

# God Is, I Am

**Nurturing a Personal Relationship with the Divine**

**Developed by Reverend Jane Beach**

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# God Is, I Am

## Nurturing a Personal Relationship with the Divine

Hello Beloved Facilitator Colleagues,

This course is designed to be contemplative, deeply moving and at the same time, highly interactive. You will notice that I weave my own story in and out of the course of the class. This is intentional, and I hope that you will follow suit.

The greatest gift you can give your students is to share the personal experiences of your awakening, as well as your day-to-day walk with Spirit. How did you first come to know that God was real? How do you see and know It today? What fears or old beliefs have kept you from knowing your Truth? How did you move past them? Are any old beliefs lingering? How are you gentle with yourself as you work through them?

In this class there is no homework to be turned in, giving facilitators and TAs time to actually do the workbook exercises, making it easier to share your personal perspective in class. This allows your students to see God expressing as you, giving them permission to do the same. Because we are all One we will recognize ourselves in each other's journeys. Together, from a place of openness and complete acceptance, we will know the Truth for ourselves and each other, letting the beauty of our lives shine!

I have made the teaching agendas as easy to follow as possible, as we all come with different facilitation experience and styles. Please adapt this curriculum to fit your style and what works best for your students.

I generally print out my teaching agendas on colored paper for easy recognition and the handouts on white paper for duplication purposes.

If you have any questions please ask! I am here to support you in any way I can.

With the greatest gratitude,

Jane

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# Week 1 Teaching Agenda

## Pre-class Checklist:

- Registration forms, payment guidelines
- Whiteboard, markers
- Name tags, markers
- Extra pens and “Notes” handouts (3-hole punched) on table at door entrance – available each week for general note-taking
- Candles, flowers, colorful Post-it notes for marking special pages in textbook or workbook, colored pencils and crayons – sometimes words cannot convey the experience (make sure colored pencils are sharpened)
- Meditation CD, CD player
- Chime to call students back from small groups
- Facilitator copy of *Creative Ideas*
- “My Intention” handout (all handouts are 3-hole punched)
- *Creative Ideas* Reading Schedule

## Class One: Open to Love

### Before class

- Facilitator asks a volunteer to participate in the opening Spiritual Mind Treatment by reading *Creative Ideas* p. 4-5 “New Ideas and Creativity are Mine.”
- Explain that the facilitator or teaching assistant will begin the treatment with the first two steps, and then they will ask the volunteer to read, which will become the third step. The facilitator or TA will then finish the treatment with the last two steps.
- Encourage the volunteer to practice reading the selection before reading it aloud.

### Opening Spiritual Mind Treatment

- Recognition and Unification – Open up with the recognition that God is all there is, and we are one with that Divine presence. Pass to student who will affirm the Truth with the realization stage with a reading from *Creative Ideas*.
- Realization – Student reads *Creative Ideas* p. 4-5

- Thanksgiving and Release – Complete treatment with gratitude for knowing this Truth, and then release, “And so it is.”

## Welcome

- Say: *This class is about accepting that Spirit is real ... alive and awake, fully present in every aspect of your life. It is who you are, expressing as you. There is no one else in the universe like you, with your way of being, your wisdom and your gifts. Your personal relationship with God fosters the beauty of who you are, and who you are is a beautiful thing.*
- *Each week we will investigate one avenue that stretches our conscious awareness of God's presence within as us.*
- *In opening to this great Love you can expect to open to new ways of doing things, and everything in your experience will enlarge, deepen and broaden. (From Creative Ideas p. 4-5) You are going to change, becoming more of who you truly are. Most importantly, you will begin to nurture a deeper relationship with Spirit, personal to you. Feel the Presence now, within you and around you, patiently awaiting your attention. Always ... always ... filling you and surrounding you with Its love. (pause a moment). Are you ready to dance with the Divine? Are you ready to know how cherished you are? Are you ready to see yourself as Love sees you? Good!*
- *Before we begin I want to cover some class logistics – it's important that everyone feels comfortable.*

## Class Logistics

- **Introduce Teaching Assistant**
  - On whiteboard or flip chart write down TA phone number & email address
  - Explain the teaching assistant's function in keeping all records of attendance, homework, makeup work and other requirements.
  - The TA is also available to help with class work and homework questions. Feel free to call on her/him for prayer.
- **Go over Student Agreements** Student workbook pages 4 – 5
- **Take Care of Yourself**
  - Say: *Take care of yourself: take bathroom breaks as needed, stand if you need to, etc.*
  - *We will have a short break at around 8:00.*
- **Journal**
  - Say: *You will probably want to keep a journal for this class as new thoughts are going to come up for you. Keep your journal handy at home, too, so you can easily write down your thoughts. Even the smallest awareness is important!*
- **My Intention**
  - Say: *It is my intention to create such a safe atmosphere for you that you can relax into your personal relationship with God, allowing it to blossom and grow in a way only you can do. The journey will be different for everyone, and*

*every journey is perfect. In this class you will be met with acceptance, support and unconditional love.*

- Please be sure to add your own personal intention for the class.
- **Weekly Opening Prayer**
- Say: *Each week we will open with a specific reading from Creative Ideas. If you would like to be one of the readers please sign up on the Reading Schedule.*
- **Ask if there any questions or comments?**

### **Introduction to the class**

- Say: *This class is about fostering and nurturing your personal relationship with the God of your understanding, whether you call it Him/Her/It, the Holy Spirit, Divine Intelligence, God, Source, Harry or Harriet.*
- *Once It's real to you, your life changes. You learn that It is trustworthy and so you turn toward God instead of focusing on your problems. It's the experience of the relationship that is important – that's what changes you. The glorious ways that your life changes on the outside is a by-product of the unimaginable peace and happiness that is taking place within you.*
- *Wherever you are on the path is perfect. If you are willing, this class will open doors to Spirit that you didn't even know were closed. Don't try to hurry it – the intention of the class is to be gentle with ourselves as we allow our relationship with Love to emerge, deepen and strengthen.*
- *There is a reason you are in this class. You may have thought that it was a good idea, and there's more ...*

### **Contemplation: “My Intention” handout (meditative music)**

- Pass out “My Intention” handout and go over it
- Ask students to turn within and center. Invite them to commune with their Inner Wisdom about their intention for taking this course. Say: *Be open to an idea that is completely new – your willingness to stretch beyond the boundaries of your old thinking invites God into your life.*
- Complete the handout and be prepared to share your intention.
- Write on whiteboard:
  1. Tell us your name.
    - Classes are community-building, and making sure everyone knows each other's names is imperative. If the class is small, students may only need to say their names for the first couple of weeks. If it is large you may want to continue each week.
    - Nametags also help make it comfortable – no need to guess names.
  2. My intention for taking this class is \_\_\_\_\_.

### **Small group sharing** Groups of 3 (20 minutes)

- Be sure to introduce yourselves if you don't know each other, and then discuss: 1) Intention handout and 2) beginning thoughts about your spiritual journey at this point.

### **Whole Group Sharing / Introductions**

- Ask each student to say their name and then share their intention for taking the class.
  - If the class is large you can simply ask them to use the sentence on the whiteboard, saying their intention for taking the class in one sentence (this helps it move quickly). If the class is small you can give them time to share more from the handout.
- It is always okay to pass instead of sharing, but do say your name so we can get to know you.
- When everyone has finished ask: *Does anyone have anything else they would like to add before we go on a break?*

### **Break**

### **Sharing and Discussion – Open to Love**

- Explain: *In this class we are going to share how Spirit shows up in our life. We learn from each other – what one considers a spiritual experience may be something that you have dismissed as coincidence. Together, we will deepen and broaden our own personal relationship with the God of our understanding.*
- Refer to or read Rev. Jane's experience of awakening on workbook page 7-9. Ask: *Have you ever had the same feelings – times when you didn't believe in a Divine Presence? Have you had an experience that awakened you?*
- The facilitator and TA should be ready to share from their experience, acting as role models of open, honest sharing for the others.
- Encourage each student to share, and remind them that it's okay to pass. It is important that everyone feels safe on this deep, personal journey.
- At the end of the activity say: *Please know that old beliefs and patterns of behavior may surface during the course of this class because you are now ready to look at them. More than ever you will realize you are not alone. You will have the courage to lay down the old so that the new can emerge in your life. You are not alone; you are Divinely loved and guided, exactly where you are.*

### **“God Is, I Am” Post-It Note Activity (meditative CD)**

- On the whiteboard write, “God is \_\_\_\_\_, I am \_\_\_\_\_.”
- Say: *Choose a colorful Post-It note from the center of the circle/table. On it write “Week 1” at the top.*
- *God as Love, Peace, Creativity, Joy and Unlimited Potential is present in all things, and so this is true of you, too. It expresses through you, as you, in a way only you can express.*

- *Sit quietly for a moment and contemplate what you intuitively know to be true about your blossoming relationship with God, and therefore yourself, at this moment.*
- *Complete the sentence, using whatever name you call God, “God is \_\_\_\_\_, I am \_\_\_\_\_,” on your Week 1 Post-It note. For instance, you may say, “God is endless creativity, I am endless creativity, God is power, I am power, God is my Beloved, I am God’s Beloved.”*
- *When you are done, add it to your workbook anywhere in Week 1 as a reminder of your blossoming relationship with your own Inner Essence.*
- *You will share this Truth in our closing activity.*
- *You will meditate and journal on it this week.*

### **Review Home Study for Week 2**

- As you share the Home Study for next week, have students turn to the last page of the week’s Student Workbook information on workbook page 18.
- Guide them through their Home Study, answering questions they might have.

### **Closing – hold hands in a circle**

- Say: *What Truth rose to the surface in the “God Is, I Am” activity? (pause while people check their Post-It note, if needed)*
- *I will say what I wrote down and know to be true, and then I will squeeze the hand of the person on my right. They will say what they wrote down and know to be true, and then they will squeeze the hand of the person on their right. We will keep going around until everyone has spoken and it comes back to me.*
- Once everyone has spoken say: *Together we affirm these Truths for ourselves and each other by saying, ‘And so it is.’*





# Week 2 Teaching Agenda

## Pre-class Checklist:

- Whiteboard, markers
- Name tags, markers
- Extra pens and “Notes” handouts (3-hole punched) on table at door entrance – available each week for general note-taking
- Candles, flowers, colorful Post-it notes for marking special pages in textbook or workbook, colored pencils and crayons – sometimes words cannot convey the experience (make sure colored pencils are sharpened)
- Meditation CD, CD player
- Chime to call students back from small groups
- Facilitator copy of *Creative Ideas*
- “Choosing God, Embracing Life” handout

## Class Two: Accepting Love

### Before class

- Facilitator asks a volunteer to participate in the opening Spiritual Mind Treatment by reading *Creative Ideas* p. 52-53 “I Am Restored and Refreshed.”
- Explain that the facilitator or teaching assistant will begin the treatment with the first two steps, and then they will ask the volunteer to read, which will become the third step. The facilitator or TA will then finish the treatment with the last two steps.
- Encourage the volunteer to practice reading the selection before reading it aloud.

### Opening Spiritual Mind Treatment

- Recognition and Unification – Open up with the recognition that God is all there is, and we are one with that Divine presence. Pass to student who will affirm the Truth with the realization stage with a reading from *Creative Ideas*.
- Realization – Student reads *Creative Ideas* pages 52-53
- Thanksgiving and Release – Complete treatment with gratitude for knowing this Truth, and then release, “And so it is.”

## Welcome / Sharing

- Write on whiteboard
  1. Name
  2. State one thing you learned about yourself from your “Ladder of Consciousness” homework.

## 4 Stages of Spiritual Growth (See 4 Stages Notes following this week’s agenda)

- Explain that Ernest Holmes’ “Ladder of Consciousness” in this week’s “How to Change Your Life” homework has the same idea as Michael Beckwith’s “Four Stages of Spiritual Growth.” Invite them to see the similarities as we move through the discussion.
- On the whiteboard draw a similar diagram to workbook page 28. Have different colors of markers ready to use to thread similar ideas through the explanation.
- **Diagram** Point out that the students can use the diagram on workbook page 28 to take notes during our discussion.
- Highlight main points with same colored markers. Invite students to use the colored pencils, crayons and markers in the center of the room/table to follow along. I will use different fonts here instead of colors:
  - Stage 1 “To Me” – *Victim consciousness*, **blame**, no control
  - Stage 2 “By Me” – *Take responsibility*, **release blame**, gain control
  - Stage 3 “Thru Me” – *Become a channel*, **open for life to happen**, surrender control
  - Stage 4 “As Me” – *Complete identification with God*, **live in the awareness of Spirit**, control doesn’t even enter the picture
- As you discuss each stage ask: *“How does it feel to be in this stage? Give me one or two words that we can add to bring home the reality of how this stage feels in our human lives.”* Add those words with another colored marker.
- Assure the students that this is a process. Say: *We can think we are evolving and something brings us right back to stage one. Accept it for what it is – there is learning in it for us. Feel the feelings, learn from it, practice the tools that will ease you out of it and then continue on your journey, knowing that that particular incident had meaning and purpose.*
- *Wherever you are on your path is perfect. The realizations that came up for you during this discussion were brought to you by your own Inner Wisdom, with gentle loving-kindness. Remember that you are never alone.*
- *Questions, comments before we break into small group discussion?*

**Small group discussion** of The Four Stages and their responses to “The Ladder of Consciousness,” workbook pp. 25-27 (about 30 minutes)

- There will be a lot to discuss! Ask students to break into groups of three, giving each person about 7 minutes to share.
- Tell them that you will let them know when 5 minutes are left. That will be the time to ask the group for prayer for next steps.

### **Whole group discussion**

- If time, ask for volunteers to share personal realizations with the whole group.

### **Break**

### **Sharing and Discussion – Complete Acceptance**

- Refer to or read Rev. Jane’s experience of acceptance regarding the break-in to her home on workbook page 21-22.
- **Race Consciousness** Say: *It’s easy to become a victim in such circumstances; in fact, race consciousness mandates it.*
  - Explain that race consciousness is the lowest common denominator of the conscious collective of the entire human race.
  - Ask: *Does anyone have an example of race consciousness?* (It’s hard for women to get ahead in a man’s professional world, it will take a long time to get over the recession, don’t go outside with wet hair or you’ll get a cold, war is always going to be with us.)
  - Ask: *Why does race consciousness tend to be negative?* (Most people are unaware of their spiritual essence – they are asleep to their divinity, just as many of us used to be. Also, they do not know how creative their thoughts are and that they can change their lives by changing the way they think about their lives.)
- Ask: *What happens when a person chooses to turn to God and embrace life instead of “reacting”?*

### **“Choosing God, Embracing Life” handout (meditative CD)**

- Go over the options and ask students to choose one to write about.
- Remind them that old beliefs and patterns of behavior may surface during the course of this class because they are now ready to look at them. That may be happening right now! Say: *Your complete acceptance of where you are on your journey opens you up to trusting that the Universe is on your side; you are fully supported. You are Divinely loved and guided, exactly where you are. In your journey to accepting your greatness, you will have the courage to lay down the old so that the new can emerge in your life. It is important to accept and embrace your life exactly as it is ... all of it ... as God does, with unconditional love.*
- Depending upon time, this handout can be completed at home.

### **Dyad sharing**

- As people finish have them move to the back of the room to partner up with one other person for sharing.

### **Whole group sharing**

- Encourage volunteers to share, depending upon time.

### **Reading**

- Say: *Are there any comments or questions about any of the other readings?*

### **“God Is, I Am” Post-It Note Activity (meditative CD)**

- On the whiteboard write, “God is \_\_\_\_\_, I am \_\_\_\_\_.”
- Say: *Choose a colorful Post-It note from the center of the circle/table. On it write “Week 2” at the top.*
- *Sit quietly for a moment and contemplate what you intuitively know to be true about your blossoming relationship with God, and therefore yourself, at this moment.*
- *Complete the sentence, using whatever name you call God, “God is \_\_\_\_\_, I am \_\_\_\_\_,” on your Week 2 Post-It note.*
- *When you are done, add it to your workbook anywhere in Week 2 as a reminder of your choice to turn to the God of your understanding, knowing it is always with you.*
- *You will share this Truth in our closing activity.*
- *You will meditate and journal on it this week.*

### **Review Home Study for Week 3**

- As you share the Home Study for next week, have students turn to the last page of the week’s Student Workbook information on workbook p. 30.
- Guide them through their Home Study, answering questions they might have.

### **Closing – hold hands in a circle**

- Say: *What Truth rose to the surface in the “God Is, I Am” activity? (pause while people check their Post-It note, if needed)*
- *I will say what I wrote down and know to be true, and then I will squeeze the hand of the person on my right. They will say what they wrote down and know to be true, and then they will squeeze the hand of the person on their right. We will keep going around until everyone has spoken and it comes back to me.*

- Once everyone has spoken say: *Together we affirm these Truths for ourselves and each other by saying, 'And so it is.'*

# The Four Stages of Spiritual Growth – Realms of Consciousness

Developed by Rev. Dr. Michael Beckwith

There are four main stages to our spiritual development. There are probably hundreds of stages, but condensing them into four gives us a guideline for understanding.

## 1) To me

- Life is happening “to me” – victim consciousness.
- Victims feel victimized by something outside themselves, and only conditions outside themselves can rectify what is wrong.
- Life/God is doing something to them – they have no control.
- Victims sabotage themselves. They are very successful at failing. They practice gossip, blame incessant worry and fear. They tend to project the unresolved issues in their lives into the future – the future is going to be hard. I must cope with life. I must defend myself from the bad things that might occur.
- Victims pick up the newspaper and are unduly affected by what they read. They have an immediate reaction, picking up on the negativity. They easily pick up the worries of the world. It affects their mental and emotional health.
- Victims have a powerful “blame” story. They did it to me. It’s not my fault. This is a far cry from taking personal responsibility, from being guided by intuition – they can’t hear the still small voice because of incessant chatter.
- In order to go to next stage ... in order to get out of victim mode, person must be willing to give up blame.

## 2) By me

- Releasing blame, shame and guilt, the person takes responsibility for their life.
- They learn that God is within everyone, including them.
- Person begins to understand that there are mental laws which govern their existence. These mental laws are just as true as physical laws, and they can make changes in their life through the power of their own thinking.
- They learn about tools such as visualization, spiritual mind treatment and affirmations, and a spiritual practice is developed.
- They begin to monitor their thinking – they gain control of their lives. They learn that they have the power to think independently of the present circumstance.
- They begin to manifest a world in which they are improving; they are having their needs met.

- In order to move out of stage 2 the person must give up control.

3) Through me

- Stage 2 has prepared the person to leap into a wonderful state of letting go because they have come to an understanding that there is only one power, one presence, one life that can never compromise or contradict its own nature, which is balance, love, etc.
- In stage 3 the individual is willing to give up control. They become a channel / instrument through which they are surrendering ...releasing ...making themselves available for something to emerge thru them ... to live thru them.
- There is an order we can all depend upon. They don't create order – instead they *surrender* to order.
- Surrender is yielding to excellence, making themselves available for their own evolution.
- Stage three is about being an instrument ... a channel ... an opening and a place for life to happen, with the awareness that life is magnificent.
- In Stage three they ask, “What quality of God must I become to have peace, even if the situation doesn't change?” Focus on that.
- It takes a level of courage and commitment to begin to leap into an area that is beyond their imagination. They know that life is governed by Law and ruled by Love, so it's easier to make that leap because they are not projecting their fears into the future.
- Love expresses itself fully and completely as their life.

4) As me

- Stage 4 represents those moments in life when there is no sense of separation between them and life, them and God, them and Love; there is complete identification with God.
- In stage 3 they are an opening for it – something is coming through them. In stage 4 it is their identity. It is what they are. They are aware that the life of Spirit is their very own life.
- The veil that appears to be separating them from life is dissolved, whether that has happened for an instant or a long period of time





# Week 3 Teaching Agenda

## Pre-class Checklist:

- Whiteboard, markers
- Name tags, markers
- Extra pens and “Notes” handouts (3-hole punched) on table at door entrance – available each week for general note-taking
- Candles, flowers, colorful Post-it notes for marking special pages in textbook or workbook, colored pencils and crayons – sometimes words cannot convey the experience (make sure colored pencils are sharpened)
- Meditation CD, CD player
- Chime to call students back from small groups
- Facilitator copy of *Creative Ideas*

## Class Three: Learning to Love

### Before class

- Facilitator asks a volunteer to participate in the opening Spiritual Mind Treatment by reading *Creative Ideas* p. 80-81 “I Learn to Love.”
- Explain that the facilitator or teaching assistant will begin the treatment with the first two steps, and then they will ask the volunteer to read, which will become the third step. The facilitator or TA will then finish the treatment with the last two steps.
- Encourage the volunteer to practice reading the selection before reading it aloud.

### Opening Spiritual Mind Treatment

- Recognition and Unification – Open up with the recognition that God is all there is, and we are one with that Divine presence. Pass to student who will affirm the Truth with the realization stage with a reading from *Creative Ideas*.
- Realization – Student reads *Creative Ideas* p. 80-81
- Thanksgiving and Release – Complete treatment with gratitude for knowing this Truth, and then release, “And so it is.”

### Welcome/Sharing

- Write on whiteboard
  1. Name
  2. Name one way that you have become more loving.

### Discussion “I Am Complete in You” homework, workbook pages 35 – 43

- Before this discussion the facilitator and teaching assistants have also completed the questions in the “I Am Complete in You” homework on workbook pages 36 – 43. They are willing to share their own walk with God, setting up a discussion in which everyone becomes the teacher and student.
- Read complete piece “I Am Complete in You” by Ernest Holmes on workbook page 35. The original can be found in the Science of Mind textbook on p. 549.
- Have a volunteer read “I Am Complete in You” on workbook p. 35
- Ask: *What does this piece mean to you? What does “You are all there is” mean to you personally?* Volunteers answer.

### Small group sharing: Groups of 3 “I Am Complete in You” (45-60 minutes; there are a lot of questions!)

- Say:
  - *Take your homework with you to share your answers with those in your group.*
  - *The answers to these questions are deeply personal and intimate. Please remember that your discussions are absolutely confidential.*
  - *I will let you know when there are 5 minutes left.*

### Whole group sharing

- Ask: *How was the process of doing this work for you? Did it deepen your understanding of where you are spiritually? Did you have some resistance? Remember, all of it is okay!* Each person answers (It’s always okay to say, “Pass” and not respond, as well.)
- *How did the St. Francis poem “God Would Kneel Down” on workbook p. 46 match what you learned about yourself in answering the questions from “I Am Complete in You?”* (volunteers answer) *St. Francis and Ernest Holmes are saying the same thing: You may as well get used to being adored by God – it’s your Truth.*

### Break

### Whole group discussion “Questioning” on workbook p. 44 and “The Ways of Truth” workbook pages 33 – 34

- **Questioning** Refer to Deepak Chopra’s article “Questioning.” Read the last four paragraphs on p. 44 beginning, “The problem is doubt.”

- Ask: *Have you ever had an experience of answered prayer, or a synchronistic moment, and after noticing it, promptly forgot about it in the busy-ness of your day? (volunteers share)*
- *Every time we remember those moments and “bank” them ... save them in the bank of our mind and heart, we build our faith. We stop making God prove Itself over and over again.*
- **The Ways of Truth**
  - Refer to Jane’s journaling on workbook pages 33 – 34 called “The Ways of Truth” about “I Am Complete in You.” It is clear that it gave her a lot to think about.
  - Read the list of important questions that emerged for her.
  - Going around the room, invite everyone to share their answer to one of the questions and their next step regarding that answer.
- **Topic: Learning to Love**
  - Say: *Week 3 is called “Learning to Love.” What does the work you did this week have to do with love?*

**“God Is, I Am” Post-It Note Activity (meditative CD)**

- On the whiteboard write, “God is \_\_\_\_\_, I am \_\_\_\_\_.”
- Say, *Choose a colorful Post-It note from the center of the circle / table. On it write “Week 3” at the top.*
- *As you consider your journaling from “I Am Complete in You, sit quietly for a moment and contemplate what you intuitively know to be true about your relationship with Spirit, and therefore yourself, at this moment.*
- *Complete the sentence, using whatever name you call God, “God is \_\_\_\_\_, I am \_\_\_\_\_,” on your Week 3 Post-It note.*
- *When you are done, add it to your workbook anywhere in Week 3 as a reminder of your blossoming relationship with your own Inner Essence.*
- *You will share this Truth in our closing activity.*
- *You will meditate and journal on it this week.*

**Reading**

- Say: *Any questions or comments about other readings from this week?*

**Review Home Study for Week 4**

- As you share the Home Study for next week, have students turn to the last page of the week’s Student Workbook information on page 48.
- Guide them through their Home Study, answering questions they might have.

**Closing** – hold hands in a circle

- Say, *What Truth rose to the surface in the “God Is, I Am” activity?* (pause while people check their Post-It note, if needed)
- *I will say what I wrote down and know to be true, and then I will squeeze the hand of the person on my right. They will say what they wrote down and know to be true, and then they will squeeze the hand of the person on their right. We will keep going around until everyone has spoken and it comes back to me.*
- Once everyone has spoken say, *Together we affirm these Truths for ourselves and each other by saying, ‘And so it is.’*



# Week 4 Teaching Agenda

## Pre-class Checklist:

- Whiteboard, markers
- Name tags, markers
- Extra pens and “Notes” handouts (3-hole punched) on table at door entrance – available each week for general note-taking
- Candles, flowers, colorful Post-it notes for marking special pages in textbook or workbook, colored pencils and crayons – sometimes words cannot convey the experience (make sure colored pencils are sharpened)
- Meditation CD, CD player
- Chime to call students back from small groups
- Facilitator copy of *Creative Ideas*
- Lined note paper (one piece per group of 5-6 students)

## Class Four: Embracing Change

### Before class

- Facilitator asks a volunteer to participate in the opening Spiritual Mind Treatment by reading *Creative Ideas* p. 58-59 “I Enter Into a Newness of Life.”
- Explain that the facilitator or teaching assistant will begin the treatment with the first two steps, and then they will ask the volunteer to read, which will become the third step. The facilitator or TA will then finish the treatment with the last two steps.
- Encourage the volunteer to practice reading the selection before reading it aloud.

### Opening Spiritual Mind Treatment

- Recognition and Unification – Open up with the recognition that God is all there is, and we are one with that Divine presence. Pass to student who will affirm the Truth with the realization stage with a reading from *Creative Ideas*.
- Realization – Student reads *Creative Ideas* p. 58-59
- Thanksgiving and Release – Complete treatment with gratitude for knowing this Truth, and then release, “And so it is.”

### Welcome/Sharing

- Write on whiteboard
  1. Name
  2. Share one thing you believe is true about change.

### Dyad discussion “Being in Transition” and “Choice within Change,” workbook pages 54 – 58

- Invite partners to consider what they learned about themselves and change, from the need to control to going with the flow.
- Allow 15 minutes

### Whole group discussion

- Invite insights or questions that came up in the writing exercises in the workbook or in their partner sharing. *What have you learned about yourself and change?*

### Discussion – Change – “It’s All in How We See It” (Workbook page 51)

- Before this discussion the facilitator and teaching assistants become willing to share their own journey about their:
  1. Awareness of what has driven their behavior in the past
  2. Willingness to change (or not!)
  3. Where they are today with accepting every situation instead of resisting it.
- This will set up a discussion that is open and honest, creating a safe place for everyone to look at themselves through eyes of loving acceptance.
- Say: *There is power in embracing change instead of resisting it. We are living in a time of great change, there’s no doubt about that. The question is, how do we feel about it? It is incredibly important to remember that we are at choice.*
- *Our Creative Ideas reading reminds us that we can choose to focus on what’s wrong or be open to infinite possibilities. Our life will reflect our thinking. If we think life is hard, we get to be right – it will be hard. If we are open to change and become willing to follow new paths, freedom awaits.*
- **Is the universe friendly or not?**
  - *Einstein was once asked what he thought the most important question was that a human being needed to answer and he replied, “Is the universe friendly or not?” It’s a good question to ask ourselves now.*



- On the whiteboard write, “Is the universe friendly or not?” Under it write, “What I used to believe” and “What I believe now.”
  - Give students a few moments to journal about their thoughts, and then ask for volunteer sharing.
  - It is important that students are honest. *It’s easy to say that we trust that the universe is friendly and that we believe we will always be supported, but do our actions match what we say?*
  - Say: *If we believe the universe is unfriendly life becomes a continuation of struggles, we are always bracing ourselves for the next crisis, and we wonder why our back hurts or we can’t sleep.*
  - *If we believe it is friendly we know that God / Good is in everything that happens. We learn to accept life’s contradictions – difficulty and ease, pain and pleasure, birth and death. Our challenges become an opportunity to learn and to be the person we want to be in every situation.*
  - Ask: *What does this tell you about the power of your own thinking?* Invite students’ responses.
- **Accessing our inner wisdom** Say: *In tonight’s Creative Ideas reading on p. 59 it says, “Something in me knows what to do.”*
    - *Take a moment or two to think about the following:*
      - Do you truly believe something in you knows what to do?
      - How do you access it?
    - Everyone answers these two questions.
    - It is in deep questioning like this that students make their way to a “real” relationship with their soul. It comes alive for them when they think of synchronistic moments, when they look back at seemingly non-related incidents that led to a good result, the feeling of peace or happy anticipation when they are on the right track or unhappiness when they don’t pay attention. Sharing with the group helps bring make it alive for everyone!
- **Who do I want to be? How do I want to feel?**
    - You might end the group discussion with: *In tonight’s Creative Ideas reading and Jane’s writing, we were reminded that our challenges become an opportunity to learn and to be the person we want to be in every situation.*
    - *What if we don’t know who we want to be? This is a perfect time to find out! Ask yourself, “Who do I want to be, and how do I want to feel? Do I want to feel peaceful, happy, abundant, loving?” Pick one, or pick another! If you place your focus on the qualities you desire, your life is sure to change in a direction that feels good.*
    - Write on whiteboard: “Is what I am thinking or doing right now moving me toward my goal of feeling peaceful, happy, abundant or loving?”
      - *As you move through your day ask, “Is what I am thinking or doing right now moving me toward my goal of feeling peaceful, happy, abundant or loving?” If it is, keep it up! If not, your own inner wisdom*

*will guide you in a new direction – it's your job to pay attention and to have the courage to change, knowing that the Universe supports you. The choice is yours.*

## **Break**

### **Experiential – Seeing Creation through New Eyes – A Zen Poem** (quiet meditative music)

- Say: *We do not need to know what lies ahead; we only need to trust. Our trust sets into motion a divine co-creation with an All-good, All-loving Universe. Watch what happens as you let yourself be divinely guided in this exercise.*
- On the whiteboard write, “I am a part of all there is in the co-creative dance of life ...”
- Say: *In your journal take a moment to go within and be guided to write one line that comes up for you after hearing and reading this sentence.*
- Break into groups of 5-6 students. Have each student take their sentence with them without sharing it.
- Each group is given a piece of lined note paper. On the top line write, “I am a part of all there is in the co-creative dance of life ...”
- Each person writes their one line below that established first line and folds the paper so the next person only sees the first line.
- Then that person folds it and passes it to the next person, always making sure that only the first line can be seen. Finally everyone has written one line, not seeing that it would flow with the entire poem until the paper is unfolded and read.
- The result is a Zen Poem that they have created, beautifully flowing as one. One member of the group can quietly read it to the other group members when it is done.
- When the class comes back together, have a representative from each group read their poem.
- You may ask someone to type up all the poems for distribution next week.
- You may end the activity by asking: *Why do you think we did this exercise? What did it mean to you?* (We can trust in the Great Unseen ... the mystery of life.)

### **“God Is, I Am” Post-It Note Activity** (meditative CD)

- On the whiteboard write, “God is \_\_\_\_\_, I am \_\_\_\_\_.”
- Say, *Choose a colorful Post-It note from the center of the circle/table. On it write, “Week 4” at the top.*
- *As you consider the creative nature of a loving universe in which it is safe to invite change, sit quietly for a moment and contemplate what you intuitively know to be true about your relationship with the God of your understanding, and therefore yourself, at this moment.*

- Complete the sentence, using whatever name you call God, “God is \_\_\_\_\_, I am \_\_\_\_\_,” on your Week 4 Post-It note.
- When you are done, add it to your workbook anywhere in Week 4 as a reminder of your blossoming relationship with your own Inner Essence.
- You will share this Truth in our closing activity.
- You will meditate and journal on it this week.

### **Final Question**

- Look at what you wrote on your Post-It note. If you really believe it and you access that “something in you that knows,” what will you actually do this week to embody it? What change will you make? Everyone answers.

**Reading** Ask for questions or comments about any of the other readings.

### **Review Home Study for Week 5**

- As you share the Home Study for next week, have students turn to the last page of the week’s Student Workbook information on workbook page 62.
- Guide them through their Home Study, answering questions they might have.

**Closing** – hold hands in a circle

- Say, *What Truth rose to the surface in the “God Is, I Am” activity?* (pause while people check their Post-It note, if needed)
- *I will say what I wrote down and know to be true, and then I will squeeze the hand of the person on my right. They will say what they wrote down and know to be true, and then they will squeeze the hand of the person on their right. We will keep going around until everyone has spoken and it comes back to me.*
- Once everyone has spoken say, *Together we affirm these Truths for ourselves and each other by saying, ‘And so it is.’*



# Week 5 Teaching Agenda

## Pre-class Checklist:

- Whiteboard, markers
- Name tags, markers
- Extra pens and “Notes” handouts (3-hole punched) on table at door entrance – available each week for general note-taking
- Candles, flowers, colorful Post-it notes for marking special pages in textbook or workbook, colored pencils and crayons (make sure colored pencils are sharpened)
- Meditation CD, CD player
- Chime to call students back from small groups
- Facilitator copy of *Creative Ideas*
- Facilitator copy of *This Thing Called You* by Ernest Holmes
- Printed Zen poems from last week’s exercise
- “Holy Presence” handout

## Class Five: Changeless Reality

### Before class

- Facilitator asks a volunteer to participate in the opening Spiritual Mind Treatment by reading *Creative Ideas* p. 150, 151 “I Live in Changeless Reality.”
- Explain that the facilitator or teaching assistant will begin the treatment with the first two steps, and then they will ask the volunteer to read, which will become the third step. The facilitator or TA will then finish the treatment with the last two steps.
- Encourage the volunteer to practice reading the selection before reading it aloud.

### Opening Spiritual Mind Treatment

- Recognition and Unification – Open up with the recognition that God is all there is, and we are one with that Divine presence. Pass to student who will affirm the Truth with the realization stage with a reading from *Creative Ideas*.

- Realization – Student reads *Creative Ideas* p. 150, 151
- Thanksgiving and Release – Complete treatment with gratitude for knowing this Truth, and then release, “And so it is.”

### Welcome/Sharing

- Write on whiteboard
  1. Name
  2. How do you embrace change instead of resisting it? (What tools do you use to help with the process of change?)

### Opening Discussion Question

- **Courage/Serenity Meditation Exercise** Say: *Part of your homework was to work with the “Courage/Serenity Meditation Exercise” on workbook page 67 – 68 ... breathe in courage, breathe out serenity.*
  - Ask: *How did you do with the “Courage/Serenity Meditation Exercise”?*
  - *What distractions came up? Eileen Flanagan says they are sometimes things we need to deal with, and by meditating first we are often more clearheaded in handling them.*
  - *Were you ever able to find a sense of calm during this 5-minute exercise?*
  - Volunteers share their insights.

### Discussion “Focusing on God in Every Moment” workbook page 65 – 69

- Before this discussion the facilitator and teaching assistants become willing to share their own journey about:
  1. Being caught up in or swayed by human conditions.
  2. When (and if) they hit a low point in their lives, if they had an experience of divine wisdom, comfort or power.
  3. Willingness to ask for help – often difficult for many of us!
  4. Self-acceptance in the midst of change.
  5. Deepening relationship with Spirit in the process.
- This will set up a discussion that is open and honest, creating a safe place for everyone to look at themselves through eyes of acceptance, knowing they are not alone.

### Small groups (3-4 students – 30 minutes, as there is a lot to talk about)

- Ask students to share their answers and self-awareness from the “Focusing on God in Every Moment” exercise.
- Keeping an eye on the time, make sure that each student has at least 7-8 minutes to speak.
- Signal groups when there are 3 minutes left so they can begin finishing up.

### Whole group discussion

- Say: *In Rev. Jane's writing "Focusing on God in Every Moment" she says that although we are spiritual beings, our human-ness is often intoxicating.*
- *Why do you think we become so addicted to the drama of our human lives?*
- *What changes after we become aware of ourselves as spiritual beings?*
- *Who would like to share what came up for them as you responded to the questions or in your small group?*

### Break

#### Contemplation "Holy Presence" handout (meditative CD)

- Slowly read from *This Thing Called You* by Ernest Holmes p. 141-142. The text is as follows in case you don't have the book:

*Did you ever stop to realize that peace must actually exist at the center of everything? And if you ask yourself, Why? answer your own question, because in the long run you will have to do this anyway. No one can answer your questions for you but yourself. Your very nature has willed it so. Peace must exist at the center of everything or the universe itself would be a chaos. You already know this and believe it, now you are going to act upon it.*

*You are not only going to believe in it, you are going to act as though it were true, because it is true. There is peace at the center of your being – a peace that can be felt throughout the day and in the cool of the evening when you have turned from your labor and the first star shines in the soft light of the sky. It broods over the earth tenderly, as a mother watches over her child. Say:*

*In this peace that holds me so gently I find strength and protection from all fear or anxiety. It is the peace of God in which I feel the love of a Holy Presence.*

*I am so conscious of this love, this protection, that every sense of fear slips away from me as mist fades in the morning light. I see good in everything, God personified in all people, Life manifest in every event.*

- Say: *Now take a few moments to let the divine, radiant Light that you are guide your thoughts as you respond to the question, "Did you ever stop to realize that peace must actually exist at the center of everything?" Remember that no one can answer it for you – in the long run you must answer it for yourself.*
- After a few moments of writing, write the following on the whiteboard: "What does the Holy Presence *feel* like to me?" Ask students to end up the exercise by responding to that question.
- When most people are done ask everyone to complete their current thought and get ready to come back to the group to share.

- Ask: *Did you ever stop to realize that peace must actually exist at the center of everything?* What answers came up for you?
- Ask: *What does the Holy Presence feel like to you? It may be difficult to put into words ... do the best you can.*
- Take responses from as many volunteers as time allows.

**“God Is, I Am” Post-It Note Activity (meditative CD)**

- On the whiteboard write, “God is \_\_\_\_\_, I am \_\_\_\_\_.”
- Say, *Choose a colorful Post-It note from the center of the circle / table. On it write, “Week 5” at the top.*
- *As you consider the Peace that must exist at the center of everything, complete the sentence, “God is \_\_\_\_\_, I am \_\_\_\_\_,” on your Week 5 Post-It note.*
- *When you are done, add it to your workbook anywhere in Week 5 as a reminder of your blossoming relationship with your own Inner Essence.*
- *You will share this Truth in our closing activity.*
- *You will meditate and journal on it this week.*

**Review Home Study for Week 6**

- As you share the Home Study for next week, have students turn to the last page of the week’s Student Workbook information on workbook page 75.
- Guide them through their Home Study, answering questions they might have.

**Closing – hold hands in a circle**

- Say, *What Truth rose to the surface in the “God Is, I Am” activity? (pause while people check their Post-It note, if needed)*
- *I will say what I wrote down and know to be true, and then I will squeeze the hand of the person on my right. They will say what they wrote down and know to be true, and then they will squeeze the hand of the person on their right. We will keep going around until everyone has spoken and it comes back to me.*
- Once everyone has spoken say: *Together we affirm these Truths for ourselves and each other by saying, ‘And so it is.’*



# Week 6 Teaching Agenda

## Pre-class Checklist:

- Whiteboard, markers
- Name tags, markers
- Extra pens and “Notes” handouts (3-hole punched) on table at door entrance – available each week for general note-taking
- Candles, flowers, colorful Post-it notes for marking special pages in textbook or workbook, colored pencils and crayons (make sure colored pencils are sharpened)
- Meditation CD, CD player
- Chime to call students back from small groups
- Facilitator copy of *Creative Ideas*
- “Blanket of Comfort and Love” handout

## Class Six: Seeing Good

### Before class

- Facilitator asks a volunteer to participate in the opening Spiritual Mind Treatment by reading *Creative Ideas* p. 62, 63 “I See Only the Good.”
- Explain that the facilitator or teaching assistant will begin the treatment with the first two steps, and then they will ask the volunteer to read, which will become the third step. The facilitator or TA will then finish the treatment with the last two steps.
- Encourage the volunteer to practice reading the selection before reading it aloud.

### Opening Spiritual Mind Treatment

- Recognition and Unification – Open up with the recognition that God is all there is, and we are one with that Divine presence. Pass to student who will affirm the Truth with the realization stage with a reading from *Creative Ideas*.
- Realization – Student reads *Creative Ideas* p. 62, 63
- Thanksgiving and Release – Complete treatment with gratitude for knowing this Truth, and then release, “And so it is.”

## Welcome/Sharing

Write on whiteboard

1. Name
2. If you wanted to meditate for a whole day, where would you do it?

## Small group discussion “The Will of God is Always Good”

- Groups of 3 (25 minutes)
- Share your insights from the questions you answered from this article by Ernest Holmes.

## Whole group “The Will of God is Always Good”

- Share one thing that was significant for you from your written answers or what you learned about yourself in your small group sharing

## Discussion – Seeing the Good in Everything

- Re-read the un-italicized text from *Creative Ideas* p. 62 (from “To be free...” to “...gain the freedom we seek.”)
- Questions to ask:
  1. *If we see our “fear, superstitions and anxiety” as bad, how does this create bondage?*
    - This might be a good time to review the teaching symbol and the creative nature of our thought.
    - We are pouring self-judgment, regret, and self-blame into the action of the Law, which brings a result of more reasons to feel self-judgment, regret, and self-blame.
  2. *If we lovingly embrace ourselves, exactly as we are, how does that move us toward freedom?*
    - Using the same teaching symbol, we are pouring self-acceptance and unconditional love into the action of the Law, which brings a result of more reasons to feel self-acceptance and unconditional love.
    - By giving us the great gift of free will and by use of the spiritual principles like the Law of Cause and Effect, Spirit is urging us to be as happy and fulfilled as we want to be – it’s up to us.
    - Point out that when we are in a personal relationship with The Beloved it is much easier to accept ourselves because we can *feel* God’s love for us. Many of the “triggers” that used to annoy us are no longer important – they fall away as we enter into this extraordinary love affair with the Divine.

## Discussion “Embracing Ourselves” workbook page 77 – 79

- Before this discussion the facilitator and teaching assistants become willing to share their own journey about:

1. Their journey of acceptance or resistance to the emotions that they would deem “negative.”
  2. Times when they may have tried to deny the existence of the negative feelings or emotions.
  3. Willingness to take those emotions to the God of their understanding, and therefore themselves, with the objective of healing any negativity around them.
  4. Openness to seeing themselves as perfect, exactly as they are.
  5. How this has changed the way they relate to themselves and their God.
- This will set up a discussion that is open and honest, creating a safe place for everyone to look at themselves through eyes of acceptance, honesty and authenticity.
  - Say: *In Rev. Jane’s writing “Embracing Ourselves” we are reminded that we have nothing to hide from God, and that only good will come from our relationship with It – Spirit is trustworthy.*
  - *Religious Scientists often deny our negative emotions because we don’t want to focus on them. Has this ever been true for you? What was the outcome?*
    - It is very possible to have a positive outcome from denying negative emotions. It is also possible that in denying them, they will pop up in other areas of our lives. For instance, we may deny our fear but it may show up later as anger.
  - Ask: *Have you ever had an experience of taking your anger or your fear to Spirit ... of not hiding? What was the outcome?*
    - The idea of taking every feeling to God comes from a wish to foster and nurture a personal relationship with Spirit, knowing that *the experience* of taking those feelings to God is what is important. Practice will teach us that no matter what we feel, say or do, it will all be met with pure love.

## Break

### Contemplation: God as a blanket of comfort and love (meditative CD)

- Say: *Right now we are going to have an experience of going to our dark place, with love. We are going to engage in a visualization in which we wrap the blanket of God’s love around us.*
- Pass out the “Blanket of Comfort and Love” handout
- Say: *Quietly become centered ... feeling the presence of love within you and all around you. Everywhere you are, God is. (Pause for about 2 minutes)*
- Say, *“Know that in this place at the center of your being, you are loved. Feel it.” (Pause for about 2 minutes)*

### **Blanket of Comfort and Love Contemplation**

*Say: Picture Spirit becoming a soft blanket which holds you in comfort and compassion, keeping you safe. Feel Its gentle, powerful energy around you as you pull the soft fabric to you.*

*Visualize the setting – where are you? Are you standing, sitting or lying down? Is the coverlet pulled in close or loosely draped over your shoulders?*

*What kind of a blanket is it – a silky comforter, cool to the touch? A patchwork quilt of many colors? Create it in your mind, for God is all of it!*

*If you are very panicky, tuck your head inside like a turtle, hiding within the folds of faith, completely supported and protected by this great, soft shield of grace.*

*Do you feel it now? Can you sense yourself embraced by the God that adores you? No matter where you are, this powerful love is part of you. At any moment, you can choose to pull this blanket of strength around you, whether you are in the waiting room of the doctor's office, a meeting at work or in the privacy of your own home.*

*If you are angry, set your intention to honor your anger, if you are full of judgments about your childhood abuse, set your intention to honor your judgments, and if you are ill, honor your illness. Within God's blanket of love, knowing you are absolutely safe, look at each with complete acceptance, the way the Beloved sees them.*

*Acknowledge that what you are feeling is a perfectly normal and natural part of your human experience – please don't make it wrong. Lean into the Beloved One, allowing It to hold you as you answer the questions on your handout.*

Give students time to work on the handout, watching to see when most are finishing up. *Say: Take about 2 more minutes to get to a stopping place, knowing you can finish the process in the quiet of your own home.*

*Now we complete this time of contemplation by visualizing placing your feelings into a most exquisite box, holding it close for a moment before putting it on a shelf in your heart. You are free to take it down and open the box at any time, honoring those feelings just as you would your happiness or creativity, for it is all part of the perfection that you are, and to God, you are quite good enough!* Invite students to bring their attention back to the room.

#### **Dyads (15 - 20 minutes)**

- *Say: Partner up with one other person for sharing. The last few minutes can be an invitation for prayer requests about any part of the process that is relevant for you. I will signal you when there are five minutes remaining.*

#### **Whole group sharing**

- If time, invite volunteers to share insights.

### Ending the contemplation session

- Say: *If it is your fear that brought you to God, then your fear has become a blessing. If it was your shame, then your shame has been your avenue to peace.*
- *Every part of you is perfect to the Beloved. You will come to understand that the very aspect of yourself that you were most condemning has become your greatest gift, for in it you found God.*
- *Is there anyone who wants to share a final thought?*

**Reading** Ask for questions or comments about any of the other readings.

### “God Is, I Am” Post-It Note Activity (meditative CD)

- On the whiteboard write, “God is \_\_\_\_\_, I am \_\_\_\_\_.”
- Say, *Choose a colorful Post-It note from the center of the circle/table. On it write, “Week 6” at the top.*
- *As you consider Spirit’s unconditional love for you, complete the sentence, using whatever name you call God, “God is \_\_\_\_\_, I am \_\_\_\_\_,” on your Week 6 Post-It note.*
- *When you are done, add it to your workbook anywhere in Week 6 as a reminder of your blossoming relationship with your own Inner Essence.*
- *You will share this Truth in our closing activity.*
- *You will meditate and journal on it this week.*

### Review Home Study for Week 7

- As you share the Home Study for next week, have students turn to the last page of the week’s Student Workbook information on workbook page 86.
- Guide them through their Home Study, answering questions they might have.

### Closing – hold hands in a circle

- Say: *What Truth rose to the surface in the “God Is, I Am” activity? (pause while people check their Post-It note, if needed)*
- *I will say what I wrote down and know to be true, and then I will squeeze the hand of the person on my right. They will say what they wrote down and know to be true, and then they will squeeze the hand of the person on their right. We will keep going around until everyone has spoken and it comes back to me.*
- Once everyone has spoken say: *Together we affirm these Truths for ourselves and each other by saying, ‘And so it is.’*



# Week 7 Teaching Agenda

## Pre-class Checklist:

- Whiteboard, markers
- Name tags, markers
- Extra pens and “Notes” handouts (3-hole punched) on table at door entrance – available each week for general note-taking
- Candles, flowers, colorful Post-it notes for marking special pages in textbook or workbook, colored pencils and crayons (make sure colored pencils are sharpened)
- Meditation CD, CD player
- Chime to call students back from small groups
- Facilitator copy of *Creative Ideas*
- “An Experience of Spirit” handout
- Flip charts to hang on wall
- Large basket or container of flip chart or Sharpie markers

## Class Seven: Mystic Heart

### Before class

- Facilitator asks a volunteer to participate in the opening Spiritual Mind Treatment by reading *Creative Ideas* p. 146, 147 “I Am Calm and Peaceful.”
- Explain that the facilitator or teaching assistant will begin the treatment with the first two steps, and then they will ask the volunteer to read, which will become the third step. The facilitator or TA will then finish the treatment with the last two steps.
- Encourage the volunteer to practice reading the selection before reading it aloud.

### Opening Spiritual Mind Treatment

- Recognition and Unification – Open up with the recognition that God is all there is, and we are one with that Divine presence. Pass to student who will affirm the Truth with the realization stage with a reading from *Creative Ideas*.
- Realization – Student reads *Creative Ideas* p. 146, 147
- Thanksgiving and Release – Complete treatment with gratitude for knowing this Truth, and then release, “And so it is.”

### Contemplation “An Experience of Spirit” handout (meditative CD)

- Going straight from the opening treatment, quietly pass out the “An Experience of Spirit” handout.
- Quickly go over the questions, inviting students to let themselves be Divinely led to whatever they write on the page – this is not a time for intellect.
- When it looks like most people are done say: *Take another couple of minutes to finish up your thoughts.*

### Welcome/Sharing

- Write on whiteboard
  1. Name
  2. Share your answer to one of the questions from “An Experience of Spirit”.

### Discussion – Mysticism

- Ask: *How are you paying attention to the God of your understanding today?* (from “Mysticism: Paying Attention” homework)
- Ask: *After reading about it in your workbook, what do you believe a mystic is?*
- *What is the difference between a mystic and a psychic?* This may be a good time to once again draw our teaching symbol and point out that psychism comes from the race consciousness (middle), where mysticism originates in Spirit (top). Both bring about results (bottom).
- Psychic results may or may not be life changing, depending upon your belief of it (and you may change your mind later.) Mystic results are life changing – you know that you Know.
- From *SOM textbook* p. 333.5 Say: “*The great mystics have all agreed that man’s life is his to do with as he chooses, but that when he turns to the One, he will always receive inspiration from on High.*” Think about a time you received inspiration from on High, without any logical reasoning; you just Knew ... Who will share about it? Encourage as many experiences as possible – this is where everyone can learn from each other. It is important that the facilitator and TA also share!



- Ask: *How might a mystic's life be different than someone else's life? How has your life changed since you began trusting your relationship with the God of your understanding?*
- *Any other comments or questions before we take a break?*

## Break

### “God Is, I Am” Experiential (meditative CD)

- On the whiteboard write, “God Is, I Am: How do you experience Spirit in these areas of your life?”
- Hang flip chart papers around the room with the following headers:

#### **Relationships**

#### **Self-Love**

#### **Career / Creativity**

#### **Health**

#### **Abundance**

#### **Faith**

- Place the container of flip chart or Sharpie markers in the center of the room.
- Ask students to quietly approach each chart paper and write the words that best express how they feel God's presence in each area of their lives. For instance, Relationships – love, gratitude, unconditional acceptance, trust. If someone else has already written their word they can put a check mark after it.
- If needed a second chart can be put up to catch the overflow.
- Keep going until the charts are nearly full. Ask if everyone has had a chance to contribute to each chart. If not they can do so within the next couple of minutes.
- Ask students to bring the charts to the front of the room for display.
- Ask volunteers to come up to read each chart for the group.
- When done, ask: *Why do you think we did this activity?* (To see God in everything, to remember that everything God is, I am, etc.) *What can we do when we forget this Truth?* (We can remember what we learned in this class, that everything depends upon where we put our focus – we can be a victim or it can be an opportunity for growth, that good must come from it if that's our belief, etc.)

**“God Is, I Am” Post-It Note Activity (meditative CD)**

- On the whiteboard write, “God is \_\_\_\_\_, I am \_\_\_\_\_.”
- Say, *Choose a colorful Post-It note from the center of the circle/table. On it write, “Week 7” at the top.*
- *As you consider Spirit’s unconditional love for you, complete the sentence, using whatever name you call God, “God is \_\_\_\_\_, I am \_\_\_\_\_,” on your Week 7 Post-It note. You certainly have plenty of ideas to choose from!*
- *When you are done, add it to your workbook anywhere in Week 7 as a reminder of your blossoming relationship with your own Inner Essence.*
- *You will share this Truth in our closing activity.*
- *You will meditate and journal on it this week.*

**Reading Ask:** *Is there anything else in our reading that caught your attention?*

**Review Home Study for Week 8**

- As you share the Home Study for next week, have students turn to the last page of the week’s Student Workbook information on workbook page 99.
- Guide them through their Home Study, answering questions they might have.

**Reminder: Final Project Thought Paper**

Say: *Your final project is an oral presentation of a thought paper entitled, “God Is, I Am.” You will have reflected on the idea of “God Is, I Am” during the course of the class; this paper is a culmination of your insights. Within the body of the paper you will contemplate and answer the questions, “What is God to me?” and “What am I to God?” These questions will help you give language to your deepening relationship with the God of your understanding, whatever you call It and whatever that looks like.*

*Your presentation will last between 3-5 minutes. You can read your paper or talk about it.*

**Optional:** *You may also include drawings, photos, poems or any other visual representation of your walk with the Divine.*

**Dessert?** Ask students if they would like to bring a potluck of light desserts for the break next week. If so, have them add it to their home study sheet as a reminder.

**Closing** – hold hands in a circle

- Say, *What Truth rose to the surface in the “God Is, I Am” activity? (pause while people check their Post-It note, if needed)*
- *I will say what I wrote down and know to be true, and then I will squeeze the hand of the person on my right. They will say what they wrote down and know to be true, and*

*then they will squeeze the hand of the person on their right. We will keep going around until everyone has spoken and it comes back to me.*

- Once everyone has spoken say: *Together we affirm these Truths for ourselves and each other by saying, 'And so it is!'*



# Week 8 Teaching Agenda

## Pre-class Checklist:

- Whiteboard, markers
- Name tags, markers
- Extra pens and “Notes” handouts (3-hole punched) on table at door entrance – available each week for general note-taking
- Candles, flowers, colorful Post-it notes for marking special pages in textbook or workbook, colored pencils and crayons (make sure colored pencils are sharpened)
- Meditation CD, CD player
- Chime to call students back from small groups
- Facilitator copy of *Creative Ideas*

## Class Eight: Grateful Heart

### Before class

- Facilitator asks a volunteer to participate in the opening Spiritual Mind Treatment by reading *Creative Ideas* p. 152, 153 “My Heart Sings.”
- Explain that the facilitator or teaching assistant will begin the treatment with the first two steps, and then they will ask the volunteer to read, which will become the third step. The facilitator or TA will then finish the treatment with the last two steps.
- Encourage the volunteer to practice reading the selection before reading it aloud.

### Opening Spiritual Mind Treatment

- Recognition and Unification – Open up with the recognition that God is all there is, and we are one with that Divine presence. Pass to student who will affirm the Truth with the realization stage with a reading from *Creative Ideas*.
- Realization – Student reads *Creative Ideas* p. 152, 153
- Thanksgiving and Release – Complete treatment with gratitude for knowing this Truth, and then release, “And so it is.”

### **Welcome/Sharing**

- Write on whiteboard: Where is God today? (from workbook page 101 - 102 “Redirecting Our Thinking”)
- Tell us about the worst thing that ever happened to you and where was God, OR the best thing that ever happened to you and where was God.

### **Presentation of personal project/thought paper**

- Say: *Our opening sharing brings us to where Spirit is in our lives today.*
- I like to allow student to self-select their turn to present their final project.  
Ask: *Who would like to go first?*
- Continue until about half the projects have been presented.

**Break** – light desserts, if the class decided upon this option

### **Continuation of project presentations**

**“New Ideas and Creativity are Mine”** (workbook pp. 14-16)

- Students were to reflect on the answers to the questions in this article throughout the course of the class.
- Ask volunteers to share the results of those reflections. Did anything change?

### **Final thoughts**

- If time, have each person share one thing – anything that is on their mind or in their heart.

**Closing** – hold hands in a circle

- Say: *Tonight we are celebrating hearts filled to overflowing with the presence of Spirit in our lives, personal to each of us. As we go around the circle let us each say what we are grateful for, knowing it’s only the tip of the iceberg of our lives. I will begin.*
- *I will say what I am grateful for, then I will squeeze the hand of the person on my right. They will say what they are grateful for, then they will squeeze the hand of the person on their right. We will keep going until we have all spoken, ending with a resounding, And so it is!*



Following are the student handout pages







# *My Intention*

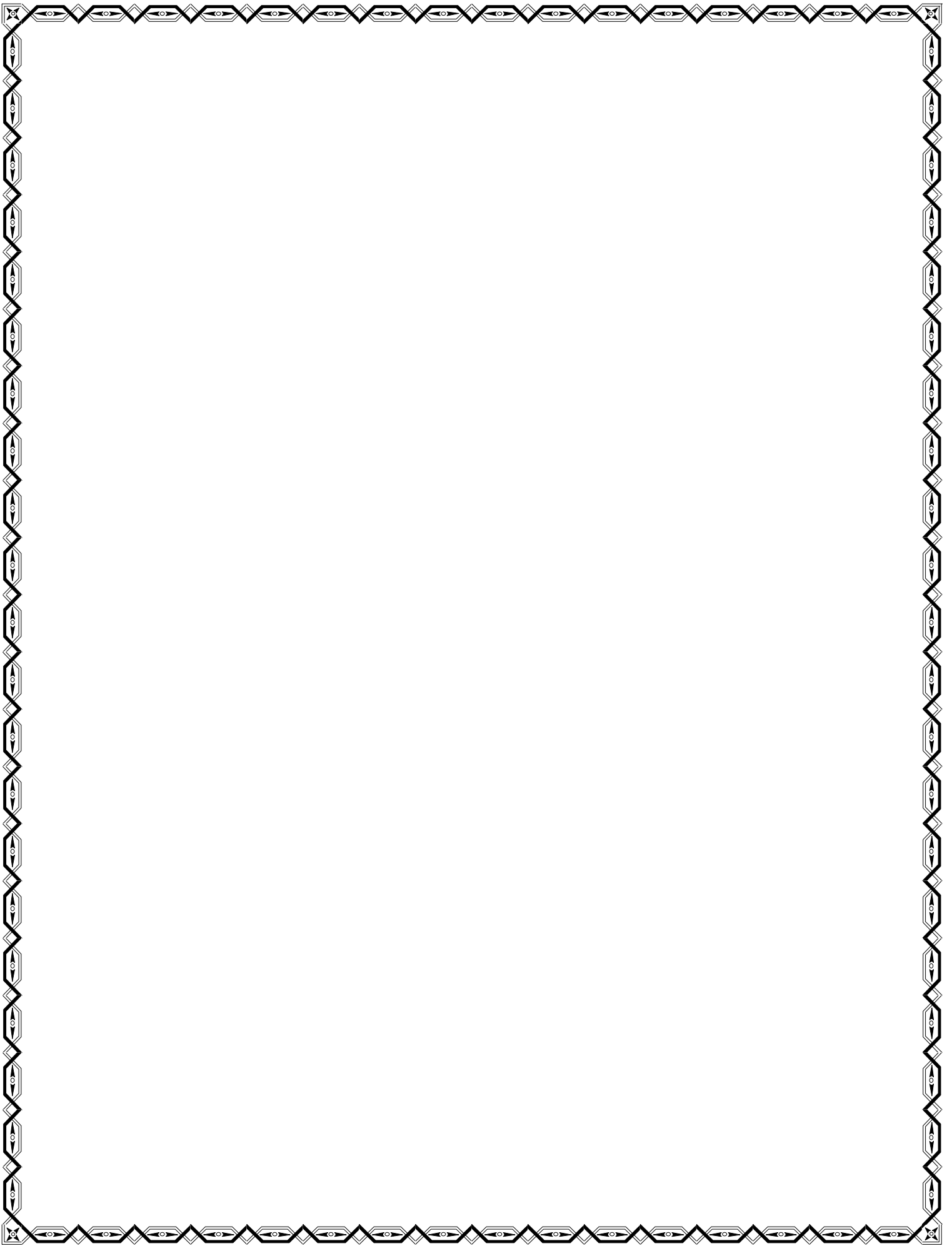
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In my day-to-day life, what is my relationship with Spirit?

What do I know for sure?

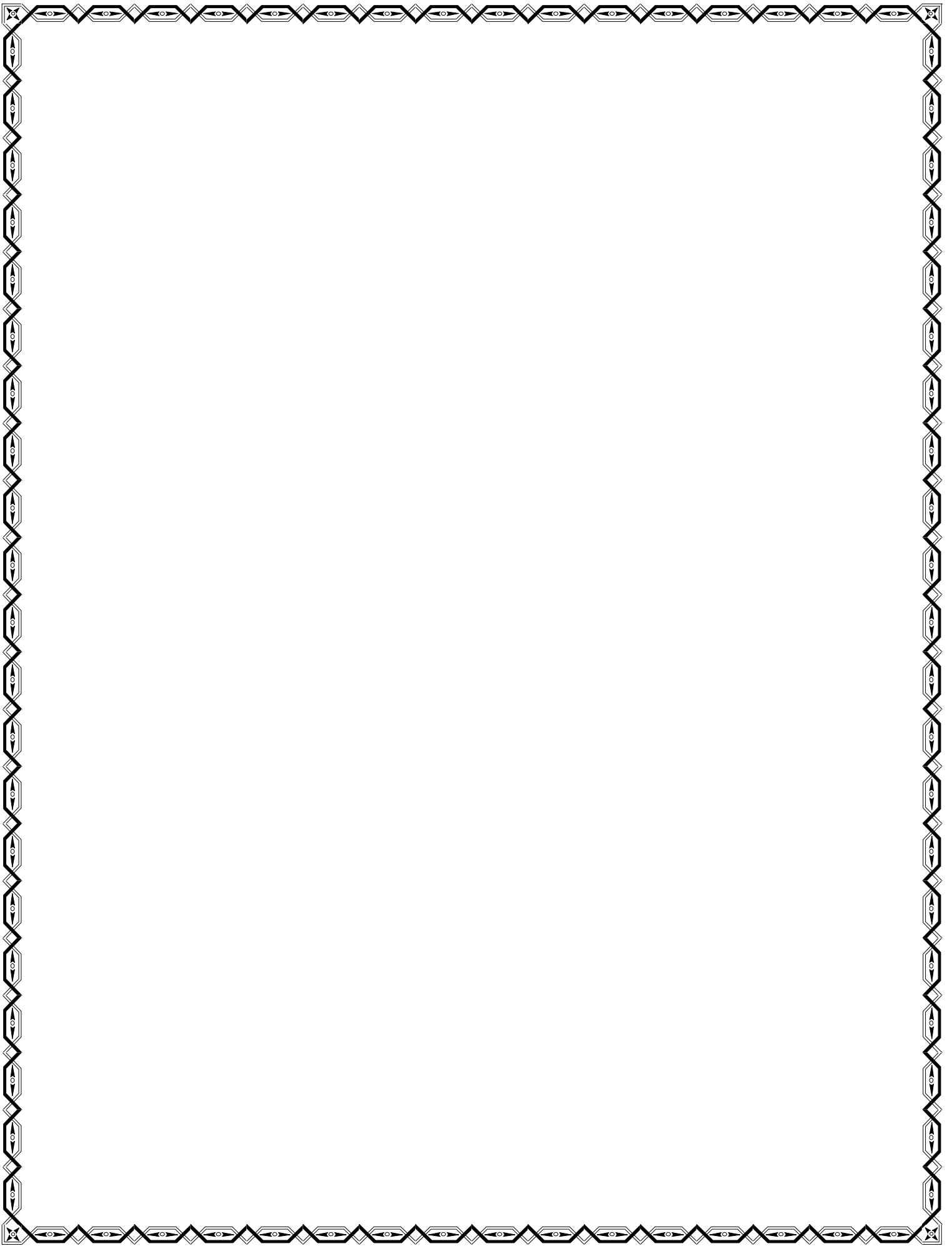
What questions do I have?

What is my intention for taking this class?



*Notes*

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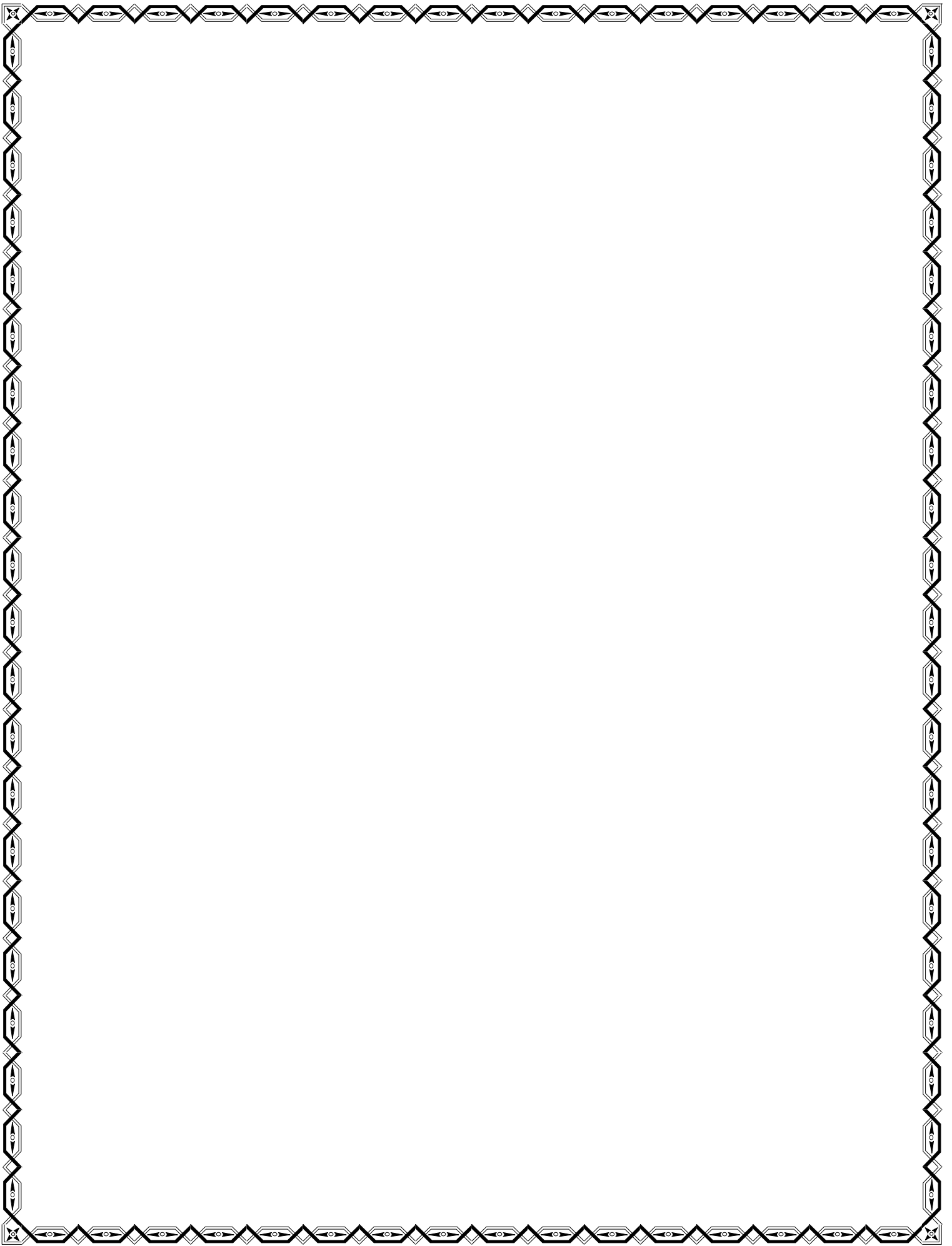
## *Choosing God, Embracing Life*

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Choose one:

1. Remember a time when you felt like a victim. How did you move past it? Where was God in all of it?
2. Think of a time when you could have seen yourself as a victim, but you chose not to. What changed your attitude and focus? What was the result?
3. There may be circumstances right now in which you are embracing Divine Grace instead of the situation. Why did you make this choice? How is it changing your perspective and your behavior?







# *Holy Presence*

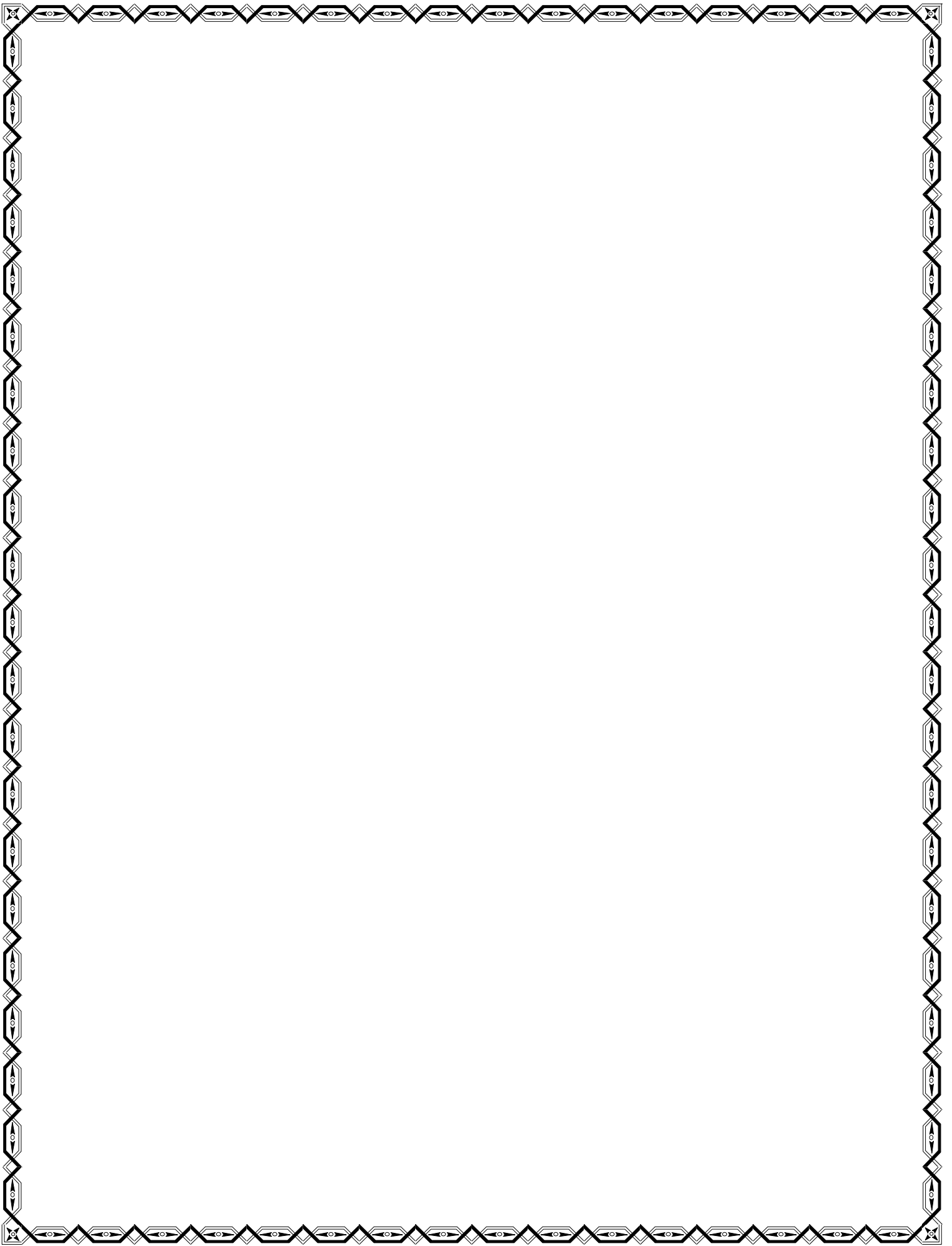
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In this peace that holds me so gently I find strength and protection from all fear or anxiety. It is the peace of God in which I feel the love of a Holy Presence.

I am so conscious of this love, this protection, that every sense of fear slips away from me as mist fades in the morning light. I see good in everything, God personified in all people, Life manifest in every event.

*This Thing Called You*

Did you ever stop to realize that peace *must* actually exist  
at the center of everything?





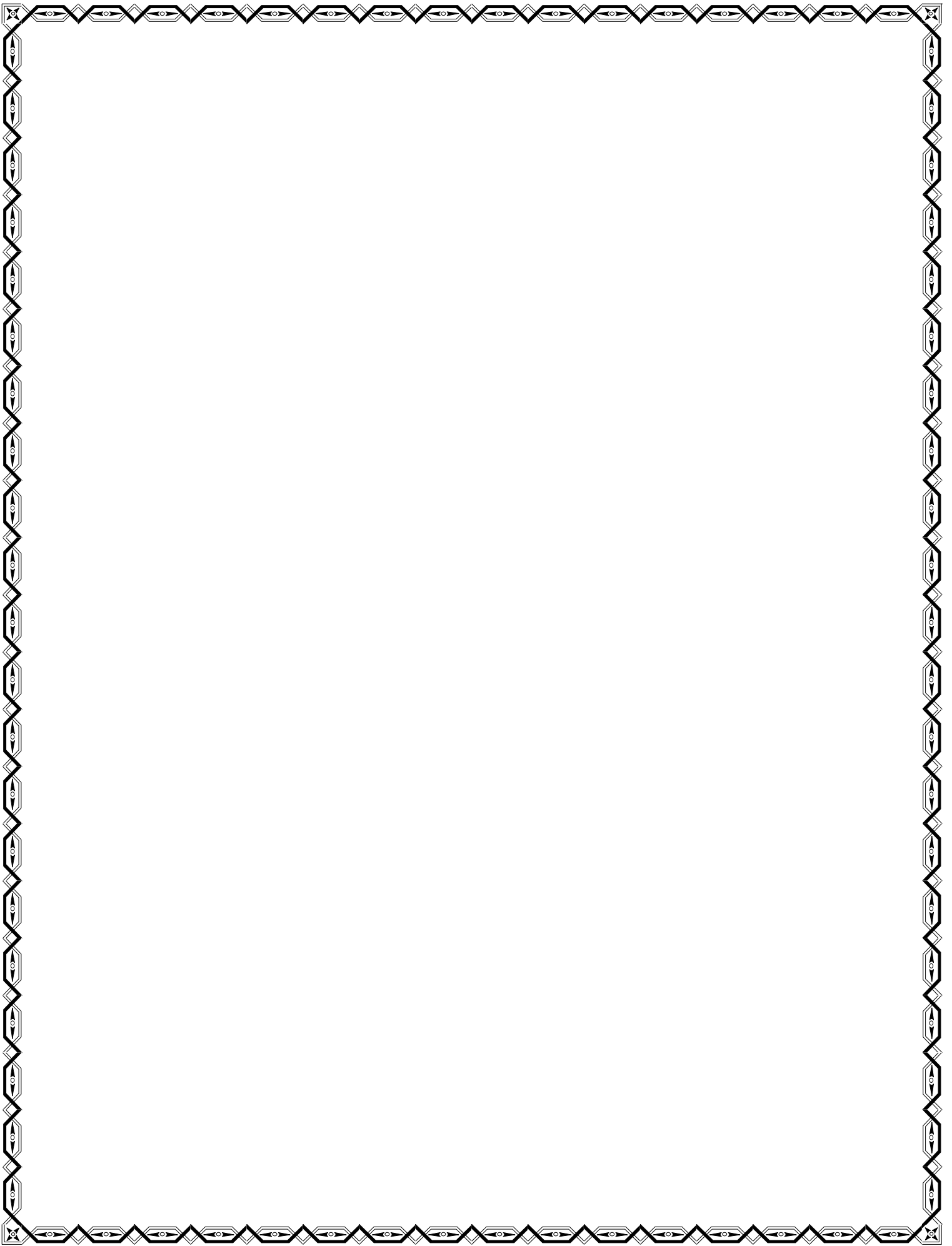
## *An Experience of Spirit*

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Think of one time when you had a Divine experience. It may have been a feeling of peace while watching a sunset, finding your way home when you thought you were lost, knowing the right words to say to a grieving friend, or having a great new idea. With God there is no large or small – everything counts!

If you doubted it before, can you begin to feel that the presence of Spirit is alive and well within you, as you, guiding you always to your best and highest good?

In this moment, answer the question, “What is God/Spirit/Source to me?”



# *Blanket of Comfort and Love*

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Any emotion you are feeling is a perfectly normal and natural part of your human experience – please don't make it wrong. Lean into the Beloved One, allowing It to hold you as you ask:

Where did I get this emotion?

How long have I had it?

Why have I had it? Is it left over from an old belief that is no longer true?

Is it moving me toward living my highest potential? Something else?

What do I feel about it?

How do I want to feel about it?

What are my next steps?

