

Subject: Experiential Exercises for Foundational Class
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Purpose of Exercise: To demonstrate how our local minds are in conflict with a New Thought and how the Truth overrides the false belief.

Call three people up to the front of the room. The person in the middle states, out loud, a personal desire, such as quitting smoking. The other two get right by each ear. At the instructors signal they each begin speaking (simultaneously) in the ear of the center person. One of them speaks all of the reasons why they are sure to fail "You've been smoking too long to quit, you're so nervous it'll never work, nicotine is harder than heroin to quit, don't listen to them, smoking won't hurt you, etc. The other person is saying:"You are a spiritual being and Spirit craves no thing. You are strong and centered in self sufficiency. You are led and motivated by wholeness and peace, etc. They do this for about three to five minutes.

Each person then relates what it was like for them to:

1. hear both voices at once (just like we all do)
2. notice how the mind wants to hear the Truth and begins to lean into it
3. what it was like to be so negative (the speaker)
4. how it felt to tell the truth to someone.

It's very powerful and is very effective even at the practitioner training level.

Carol Carnes, Santa Cruz