

~Loving Sponsors~

To assist your chapter with processing “The Seven Spiritual Laws of Success” – by Deepak Chopra, the Y.O.U. book for the year, we have created 4 lessons that are based off of the book. These are lessons that you can lead if your chapter has not already covered the book. We do recommend that the Y.O.U.ers read the book before you do these lessons because they are based on processing the material not teaching it. The lessons are broken down as follows.

- Intention and Giving
- Karma and Effort
- Dharma and Pure Potentiality
- Detachment

You may lead these lessons in whatever order you feel would most benefit your chapter. We realize that they do not follow the structure of the book because we grouped concepts that we felt played off each other well.

Thank you so much for all of the time and effort that you put into your chapter and all of the love you are constantly giving. We love you!

With Love,
The Regional Team

Laws of “Dharma” and “Pure Potentiality”

Based on The Seven Spiritual Laws of Success by Deepak Chopra

Sponsors: This lesson has been written to address Y.O.U.ers after they have read the two specified chapters from the mandatory reading (which qualifies them to attend June Rally 2005). When presenting the lesson, feel free to alter exercises based on the number of YOUers, or split lesson to cover two lesson spots

Approximate Time:

80 Min

Reading Instructions:

- When a question is posed to the group and under that question is another tab...this is one proposed answer and their answers should follow along these lines. Feel free to share this answer with them to help clarify if they are stuck.
- **When bold is used in the middle of an activity** followed by italics. *The Italics part is something that you should say word for word or very close to it.*

Materials: 40 sheets of Paper and 3 rolls of scotch tape

Layout:

- Check-in
- Joy Songs
- Opening Prayer
- General Ideas Represented
- Discussion for Further Details
- Activities: Theory and Action, Unfound Ground
- Closing Discussion
- Closing Prayer

Check-in:

5 min

- Go in a circle to the left and have everyone share how their week went and anything else they feel important to share

Joy Songs:

7 min

- Pick 2-3 Joy Songs. Preferably 1-2 fast and 1 slow.

Opening Prayer:

5 min

Divine mother/father God, we thank you for the presence that you constantly instill within us, and the strength that we gain from it. As we move into this time of growth we gently shed our preconceived notions and all of the thoughts that hold us back, and allow our human minds to blossom and reach new heights and potentials. Thank you God! Amen

General Ideas Represented:**5 min**

- Present these ideas, and offer a little explanation if necessary, but the details of these principles will be discussed further later.
- Dharma: We all have a purpose based upon our unique talents, which serves humanity
- Pure Potentiality: Our true self is that of pure consciousness (spirit) seeking manifest.
- Since consciousness is unlimited and infinite we also have infinite potential

Discussion for Further Details:**20 min**

- How do you think those 2 principles are related?
- For Dharma to work one must know and seek their higher truth, so that they may escape ego and get back to that state of infinite potentiality.
- When in the state of pure potentiality one needs the motivation and direction of Dharma to bring the un-manifest to manifest, to turn that pure potential into kinetic.
- What are some of the ways to connect to higher potential?
- Silence- allowing yourself to not communicate so that you can calm the internal dialogue (chatter of the mind), and listen to the dialogue of Self (spirits guiding voice)
- Meditation- setting aside time each day just to consciously connect with the higher power.
- Non-judgment- consciously keeping oneself from judging anything because judgments stir
- The internal dialogue and center someone back in ego.
- Nature- taking the time to just be in nature. This allows one to see and feel the pure potentiality and power of God that is expressing through other things. Nature remains an untouched and uncorrupted place of God's expression.
- What is the major consciousness shift that enables Dharma to work, and why is it such a powerful shift?
- A shift from the ego saying "what is in it for me" to the spirit saying "how can I help."
- This is so powerful because it focuses on giving (which is a gift in itself), and it calls upon your own abilities and your own potential so that you may manifest the infinite power within. While asking what is in it for me only focuses on the physical reward that may be given, which takes you out of the moment, out of God consciousness, and out of the infinite power.
- What is one of the most important aspects of Dharma?
- Action and follow through, actually creating!

Activities:**18 min****Theory and Action:** (8 min)

Materials: Paper crumpled into a ball

- Separate the group into 3 smaller groups (only 2 if you have smaller groups, approximately 5 people in each)
- Give the first group the paper ball and tell them to stand in a circle and throw it between all the members (they can make a game out of it if they want).
- Tell the other groups to formulate ideas of what else you could do with the paper. EX: make confetti
- Allow them to do this for 3 min
- Ask them to all come back into one group and then lead a discussion based around the following questions:
 - What did groups 2 and 3 come up with as alternate uses?

- Group 1-- did you do any of those things? and why not (a simple we didn't know of them will do)?
- So who was more productive

State: *In every action there is theory, and for any theory to work their needs to be an action upon it*

- Group 1: would you have been able to do some of those things with the paper if you had known of them?
- Group 2 and 3: could your theories of what to do have been acted upon if they had someone there to do the action?

State: *Dharma is the same way it needs both a recognized theory behind it (what one's actual purpose is) and action to carry it forth (the person actually acting upon it). Without both it is useless and never is brought into manifest.*

Unfound Ground: (10 min)

Materials: Paper and scotch tape

- Split the groups back into 3 separate groups and give them each 10 sheets of paper and a role of scotch tape.
- Give them each the following mission: To create a stand at least 5 inches high that is capable of withstanding me (that's you sponsor) jumping on it.
- Give them 3-4 min to formulate a plan, and tell them this is the theory part.
 - Tell them that they will now follow through on that theory with action, and that now they should build their stand which will withstand you jumping on it. Give them about 5 min.
- Have everyone re-group and now test the stand. That means actually jumping on the stand.
- If anyone's actually did resist that GOOD JOB!!!!
- **Ask this question:** *You made a theory and you followed through with action, so why wasn't the goal accomplished? What went wrong and what would have made this more possible?*
- The material was a poor choice for the task at hand
- **Ask:** *Would this have been easier if you were given bricks?*
- Explain: Dharma works the exact same way. You can have a great theory behind your purpose and you can follow through wonderfully with action but if it is built with un-solid materials then it will easily crumble. That is why we must work at shifting away from that un-solid material, our ego, and start building in that grounded state of Spirit.

Final Discussion:

15 min

- Do you agree with the theories presented in this lesson? Why or why not?
- Are there any changes that you would make to the theories?
- Do you think that you will use these principles in you life?
- How do you think that they could be applied to you life?

Closing Prayer:

5 min

Creative Spirit, as we internalize these messages of truth we affirm the truth and light that you express within us. We take note of the infinite potential that we all are born with and direct this energy toward finding our own path. For this higher sense of direction and empowering presence within our lives we take this time to honor our connection with you. Amen.

The Laws of “Karma” and “Least Effort”

Based on The Seven Spiritual Laws of Success by Deepak Chopra

Sponsors: This lesson has been written to address Y.O.U.ers **after** they have read the two specified chapters from the mandatory reading (which qualifies them to attend June Rally 2005). When presenting the lesson, feel free to alter exercises based on the number of Y.O.U.ers, or split lesson to cover two lesson spots.

MATERIALS NEEDED: note cards for each Y.O.U.er, pencils for each Y.O.U.er, flip chart (at least 5 pages), flip chart pens, 5-minute meditation music

Running time: approximately 135 minutes

Opening Prayer (1min):

“Sublime Love, we renew our day in this moment, grateful for your presence. Knowing that life is full of unlimited possibility, we live zealously, overflowing with love. This love permeates our entire being, spreading to our surrounding atmosphere, and moving still to encompass the entire life force of the universe. As our awareness of this brilliant love grows, we pray affirming its presence within us all. Amen.”

Joy Songs/ Y.O.U. Up Clap (5min):

-Y.O.U. Up Clap (repeater): “Y...YO...YOU... Unity...Unity... We are the Youth Of Unity... truth-seeking, fun-loving Youth Of Unity...we believe in knowing that our truth will set us free...living, loving, laughing, learning, letting ourselves be free...watch us as we practice Christianity every day...Unity...U-ni-ty hey!”

-(Please choose any 2-3 joy songs your chapter likes the best.)

Quote (4min):

Read and discuss quote’s significance as a group.

“...most of our energy goes into upholding our importance...If we were capable of losing some of that importance, two extraordinary things would happen to us. One, we would free our energy from trying to maintain the illusory idea of our grandeur; and two, we would provide ourselves with enough energy to... catch a glimpse of the actual grandeur of the universe.”

Listening to Intuition (10min):

Ask the group to partner up into groups of two. Then ask them each to share an experience where they felt aware of their intuition. This can be anything from a voice in their head to a beating in their heart, but ask them to completely describe the following three aspects of the experience:

- 1) situation
- 2) feeling of intuition
- 3) choice

After allowing enough time for each partner to share & discuss, **pass out the note cards and pencils** and instructing Y.O.U.ers to write what their vibes feel like.

Read the following before they write.

“Being creatures of nature, we all have intuitions. These note cards are to remember what intuition feels like. Whenever you perceive decisions as ‘tough’ remember to listen to yourself, knowing that your intuition will always be there for you. As you write down these feelings, empower yourself to become more aware. At the same time, release expectation and accept the possibility that new feelings may come in the future.”

Piecing it All Together (20min):

These two questions will discuss issues that might have appeared hypocritical in the reading. From sharing viewpoints, much can be learned.

Ask the group the following question. To begin, ask every single Y.O.U.er to respond in a circle. Then, discuss freely. The parentheses include a possible explanation.

- *“How can there be only one ‘correct’ choice that brings my life the most happiness if life itself is full of opportunities?”*
 - (p42-44, There are many paths to happiness (which is a perceived emotion), but one path connecting you to true happiness. This path is aligned with God. By becoming aware of your choice’s consequences, and what level of happiness it brings you, you will unconsciously create your intuition. Because we are connected to God, this intuition comes from our inner-spiritual self, and brings us to the ‘correct’ decision, or one that aligns us with God.)
- *“Why do I need to worry about my actions if Divine Order is present in my life, creating perfect order and harmony?”*
 - (Divine Order is present in your life, but works within the universe. Therefore, it inspires perfect order on a universal level. Your personal definition of perfection is an opinion, which Divine Order does not follow. Taking responsibility of your life by making conscious choices will give you the opportunity to live your life.)

Conscious Choices (35min):

This lesson focuses more on Karma being described as the action of conscious choice making as opposed to after-life ramifications. The following exercise explores how Y.O.U.ers can alter how they live their life to create more conscious choices.

- As a chapter, pinpoint examples of choices that are frequently made unconsciously. **Use the flip chart and flip chart pens** to organize these suggestions into 3 lists- Actions, Reactions, and Perceptions. Shoot for at least 10 examples on each list.
- After listing all the examples of unconscious decisions, discuss as a group BOTH how to change those behaviors and the effect it would create. The following are examples of choices with ideas of how to change them in parentheses.
 - Actions
 - saying “Hi, How are you?” (Stop yourself from automatic greetings, creating time for you to thoughtfully greet people with meaningful phrases.)
 - the order of a morning routine (Look at whether or not this order is most enjoyable/efficient, possibly creating a routine that serves you more.)
 - devouring meals once you sit down to eat (Instead, partake in conscious eating by being aware of the food you place in your mouth, creating a sense of appreciation.)
 - Reactions

- seeing tears, wanting to fix the person’s problem (Accept the situation for what it is, by respecting it, you can come from love instead of a personal agenda.)
- dropping something, automatically picking it up (Take a moment to see if the floor is a better place for the object, perhaps you are carrying too much, and that simple pause will give you time to realize it.)
- hearing “Hi, How are you?”, responding with “Fine” (Take a moment before automatically responding, being honest with yourself and others of your current feelings is reason enough.)
- Perceptions
 - rainy weather = yucky day (Move into prayer to reawaken your awareness of the beauty of life, this will dramatically change your attitude!)
 - poor grades = belief that you are ‘stupid’ (Remember that one test is only a reflection of a certain presentation of a certain amount of material, taking yourself to a place where you can affirm your wisdom will greatly effect your attitude, possibly even raising future test scores.)
 - receiving a compliment = smiling, feeling good about yourself (Consciously remember that you are connected to God no matter what compliments or criticisms people say, allowing the compliment to be a reflection of that person and not you personally will affirm your own belief of your goodness.)

Order of Operations (25min):

As a group, create a process your chapter can follow to make group decisions. Using the two chapters of “Karma” and “Least Effort”, use the combined process for individual decision making as a guide. **Write this process on the flip board** so you can use it in the future as well.

Individual Combined Process = 1) Accept 2) Take Responsibility 3) Be Defenseless 4) Identify Consequences 5) Identify Amount of Happiness Created

After creating the process, put it in to action by deciding on something together (Ex. Deciding as a group to take a year slot in the ‘Love thy Brother, Serve thy Family’ service project, pinpoint another area where the chapter can serve the church, or starting a new fundraiser.)

Mindfulness and Aligning with Spirit (32min):

The following exercise should mesh both chapters into one understanding and create an opportunity for Y.O.U.ers to live what they learn.

On the flip chart, write the following 4 questions.

- 1) What does ‘least effort’ imply? Ease? Difficulty?
- 2) What does ‘non resistance’ (the use of acceptance, responsibility, and defenselessness) produce?
- 3) If nature is love, how does one harness that love?
- 4) What does transcendence of Karma mean?

Then split your group into 4 smaller groups so that Y.O.U.ers work together to answer one of the four questions. Depending on the size of your chapter, you may choose to have 8 groups where two groups would be answering the same question without working together. Group sizes work best with 3-5 Y.O.U.ers.

Assign each group one of the questions.

After giving them at least 8 minutes to discuss, ask one person from each group to share the answer that their small group agreed upon. Any similarities?

Please read the following to your chapter.

“ There can be one answer for all four questions. This answer is the action of aligning with God. Least effort is separate from ‘best effort’ or levels of difficulty. The law of least effort is asking you to align yourself with God and the natural flow of things.

Non resistance is asking you to release attachments and things that resist you from God, so that you can come from a place where you are aware of your connection of God. This place of acceptance, responsibility, and defenselessness will help you to make decisions.

Harnessing the love that is the real source of nature would directly connect you with God. God is nature and is the source of all things.

Transcendence of karma is touched on in the book, defined as becoming independent from karma. This is transcending, or moving beyond, karma, not eliminating it. By entering into meditation to re-connect with God and transcend human karma, you are aligning yourself with God.”

Read this quote, and discuss as a group.

“An integral being knows without going, sees without looking, and accomplishes without doing.”
-Lao Tzu

After discussing, read the following that will reinstate it’s significance.

“ This quote was actually a topic for one of the spiritual Thursday night chats on instant messenger. Ideas that were expressed that night agreed that one interpretation of this quote is that the integral being is one who lives their connection with God. They not only believe in their connection and are aware of their connection, but they live it fully. This creates a truly spirit filled life as opposed to a human filled one.”

Now please lead your chapter in a **5-minute unguided meditation with the meditation music you prepared**. Empower Y.O.U.ers to be mindful of their alignment with God, and leave the meditation living that awareness.

Closing Prayer (3min):

“Divine Spirit, as we close our eyes to the material world we appear to live in, we open ourselves to experiencing the higher consciousness that is. By affirming this great existence of being, together we create ripples of love that reflect the Omnipresence that is God... As we leave today to live this Truth, let us continue to be aware of the blessings around us. Amen.”

Thank you Sponsors, for touching the hearts of youth.

We LOVE you,
We BLESS you,
We truly APPRECIATE you,
And we behold the Christ you are.

The Laws of “Intention and Desire” and “Giving”

Based on The Seven Spiritual Laws of Success by Deepak Chopra

Sponsors: This lesson has been written to address Y.O.U.ers **after** they have read the two specified chapters from the mandatory reading (which qualifies them to attend June Rally 2005). When presenting the lesson, feel free to alter exercises based on the number of Y.O.U.ers, or split lesson to cover two lesson spots.

MATERIALS NEEDED: copies of handout for each Y.O.U.er, flip chart (at least 7 pages), poster board, pens for flip chart, marker for poster board, pencils for each member

Running time: approximately 105 minutes

Opening Prayer (1min):

“In the stillness of God’s presence, we close our eyes and open our hearts to each member of our chapter. We feel blessed knowing that each person within this room is a newfound source of love, and affirm that together we are both the givers and receivers of love on Earth. Taking a deep breath from our stomachs, we breathe out hesitation and limitations, and inhale the peace we create together. Amen.”

Joy Songs/ Y.O.U. Up Clap (5min):

-Y.O.U. Up Clap (repeater): “Y...YO...YOU... Unity...Unity... We are the Youth Of Unity... truth-seeking, fun-loving Youth Of Unity...we believe in knowing that our truth will set us free...living, loving, laughing, learning, letting ourselves be free...watch us as we practice Christianity every day...Unity...U-ni-ty hey!”

-(Please choose any 2-3 joy songs your chapter likes the best.)

Quote (4min):

Read and discuss quote’s significance as a group.

“Thy infinite gifts come to me only on those very small hands of mine. Ages pass, and still thou pourest, and still there is room to fill.” - Rabindranath Tagore, Gitanjali

Clarifying the Proof (25min):

To clarify Chopra’s idea of intention effecting our lives, we are going to look at the progression of his belief. This will ensure that confusing phraseology, that might have previously been difficult for teens to comprehend, is clearly explained.

- First, ask the group this question, and discuss, asking each member to share. *“Why do the laws of Intention/Desire and Giving work? Be specific.”*
- **Next pass out the handout to all members of the chapter** to give them a visual of Chopra’s message in pages 31-32 and pages 67-69.
- Thoroughly discuss by asking the following questions of the general group.
 - *“Why would creating an intention possibly create a transformation?”*
 - *“Which part speaks most to what we can do as humans?”*

- “Do you see any parts as hypocritical?”
- “How would you teach this process to a child using simpler words?”
- “What is our interpretation in Unity of “Energy and Information?”
- “Do you see this process at work in your life?”

Please read the following to ensure that Y.O.U.ers have a grasp of what the book is saying. Remember to lovingly accept other viewpoints, we are only presenting this book as one opinion.

“In Unity, one of our principles is the belief that there is one source, and that one source equals God. Knowing that, please take another look at your hand out and follow along as I move down each step.

One interpretation of this progression is that first and foremost, only God exists. Moving on, we see that our knowledge of the Universe around us tells us that it is made of movement. This is not only referring to the rotation of gigantic planets, but also to the action of the electrons, neutrons, and protons we learned about in 8th grade.

Next, we can choose to believe that there is a consciousness that connects the Universe that is greater than any of its tangible parts. This can be defined as spirit. Moving on, this spirit is individualized within humans. This mirrors our Unity Principle of the Christ Consciousness being within every thing. Next, being connected to a consciousness, humans have the gift of free will, of thought. Lastly, we can use this to directly transform ourselves.

The two large arrows clarify how humans are aware of the Universal Consciousness. We experience the awareness for ourselves through two possible sources. These two ways humans experience life are divided into objective and subjective categories. Just a reminder- objective experiences deal with objects, real, tangible things. Subjective experiences deal with the opposite, things in a person’s mind. Now, go ahead and fill in the two empty squares.”

When Y.O.U.ers are done **filling in the empty squares with their pencils**, ask them to share with the person next to them. As a group, see if there was a consensus of answers, and share Chopra’s actual belief that objective experiences include our physical body and the world around us, and subjective experiences include our thoughts, feelings, emotions, desires, memories, instincts, drives, and beliefs.

Word Soup (20min):

Lets move on to clarifying the definitions of words that are frequently interchanged, but not accurately interchanged.

Use your flip chart and flip chart pens to define the following words as a group. Precise word choice is important, so included within the parenthesis are the accurate Webster definitions followed by the book’s interpretation.

- 1) Intention (n. what one intends to do or achieve, to have in mind as what one wishes to do; a trigger of transformation, focused direction without distraction)
- 2) Expectation (n. looking forward with hope or pleasure; restricted possibility, waiting for something as opposed to working for something)
- 3) Assumption (n. something taken for granted, assumed but not proven; a blinded view point, dependent on one source which may/may not be accurate)
- 4) Attention (n. applying one’s mind to something, awareness; an energizing factor, enlightening the area of thought and awareness being addressed)

Next as a group, use a new sheet of the flip chart to create an extended metaphor between the words. Please keep the previous sheet of definitions in view for Y.O.U.ers to use. Share the following example with the group before attempting to do so.

- 1) Intention- Shifting a car into gear. (transforms direction, sets focus for drive, everything in car works towards that direction)
- 2) Expectation- Parking a car. (no movement, restricted possibility, setting yourself up for an expected result only)
- 3) Assumption- Only using the gas pedal while driving. (use/dependency on only one source, ignoring the break pedal is like being attached to only one source of information)
- 4) Attention- Placing a key in the ignition. (energy brought to one area, energizes intention of shifting into the drive, or forward, gear)

Giving = Receiving (15min):

This exercise will work with the thoughts shared on page 29-31 to revisit the idea that giving and receiving are the same because they work through the same flow of energy.

- **Use the flip chart and flip chart pens to write** each character's name on the top of a separate sheet of paper (use the characters that appear on the following page). Then create two columns on the page that will serve as what the character gives, and what the character receives. These 5 sheets will aid your group in exploring what the character gives and receives from their action & general person.
- Next, choose one volunteer to act out the first character and action. After this visual is given, write the provided "Gives" and discuss with the group what the character is receiving. Answers should be general dealing with their person. Write this on the second column next to what you have previously written under the first. Continue this process for each of the 5 characters.
- For the characters of the Bully, the Robber, and the Brat, these two columns might conflict, showing a conflicted inner-self. For these three characters, analyze what the true similarity is between what they give and what they receive.
 - 1) Bully, beating up on a kid smaller than him/her
 - 2) Myrtle Fillmore, praying with another person
 - 3) Robber, stealing someone's purse
 - 4) Brat, barking commands to a younger sibling
 - 5) Jesus, healing someone with leprosy

Discussing Detachment (24min):

These two questions will discuss issues that might have appeared hypocritical in the reading. From sharing viewpoints, much can be learned.

- Ask the group the following question. To begin, ask every single Y.O.U.er to respond in a circle.
- Then, discuss freely. The parentheses include a possible explanation.

"How can our life's intention really come true if we aren't somewhat attached to the future and what we want to see happen?"

 - (p73-74, Though your intention is for the future, the attention you place on your present actions is most effective when detached. Both the past and the future are our perceptions, which may not be accurate. Having attachments to a certain future may lead you to struggle with situations of the present time, which are, in fact, the truth. So, Chopra says to accept the present, and intend the future. Setting an intention does not

mean creating an attachment of what you want to see happen in your future. The attention you bring to your present choices will set an intention for your future.)

- Next ask the group the following question. Again, ask every single Y.O.U.er to respond in a circle before discussing freely. The parentheses include a possible explanation.

“Doesn’t giving with an intention of love mean that I don’t necessarily want the person to receive love, because I’m not attached to that result?”

- (p30, Chopra asks us to give while focused on our own intentions. This idea is entirely separate from the person we are giving to. We can only control ourselves. So, when we give with an intention of love we are not attached to the future for that person being love, we are simply entering into a state of love ourselves, increasing the energy behind our gift. He is saying to give from what you have, not to give hoping to change/effect another person.)

A Chapter Intention (8min):

-As a chapter, re-read p35-36 together, and compromise on one thing you want to give, and therefore receive, as a chapter. **Write this on the poster board with a marker** and hang it in your Y.O.U. room to remind your group to focus your attention to giving this thing.

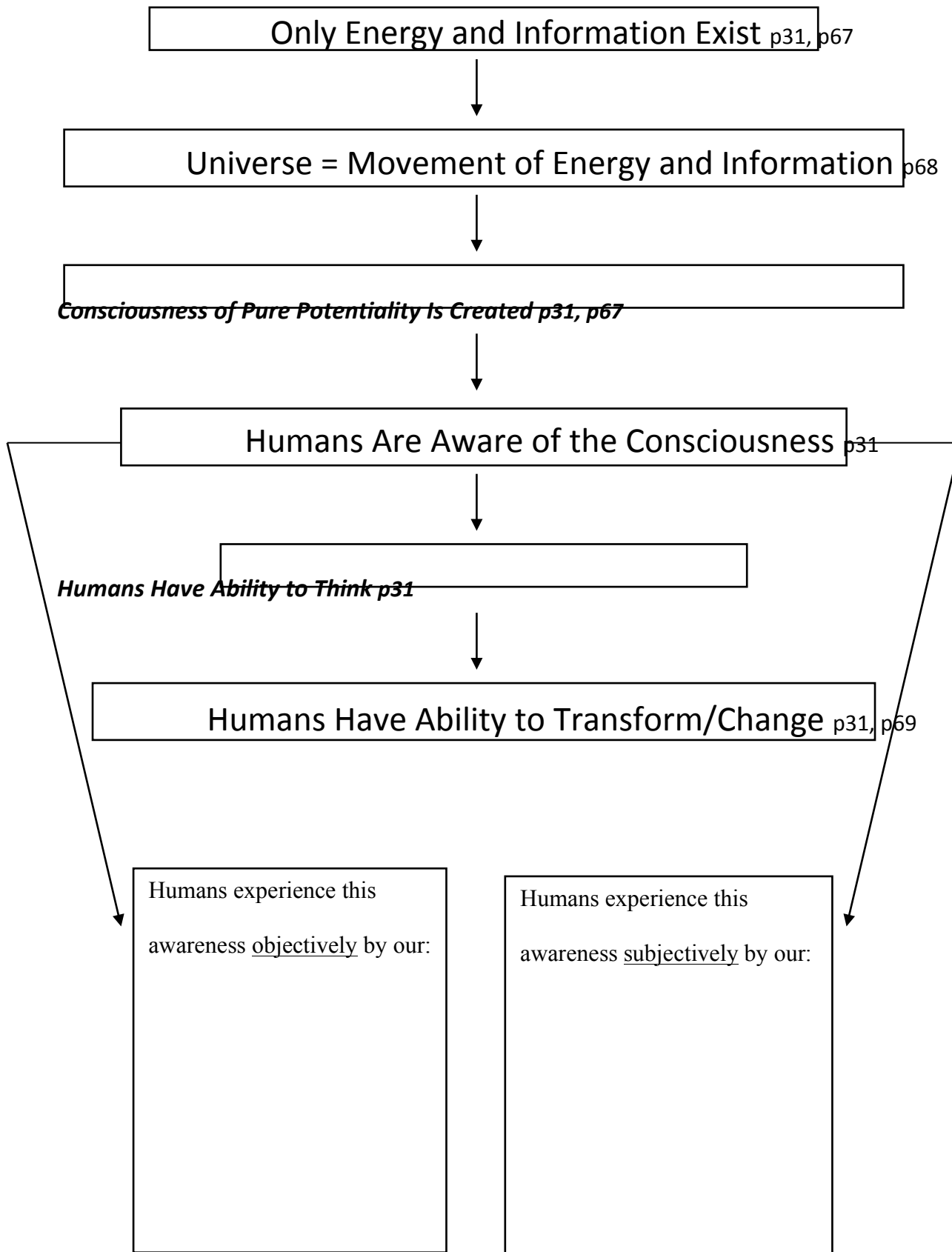
Closing Prayer (3min):

Lead your group in a popcorn prayer where everyone adds to the prayer with the signal of squeezing the next person’s hand. Set the intention to cover “blessings that we have been given in the chapter.”

THANK YOU SPONSORS!

We LOVE you,
We BLESS you,
We truly APPRECIATE you,
And we behold the Christ you are.

Handout for "Clarifying the Proof"



The Law of “Detachment”

Based on The Seven Spiritual Laws of Success by Deepak Chopra

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Approximate Time:

90 Min

Reading Instructions:

- When a question is posed to the group and under that question is another tab...
- This is one proposed answer and their answers should follow along these lines. Feel free to share this answer with them to help clarify if they are stuck.
- When bold is used in the middle of an activity followed by italics. The Italics part is something that you should say word for word or very close to it.

Materials: 50 paper balls (approximately), copies of Worksheet D:1 and D:2, and pencils

Layout:

- Check-in
- Joy Songs
- Opening Prayer
- General Ideas Represented
- Discussion for Further Details
- Activities: Theory and Action, Unfound Ground
- Closing Discussion
- Closing Prayer

Check-in:

5 min

Go in a circle to the left and have everyone share how their week went and anything else they feel important to share

Joy Songs:

7 min

Pick 2-3 Joy Songs. Preferably 1-2 fast and 1 slow.

Opening Prayer:

5 min

Creative Spirit, we take this one moment to snap ourselves back to our truest reality. As we delve into our own spirit we find ourselves open to all the creative energy that is flowing in and through our lives. We release our attachments to the outcomes that we may desire and allowing everything to flow perfectly through our lives. In this heightened state of awareness we choose to take this time to learn and grow. Completely open and completely aware, we honor the divinity in self and in others, and for this moment of communion we thank you God. Amen.

General Ideas Represented:**5 min**

- Present these ideas, and offer a little explanation if necessary, but the details of these principles will be discussed further later.
- Detachment: By being attached to an outcome and a certain process by which to achieve that outcome we limit and inhibit ourselves. It is only when we release both of those that we are open ourselves to unlimited possibilities.

Discussion for Further Details:**20 min**

- How is releasing your attachment different than simply giving up?
- You keep the intention and motivation but stay open to a different result and way of getting there.
- Why does searching for security do us no good?
 - Security (as most of us feel it) is an attachment to the known. We feel safe when we are in a known environment and know what is going on.
 - If we are searching for security then it locks us into the known, which is the past. This makes growth and evolution extremely difficult.
- What do you think is meant by “Keep the vision, release the path?”
- In detachment you want to keep all of the vision and all of the motivation. Keep the idea that you are going to go from point A to point B. Just release the idea that you have to take path C to get there.
- How does releasing attachment help us?
- It opens us up to all the other possibilities and gifts that are out there.
 - By opening us to other possibilities it opens us up to more methods of creation. (For example if you have the idea in your head that you can only use crayons to draw a picture. Then if you only have pencils and markers you have lost the capability to draw. When you release the idea that you can only draw with crayons, you have given yourself the ability to draw again because you may use those pencils and markers)
 - So in this way the release of attachment helps to facilitate creation by opening you to the field of infinite potentiality (all of spirit's creative power instead of just some of it)

Activities:**20 min****Safety : (8 min)**

Materials: Approximately 50 pieces of paper crumpled into balls (read the exercise to determine exactly how many you will need based on your chapter size)

- Separate the group into 2 groups (half and half)
- The first group is the throwers and they should each have 10 paper balls in front of them.
- The second group is the catchers and they should each stand about 10 ft away from a thrower. Have them actually pair up so that they know who they are partners with.
- Have each thrower go pick up two balls from the thrower that is across from them, and keep one tightly grasped in each hand
- When you tell them to go, the thrower will gently throw one ball over to their catcher.
- The catch is that the catcher may not unclench or release the paper ball that is in each hand, so they will have to find some other way to catch the balls thrown to them.

- Inform them that their goal is to catch at least 6 balls (the ones in their hand count), but the only ones that count are balls that are still in their possession at the end (i.e. for a ball to count it cannot touch the ground at any point in the game).
- Ask them to come back into one group and lead a discussion based around the following questions.
 - Did anyone complete the mission?
 - What was difficult about it?
 - Would this activity be easier if you were allowed to set the paper balls down beside you, and just know that they are yours?

State: *When we search for security it is much the same. We grasp onto that which we have very tightly because that makes us feel somewhat secure. At the same time it makes it difficult for us to expand, to grow, to give, and/or to receive.*

Stuck on It: (12 min)

Materials: 1 cut up piece of paper (worksheet D:1) per person, one reference sheet per person (worksheet D:2), and pencils

- Hand everyone 1 copy of each worksheet
- Instruct them that they are to replicate worksheet D:2 on to worksheet D:1
- Give them about 4-5 min to do so
- Ask them to come back into one group and lead a discussion based around the following questions.
 - Was this confusing and or difficult? Why?
 - What was the most basic intention of the activity?
 - (if they have trouble) Simply to create

State: *Often times in life we do the exact same thing, we take a solution or plan, and try to force it onto a situation or problem where it doesn't fit.*

- If we had chosen to create freely on this sheet of paper would it have been easier?

State: *When we release our attachment to a certain plan of action/outcome we open ourselves to more creative possibilities and channel spirit to create.*

- Can you think of a time where you have forced a solution onto a situation in which it didn't fit, and how would that have been made easier if you were open to other solutions?

Final Discussion: (15 min)

- Do you agree with the theories presented in this lesson? Why or why not?
- Are there any changes that you would make to the theories?
- Do you think that you will use these principles in you life?
- How do you think that they could be applied to you life?

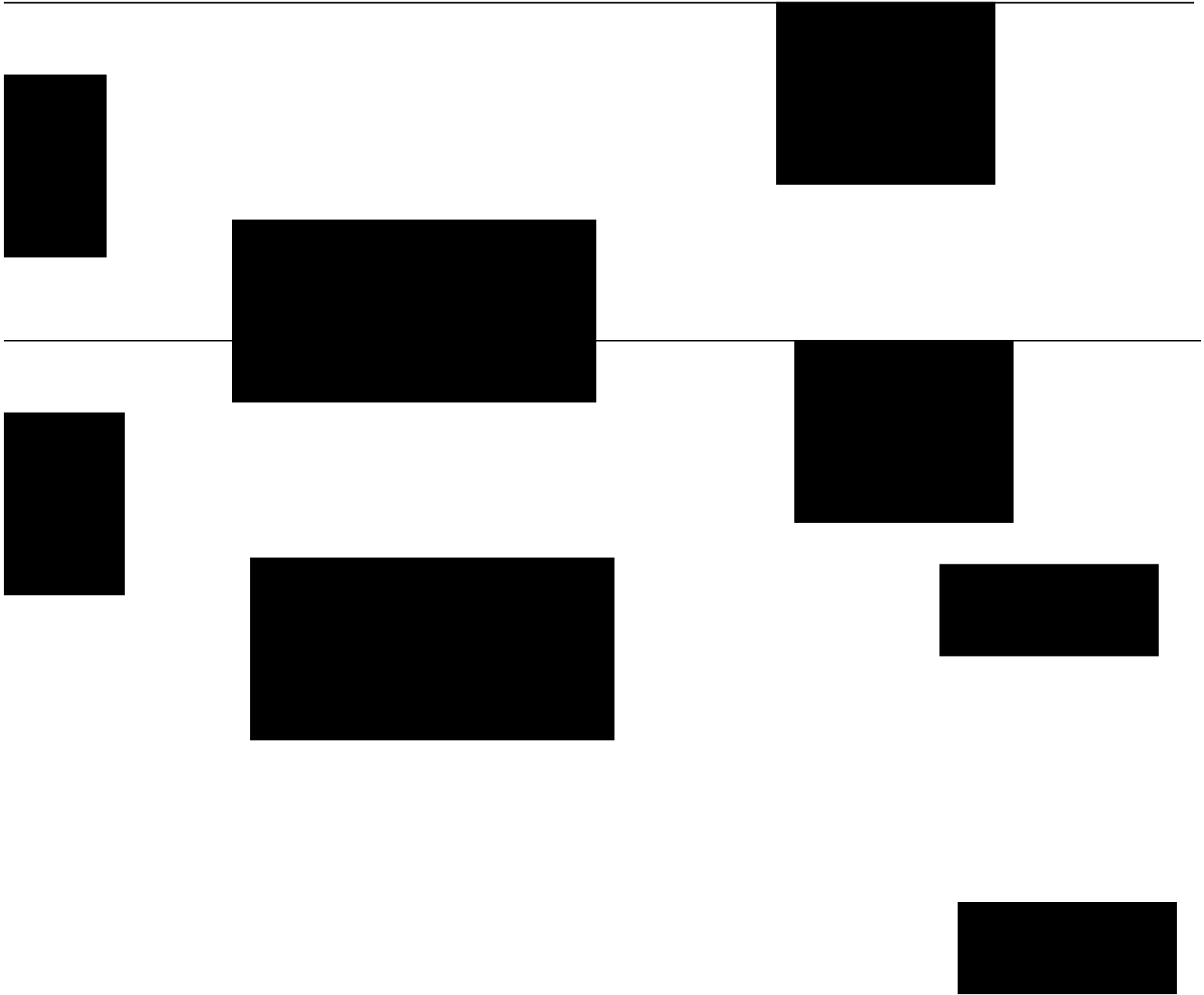
Closing Prayer:

3 min

Divine Mother/Father God, as we move out of this sacred space with take with us all the lessons learned here. We find security by digging into our own God center instead of looking outward. Firm in our own beliefs and confident in our creative abilities we walk forth unto our lives with open acceptance of the events that come to us. In this open state we draw upon the infinite power of Spirit to manifest the path of our life, actively creating a path of beauty, a path of love. For the ever reassuring flow of energy through us, we thank you God. Amen

Worksheet D:1

Sponsor Please cut this sheet in two and cut out the black spaces.



Worksheet D:2

Sponsor Please cut this sheet in two (do not cut parts out)

