

Subject: Foundational Class Experiential Exercises

Submitted by: Rev. Joan McKenna

Contact Info: P.O. Box 2694, Fairfield, CA 94533, 707 421-3112, jmckenna@LMI.net

Purpose of Kinesthetic Exercise: Use the power of your mind to change your experience and to change reality "out there".

Form partners: (A and B or Chocolate and Vanilla or Decaf and Regular, as you please). Let the first partner form an angry, up-tight fist. Let the other partner point the palm of their hand toward the fist but not touch the fist. Now the first partner is to think "It's all right. Whatever has caused this has no power to hurt you. There's enough love for you. You are worthy to receive only good. There is no problem that cannot be solved. God love you and wants only the best for you..."

Then switch who has the fist, and repeat the above instruction.

The students experience a release of the fist as well as the sensation of warmth coming from them toward the other person (sometimes in their hand, sometimes in their hearts).

Mental Practice

What we think creates new experiences.

Have everyone stand. Then raise their right hands and point at the wall in front of them. Then physically turn to the right and go all the way around, watching the walls of the room go by until they are facing front again.

Then have them lower their arms.

Tell them that this time, they are to keep their feet in the same place, but they will physically raise their right arm and turn to the right and see how far they can go without moving their feet or losing their balance. Then I have them raise their right arm and turn to the right. When they are as far as they can go, I have them mentally make a mark on the back wall to indicate how far they turned.

Then they come back to the front.

Now, MENTALLY but not physically, they will do some work. They all close their eyes. Now MENTALLY (but not physically) they raise their right arms and MENTALLY turn to the right, going around the room to the point they were last at, but now go four or five feet past that mark and make a second, MENTAL mark on the wall. Now mentally, return to the front of the room. Lower your mental arm and open your eyes.

I check that everyone did this and it wasn't a problem.

Now, again, eyes closed. Mentally raise the right arm. Mentally turn to the right. Go past the first mark. Go past the second mark. Oh, why not? Go another eight or ten feet past the second mark and make a third mark on the wall. Mentally return to the front. Mentally lower your arms.

Now, with your eyes open, PHYSICALLY raise your right hand, and physically turn to the right and go as far as you can go, now.

The class discovers that the creation of a new Mental Equivalent has changed their physical capacity and all of them go far beyond the original mark.

A third exercise I do sometime during the first few classes is to explain that spiritual is more than mental.

To do this, I go through the various dimensions.

A point is a location. It has no dimensions.

But a point can be seen as a cross-section of a line which has one dimension, length.

A line has one dimension, but it can be seen as a cross-section of a plane which has two dimensions, length and width.

A plane has two dimensions but can be seen as a cross-section of a solid, which has three dimensions, length, width and height.

A solid has three dimensions but can be seen as a cross-section of something four dimensional....a thought. Each solid thing, each form that is visible to us, is a perfect representation of the idea of that form (each different chair is perfectly expressing the idea of CHAIR; each table communicates the essence, TABLE, but does not exhaust or limit the essence).

I also use a book I've written called Getting IT: How to Think and How Else to Think to help my students understand the effect their consciousness has on their manifestations/experiences.

My church sells these for \$7.50 a copy (40% discount on orders of 12 or more and we pay the postage). It shows how we manifest our thinking whether we are thinking something is separate from us, or we get stuck on past experiences, or we have mixed messages, or we use Oneness to manifest the good we desire. It gives visual illustrations that are very helpful.

If you would like to order one for yourself, send me an email with a street address and mail a check to CSL at P.O. Box 2694, Fairfield, CA 94533. I will send one out to you when I get the email.