T10-4 Meditation: “Awareness of Immortality” – **HANDOUTS.**

Read meditation very slowly, allowing time for participants to visualize each new thought. Take 5-7 minutes for participants to write about the experience and remark their worksheet. Dialog follows. *“Tell me what you learned about yourself. Did any of your thoughts about immortality change?”*

**Concluding activity** On the board write, *“Tell me something you think could be possible after life as you know it now.”* After reading the statement aloud say, *“I’m going to ask everyone, so be considering what you think could be possible after you’re done with this body suit . . . this life.”* Wait 30 seconds before asking the first person. Continue until everyone has shared. This ends the evening on a hopeful, positive note.

Send home study guides.

**Closing**

## IMMORTALITY EXERCISE

Given our existence as unique, immortal manifestations of The One that created us, let your imagination soar as you complete the following thought paper entitled 'Choice'.

### **CHOICE**

What do you believe could be possible after life as we know it on this earth plane?

1. What does it look like?
2. What does it feel like?
3. What are you discovering?
4. Who are you seeing?
5. What is your purpose?
6. How do you know God?

## 1. Reading/Study

- a. Appendix A. **Core Concept Nine**, p. A-12
- b. All the resource material marked The Way It Works (*TW/W*) in your Workbook for Week 10
- c. *The Science of Mind (SOM)* pp. 371-389; required.
- d. *Living the Science of Mind (LSOM)* pp. 116-117; suggested.

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

Complete the exercise "My Beliefs about Immortality (Gallup Poll Questionnaire)," pp. 10-7 through 10-10. Keep your answers brief, but definitive of what you actually believe today, right now. Be sure to note the current date.

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

Immortality exercise Homework week 10 p.2.

## 4. Meditation

"Thy Servant Heareth."