

## ASSIGNMENTS for Class 4

**Required - Read:**

*How to Use the Science of Mind*, Chapters 3 and 13

Resource material in Workbook

“Rapport Between the Practitioner and Client”

“Our Relationship”

**Required –  
To be handed in:**

Write a treatment to prepare yourself, mentally and emotionally, to be ready to bring forth good rapport with a client.

**Suggested -  
Spiritual Practices:**

Repeat this loving-kindness meditation to yourself several times before settling into the quiet:

*“May I be filled with loving-kindness.*

*May I be well.*

*May I be peaceful and at ease.*

*May I be happy.”*

From: *A Path With Heart*, by Jack Kornfield

After saying this meditation for yourself, until it feels integrated into your being, repeat the same phrases for someone else – a friend, or client.