



Chapter 1: The Secret Revealed

By: Ben Georgoff

About: This chapter is a broad survey of what the book has to offer. There are a lot of concepts introduced that will be expanded upon later in the book. This lesson does not cover everything that was talked about in the book, so please make sure your Y.O.U.ers read the chapter. Please note that this lesson may need trimming. It is recommended that the facilitator goes through and picks the activities that will have strongest impact on the group.

Opening Prayer: Good morning sweet spirit! We look forward to hearing from your infinite divine wisdom. May we learn and grow from this lesson. And so it is. Amen.

Affirmation: The world is mine! The world is ours! We are our world!

Daily Word

The Third Unity Principle: We create our reality through thoughts held in mind.

Whip Questions

- Why do you think that people often put themselves into groups?
- If we are one, then why do we split ourselves into groups?

Regional Input: *Like attracts like. If person A spends lots of time thinking about something, like let's say sports, it would make sense that person A would naturally want to surround him/herself with group A which consists of others that spend lots of their time thinking about sports. It is unlikely that person A would want to be good friends with group B which consists of people who spend lots of their time thinking about musicals.*

Simple Logic --> $A=A$ and $B=B$, $A \neq B$ and $B \neq A$

also known as: Like attracts like

Popcorn Question

-Quickly tell a story about a time when you really wanted something and ended up getting it.

Follow-up Question

-What did you do in order to get what you wanted?

Immediately following ask – Why do you think your actions resulted in you getting what you wanted?

Regional Input: *Thoughts become things. Yep, its true, what you think about you bring about. If you really, really, really want a pony, keep on thinking about how you would go about getting a pony and then take action toward it. Next thing you know, you'll have that pony!!!*

Quote time!

“All that we are is the result of what we have thought...
what we think, we become.” –Buddha

Popcorn Question

- Any thoughts on the quote?

Whip Questions

-Why is it that our thoughts make us who we are?

-Do people create their world by the way they think about it?

Affirmation Activity

Run this activity like a whip, but instead of each person answering a question, have him/her **loudly** make an “I am” statement. Here are some examples of “I am” statements: *I am popular and have lots of awesome friends, I look amazing in all of my clothes, I ace all of my exams, etc.* Sounds simple, right? But there’s a twist! It must be about something that they want, and currently don’t believe they have.

Reflection Whip Question

- Why is it important that we said “I am” as opposed to saying *I want, I wish, I don’t want to, etc.?*

Reading Time

Have a strong reader read *Rachael’s Secret* on page 17 of the book.

Whip Question

- Do you think you can do the same thing that Rachael did with anything big or small? How?

What to do activity

Materials: Paper and Pens

Say to the group: ***Since we know that we can get anything we want if we put our minds to it, we are going to make a list of everything that we want. List everything that gets you excited and interests you. When you are done with that, write your top three on the back of the paper.***

Pass out paper and pens.

After about 5ish minutes say to the group: ***Take your top three and spend more time focusing of them throughout the week and see what happens.***

Meditation

Transcendental

Closing Prayer

Ask someone who is strong at leading prayers to close the lesson.

Chapter 2: The Secret Made Simple

By: Clay Kinson

About: This chapter encompasses concepts talked about in the second chapter of *The Secret to Teen Power*. As with the lesson for the first chapter, this lesson material is meant to give an opportunity to reflect upon and cement the ideas of the book, not replace the reading of it. All YOUers should be continuing along their reading of the book in their own time. Alternatively, your chapter may choose to read the chapter aloud each week before going through the lesson, if time allows for it.

Opening Prayer: Great Mystery, we are wide open to receive your wisdom. We let ourselves become the answer to our prayers. We are empowered by truth.

Affirmation: I focus the intention of my life in the direction I choose.

Daily Word (Read today's Daily Word if you have access to it)

The Third Unity Principle: We create our reality through thoughts held in mind.

Whip Questions

- Have you ever had a terrible day? (Just have a show of hands for now)
- What made that day so wrong? Sure things go wrong sometimes, but what made the *entire day* go down as bad in your mind? (Just think about it, we'll share answers in a moment.)

What the regional team thought: *The Secret to Teen Power* tells us that bad days are just uncontrolled snowballs of negativity. A bump in the morning routine can be enough to put you in a bad mood, and that's the key point to watch out for. Chapter 2 talks a lot about how we attract bad things when we're in a bad mood, so when something goes wrong by chance, like slipping and falling on your icy walkway, it's bound to cause later negative things if we get in a bad mood because of it.

Popcorn Question:

- Ask someone to share their experience of a bad day.

Follow-up Question:

- Was it by chance that your day ended up so badly, or were you in a bad mood when bad things happened?

Regional Input: *It is so important to keep in mind that our thoughts manifest themselves, whether good or bad. Our moods are within our control, and therefore our lives are as well. If we are attentive and keep The Secret in mind, we should never have a bad day again!*

Quote time!

“Negative people can sap your energy so fast,
and they can take your dreams from you too.”

–Magic Johnson, Basketball Champion

Popcorn Question

- What did you think of the quote?

Whip Questions

-Do bad things happen by chance, or are bad thoughts manifested? Explain.

Reading Time

Have a volunteer read “Daniel John’s Story” on page 30.

Whip Question

- Would you have made the same decision as Daniel?

-What might have happened if Daniel had continued on under pressure or just quit?

What to do activity

Materials: Paper and Pens

Say to the group: ***Changing our moods to attract what we want is what this chapter is all about. It’s really what the whole book is all about. But changing our moods is as hard as it is necessary. Sometimes we need a little help and some healthy reminders.***

Pass out paper and pens.

What we have to do to help us get through the dark is remember the light. Write down a list of things to bring back the love and re-center your energy. It could be songs, memories, thoughts, places, people, moments, or anything in between. These will create your montage of happiness you can look at whenever you want. Spice up the page a little if you want so that it’s fun to look at and makes you feel good even before you read it. Write as many as you think will help!

Share when done. The more shared the better!

Closing Prayer

Open the space for a volunteer to close out with a prayer.



Chapter 3: How to Use The Secret

By: Ben Georgoff

About: As stated before these lessons do not replace the reading requirement to attend June Rally, they are intended to enhance the reading experience.

Opening Prayer: Sweet spirit thanks for your support in our endeavors as spiritual beings having a human experience. May we continue to learn from you and your infinite wisdom. And so it is (amen).

Check In: Hi/Lo + Bonus question (ex. Which is better Pirates or Ninjas)

Affirmation: I dream big. (3 times enthusiastically and loud)

Daily Word

Christ Candle

The Third Unity Principle: We create our reality through thoughts held in mind.

Dream Big Activity Part 1

Instructions: Lead this sort of like a meditation. Have the group close their eyes, take deep breaths, and get centered. Long pauses at the ...'s. Treat this like a meditation, this should take 3 to 5 minutes.

Say: *Let's dream big... Think of yourself 20 years from now.... What does your house look like... is it big or small... is it in the vast lands of suburbia or deep within an urban jungle... what does your kitchen look like... do you have a family... what are you doing for a job... how much are you being paid... are you happy... now take a minute to enjoy this vision... think about how it feels...*

Popcorn

Would anyone like to share their big dream and what you plan to do in the coming week to work towards the materialization of your dream?

Dream Big Activity Part 2

Instructions: Same as part 1; deep breaths, get centered etc...

Say: *Lets dream big again... this time, think of yourself 6 months from now... what does you day consist of... do you have leisure time... are you employed... do you have a boy or girl friend... what do your grades look like... are you healthy... what is the best part about your day... most importantly, are you happy... now take a minute to enjoy this vision... think about how it feels...*

Whip

Briefly describe your dream, what about it excited you the most?

What drives our dreams?

Regional Input: ***One of the biggest things that make humans rather special is the fact that they all have differing values and passions. It is these values and passions that drive our dreams. Let's say that person A loves to add, subtract, multiply, and divide. While person B absolutely loves to perform in plays. It is very likely that person A has a dream to work as an accountant. Person B is likely to have a dream of performing on Broadway. The path for our hypothetical people to reach their hypothetical dreams will probably be easy for them to walk because it is being powered by passion.***

Whip

Do you believe that your dreams are being fueled by passion and values?

Passionate mingle about passions and values

Say: *this activity involves about 7 minutes of mingling*

Ask the following questions to others that are partaking in the mingle (hey facilitator, it's probably a good idea to put these questions on the white board, or some other visual aid).

-Name your top five passions/values

-Do you have any goals that are driven by those passions and values?

-Do you feel inspired when pursuing your passions and values?

Meditation

Transcendental / Improvise

Closing Prayer

Ask someone who is strong at leading prayers to close the lesson.

Chapter 4: Powerful Processes

By: Clay Kinson

About: Today we're going to be delving even further into The Secret to Teen Power! So far we've learned what the Secret was, broke it down into easy parts, and figured out how to use it to get what we are searching for. Now we're headed towards visualizing the dreams we want and using some specific tools and tricks to get there. Be sure that everyone continues their individual or group reading of the book along with this lesson.

Opening Prayer: Great truth, we are calm, focused, and open for this time to take the lessons you give us. Thank you for a wonderful week and may this wisdom guide us through the next.

Affirmation: I empower myself by focusing each day with a specific, positive intention.

Daily Word (Read today's Daily Word if you have access to it)

The Third Unity Principle: Our thoughts create our reality.

Whip Question

-What is one thing you are very grateful for in your life?

What the regional team thought: We must learn to be thankful for what we have. Only by taking that first step can we open ourselves to receiving more.

Popcorn Question:

-Is there something in your life you realize you take for granted that you should be more thankful for?

Follow-up Question:

-Why is it so important to be grateful, even for the things we take for granted?

Regional Input: *Visualizing yourself already having what you want is a huge part of what makes The Secret work. But how can you say, "Thank you for giving me this new opportunity," when you are not thanking the world for what you already have in your life? It is very important to stop before jumping right in to asking, and take moments every day to be grateful. Like we said above, appreciation is the first step to receiving.*

Quote time!

"Everything you can imagine is real."

~Pablo Picasso, Artist

Popcorn Question

- What did you think of the quote and what does it have to do with today's lesson?

Reading Time

Have a volunteer or volunteers read "Elizabeth's Story" on page 56 of *The Secret to Teen Power*.

Whip Question

-How did Elizabeth change in order to start improving her life? Why did this help?

What to do activity

Materials: Paper and Markers (or pens if you don't have them)

Be passing out paper and pens. Say to the group: ***Gratitude and Visualization are the first two steps to achieving your goals in The Secret. They play off each other in their purposes and both are steps that should be taken in a repetitive cycle every day. By being grateful, you open yourself to receive greater things through visualization, and that in turn gives you more to be thankful for.***

On your papers, divide it in to two sections with a line down the middle. On the left side, write or draw things in your life you feel appreciative of or want to be thankful for more often. On the right, write or draw things that you visualize coming into your life. Here's the catch though, for each item on one side, you must add one to the other. Keep adding until everyone is ready.

When done, ask them to share!

Closing Prayer

Open the space for a volunteer to close out with a prayer.



Chapter 5: The Secret to Money

By: Ben Georgoff

About: As stated before, these lessons do not replace the reading requirement to attend June Rally; they are intended to enhance the reading experience.

Opening Prayer: Sweet Spirit: Thank you for this wonderful day. May we have all that we need when we need it, for it is through your loving support that we are granted all that we need. And so it is, Amen.

Check In: Hi/Lo + Bonus question (ex. Which is better: Pirates or Ninjas?)

Affirmation: All the money I need will find me (3 times enthusiastically and loud).

Daily Word

Christ Candle

The Third Unity Principle: We create our reality through thoughts held in mind.

The Uniting Thoughts Activity

For this activity, everyone needs a sheet of paper, a clipboard, and something to write with (we recommend markers). Have everyone take about 5 min. to write down everything that comes to mind when they think about money. When everyone is finished, post the papers around the room. Now ask the following questions in a whip format.

-Do we share any similarities in our thoughts about money?

-Why do you think that is?

-Do you view money as a good or bad thing? And why do you think you view money like that?

-Are our views of money, and the process of creating our reality throughout thoughts held in mind (The Secret) related?

-Is there any correlation between the way you think about money, and how much of it you actually have?

-Does money make you happy?

Regional Team Input: In the book, *The Secret of the Millionaire Mind*, it presented a rather simple secret- a secret that I believe you're all familiar with: the secret of what you think about, you bring about. All the book did was take that simple secret and apply it to money. If you think that money is evil, then money will be evil and you will automatically take actions without your knowing that will direct money away from you. It's all about thinking of the situation with the right mindset. Don't think of money as something that will bring you happiness, think of it as something happiness will bring you.

Needs vs. Wants

On the whiteboard or some alternative resource, have the Y.O.U.ers blurt out things that they will plan on spending money on in the coming weeks. As they blurt out things, have someone put their thoughts in one of two columns: needs and wants. After about a minute or two of listing things, stop and pick a few of the more obscure things from the wants list and ask the person what they expect to gain from having that object or desired thing. Follow up with their explanation and/or question their answer.

Whip Question:

-Have you ever had an experience where there is something you really, really wanted, but when you got it, it didn't fulfill your expectations? And why do you think that happens?

Why not?

Read the story on the top of page 78.


Now have the Y.O.U.ers fill out the checks attached to the last page. Everyone should make them out to themselves.


Meditation

Transcendental / Improvise

Closing Prayer

Ask someone who is strong at leading prayers to close the lesson.

 **NIVERSAL BANK (UN)LIMITED**
Your Wish is My Command

 DATE _____

REMITTANCE ADVICE - Feel Good

PAY _____

TO THE ORDER OF _____


DRAWER: THE UNIVERSE ACCOUNT UNLIMITED ABUNDANCE SIGNED: _____


This is not an instrument subject to Article 3 of the UCC

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NOT NEGOTIABLE
You must believe it and feel it to receive it

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Chapter 6: The Secret to Relationships

By: Clay Kinson

About: Keep on reading your books as well, for these lessons are meant to augment, not replace, your required reading.

Opening Prayer: Ask someone who is feeling strong and inspired to open the lesson.

Check In: -Share one Christmas (new or old) you have that people may not know.

-One present you got for someone (make sure they aren't in earshot!)

Affirmation: Everything I see in my way is in my control. (2 times enthusiastically and loudly).

Daily Word Read today's daily word from the Daily Word book.

The Third Unity Principle: We create our reality through thoughts held in mind.

The Uniting Thoughts Activity

For this activity, everyone needs a sheet of paper, and something to write with, markers if you have them. Have everyone take about 5 min. Tell them to write what they would want in their ideal relationship. Let them know that there will be sharing afterward (of course they don't have to if they prefer not to). When everyone is finished, ask in a whip format to share the top 2-3 things. Now ask the following questions:

-What similarities did you see in our desires in relationships?

-Why do you think that is?

-Do you think that you deserve those things on your list? Do you think they exist?

-Are you the type of person that offers the things you look for in others?

-Is there a relationship between what you look for in a relationship and what you think of yourself?

Regional Team Input: In *The Secret to Teen Power*, it shares a very important piece of advice. Many of us go through life wanting to be respected and loved, but we fail to respect and love ourselves. We attract the opposite of what we tell ourselves we desire. It's the simple law of attraction that allows us to find love if we love ourselves. Not only that, but having self-confidence and a full heart is an attractive thing to others. As it is said in *The Secret*, see yourself as garbage, and the flies will come.

Love and Fear

Have one person volunteer to read “Leisel Jones” on page 92.

Whip Question:

-Obviously there is a big difference between the struggles most teens face and what Leisel challenged herself with, I think we are far enough into the book to discuss this question: What is one example of something you have in your mind, whether a constant goal or distant wish, that you could achieve or receive by changing your thought. (everyone has to answer, but they don't have to share with the group if they choose)

Meditation

If you have time and someone willing, ask for a volunteer to read this meditation on Love. Use the thing you just stated in the whip question to focus the energy of this meditation on.

Say the word, “love” quietly to yourself right now, a couple of times, listen to the resonance of it, and wonder about what it means. The word love is one of the sweetest sounds in the language. Listen to how soft it is, soft as a glove.

Depending on how you're feeling at the moment, you may be a bit defensive when you think about love, or you may embrace the opportunity to enjoy yourself. Accept whatever mood you're in as part of the experience, and experiment with these questions:

When have you known love in your life?

When you think of what love is, whom have you loved?

In your current life, who is it you love the most intensely?

Remember some specific times when you have felt love. It could be with another person, a pet, a wild animal, or some aspect of nature such as the ocean or sky, a tree.

Being with that dog, that sunrise, that grandparent, that child.

Listening to that particular piece of music, watching that wave.

The touch of your loved one. Seeing a baby. Meeting a friend who has been away for a long time. Singing your heart out.

It could be a sense of well being as you gaze at a sunset. Or standing in a forest, feeling the presence of the trees, loving them. Receiving the warmth and radiance of the sun on your face as a loving touch.

Seeing horses running free and loving their noble spirit. Loving the sound of the stream flowing over the rocks. Reveling in water when you are thirsty and drink a glass. Or the way you cherish a breath of air when you step outside on a glorious day.

Have you experienced loving unconditionally? Being loved unconditionally? When have you felt, “I love everyone”? When have you felt yourself being loved, by a person, by God, by nature?

Let your heart bathe in this experience now.

Different faces might come, different sensations in your body, many different emotions. Everyone and everything you have ever loved, and everyone who has ever loved you, flowing through your awareness.

As you recall these times, how does your body change? How does your breathing change? What clues you in to this feeling we call love?

Now dwell, for several minutes, with all these impressions. Savor the way your breathing feels as you invite love into your body again.

Love wants to permeate you everywhere. Let it. As you remember the state of love, let the feeling flood into all the dark areas of your being, everything you are ashamed of. Let it flood into your best, most presentable, virtuous places. Soak it up, through and through, into your heart and belly, into every secret place.

Sitting there, or lying there, love your skin. Love your bones, and love the Earth attracting you in to the center. Love the air around you, the space around you, the light in the air. Let your love expand of its own accord in all directions, out from your heart to the front, rear, sides, down, up.

Every day, spend some time breathing with the experience of love. Think of anyone or anything you love, and simply be with the sensations and emotions, feel it all. Build the love back into your body and soul.

Every moment of love you've ever experienced still exists in your being, resonating now like a hum in your cells. This is more than an image, more than a memory; it is a living current that grows stronger with awareness. When you feel the movement of love flowing through you this way, you are tuning in to your personal body of love.

Closing Prayer

Ask for a volunteer to center the space and close the lesson.

~Namaste



Chapter 7: The Secret to Health

By: Ben Georgoff

About: As stated before, these lessons do not replace the reading requirement to attend June rally; they are intended to enhance the reading experience.

Opening Prayer: Sweet Spirit: Thank you for this wonderful day. May we have all that we need when we need it, for it is through your loving support that we are granted all that we need. And so it is, Amen.

Check In: Hi/Lo + Bonus question (ex. Which is better: Pirates or Ninjas?)

Affirmation: My mind and body are one with each other (3 times enthusiastically and loud).

Daily Word

Christ Candle

The Third Unity Principle: We create our reality through thoughts held in mind.

Whip

- Have you ever faked being sick to get out of doing something, like going to school, and then actually got sick?
- If yes, why in the world do you think that happened?

Read Frank Capra's story on page 119

Popcorn

- Any thoughts about the story?

Remind people of this → The Third Unity Principle states that we create our reality through thoughts held in mind.

Whip

- Have you ever known someone who was very close to death and ended up recovering? Why do you think they recovered?
- Why do you think placebos work in some instances?
- Why do you think that they sometimes stop working when the person taking them realizes that they were fake?

Popcorn

- If we can do a great deal to heal ourselves by using the secret (aka the third principle) what other things do you think we can do to our bodies?
- Do you think we can even solve our teenage acne problems with the secret/ Unity principle 3?

Visioning activity

Treat this activity like a meditation. Be sure to pause at the ...s.

See yourself on the beach... you have a perfect body... what does your hair look like... is your body healthy... are all of your organs working properly... take this perfect body of yours and start to run... feel the sand on your feet... hear the waves... smell the fresh air... feel what your perfect body feels like... be glad to have such a great body...

Popcorn

- Any thoughts about the activity?
- Did it feel good to think about your ideal body?

Meditation

Transcendental / Improvise

Closing Prayer

Ask someone who is strong at leading prayers to close the lesson.

Announcements:



Chapter 8: The Secret to The World

By: Clay Kinson

About: In this chapter of *The Secret to Teen Power*, a wonderful image of power is shared. This is the power to go further than in previous chapters and imagine not just your own life the way you want it, but to attract positive energy in the world. As usual, understand that these lessons augment, but do not replace, the required reading of the book.

Opening Prayer: Great Divinity: We are blessed by your magnificent presence in our lives every day and we ask you to help us strive to notice that more.

Check In: What was your favorite part of 2010? That is, looking back years from now, what will have defined your life during that year?

Affirmation: I live in a positive home, life, and world. (2 times with energy)

Daily Word Read today's daily word from your source if you have one.

The Third Unity Principle: We create our reality through thoughts held in mind.

We Are the World Activity

For this activity, everyone needs a sheet of paper, and something to write with and on (like usual, colors are the most fun). Have everyone write down, draw, or otherwise depict the answers to the following questions, then answer the bold questions afterward as a group.

- 1) What large, negative events or trends are going on in the world in 2010-2011?
- 2) How did you find out about those things? In other words, how are the thoughts of them getting into your life?
- 3) How do they make you feel?

Group Discussion

- What similarities, did you find in our answers to the questions? Why?
- How did so many people get worried that the world is going downhill?
- How are our negative views about the world related to the negative events and trends that make it seem that way? (Think about *The Secret*)

Regional Team Input: When we see a problem in the world, our reaction to it in our thoughts is a powerful key to how it gets resolved. When we focus our intentions on how bad or wrong or horrible something is, like the continuing horror of the Oil Spill in the Gulf or fight or the inequality of marriage rights in the US for example, we can't hope to see it resolved. We can only see something solved when we actually "see" it solved. The problem is that the input in our lives, such as news channels and internet media, only shows us negative sides of problems, not how they wish them to be resolved. They give us much more of the crisis, than the solution. That is simply because more money is made that way. It is up to us to see otherwise.

Popcornin' *The Secret*

Do a popcorn reading of "Penelope's Secret" on pages 136 to 138. Then continue to the discussion activity.

- What was significant difference between the two approaches to solving the problem in the story?
- How did making that switch affect the situation?

Regional Team Input: In *The Secret to Teen Power*, Harrington uses an example of protests and how joining in on them present a significant danger to the situation through negative. He says they only attract negative energy to a problem as they focus on what people don't want to see. It is very important to augment the book here with a note about speaking up in your community. Protests, whether with one or many people, can be a very powerful tool to speak and be heard. Protests can and do make a difference in a positive way and many are very positive, stating what the people would like to see happen for the better. So if you want to join in a conglomerate of people trying to change their community or others around the world, feel good about it, and keep a positive, *peaceful* message of liberty, equality, and justice.

"Saving the World Before Bedtime" Activity

Materials needed: Large writing board or paper, large writing utensil such as markers.

For the next activity, take out the lists of problems that you made earlier. As you probably could have guessed from the reading of *Penelope's Secret*, we are going to be turning those problems around. Yes *you* are going to join together to be the heroes in the crises of the world and our own lives.

-Write a title on the board such as “Bad Stuff” but do better than that example.

-Take all the negative events, injustices, or bad trends that each YOU wrote down before, but this time, combine them all on the board. You can add more if you like, but leave a little room below each one for the next part. In fact, and if you can, make the spaces below each one bigger than the problem so we can make the positive words bigger.

-After you have all the problems on the board (and certainly don’t expect to get “all” of them, but enough), agree upon and then write a positive statement below each one about what you would like to see in that area. For example, if you wrote about cancer, instead of writing “A world where nobody has cancer,” how about something more like “A world where everyone is healthy and enjoys rich, full lives”. The “problem word”, in this case “cancer”, should not even be mentioned in the solution. Be creative and have fun!

Meditation

Ask everyone to get into a comfortable spot. Say: **For this meditation, I would like to share with you something I found recently. It is a process for getting past procrastination, of which there are many in this world, and it is something so simple and effective that I just have to share it with you. So I will be integrating the first two steps of the three step process into the meditation.**

Together, take a deep, cleansing breath in.....and out. Again in.....and out. I invite you to think of something in your life that you are unhappy with. It could be a few things, or just one. Take a moment to imagine those things and the strain they have been putting on your mind. Think of how much time so far you have spent thinking about them without them getting done or being gone. They could be things you have been procrastinating doing, or something about your life that you wish to be changed.....a weeks long school project.....a different body shape.....a special someone that has yet to actually be *your* special someone.....whatever it is in your life, make it something that has been causing you negative energy. Something that has made you unhappy. I invite you now to imagine it already done. Don’t think about how you could fix it or what you could do to change it, just imagine it...done. Really imagine it. Imagine your current situation become transparent as the solidity of that completion comes through. Imagine an image of a moment in that new being.....running in your more fit body.....getting a terrific grade back on your project.....spending time with that one amazing person you wish for.....just focus as hard as you can on that memory that has yet to happen. Think very hard on how it will make you feel. What emotion does it bring to you? Where is that emotion located in your body? You really have to manifest an emotion or else you won’t have a chance. What does it *feel* like. Keep that feeling in you and take a wholesome breath in..... and sigh it out. Now take another breath in, but let your sigh be filled with that emotion and release the thought gives you. Actually feel that feeling, whether it be happiness, comfort, release of stress. Give name the emotion

and solidify it. Breathe in.....and sigh it out. Let your feeling come through in that sigh. Give your emotion a voice as you will when your image becomes reality. Notice to yourself how good that moment makes you feel. This time with an hmmm... of satisfaction instead of a sigh. Let it be like the hmmm of tasting delicious food. Breathe in.....and hmmm. Let it make you feel good. Again in..... hmmm. Keep that warm, satisfying feeling with you. Remember what it did to you and how good it will feel to actually reach that point where you've gotten what you deserve and you can feel something positive about what you've accomplished. You've accomplished the first two steps of seeing it done and letting yourself feel good about that accomplishment. Now the third step will come naturally. You should feel a pull to do it instead of a push. It should entice you from now on with that feeling that you want to get so badly. Don't go after it for the thing itself being won, but the feeling being achieved. In the coming weeks or days, I want you to think of that change you want, how it made and will make you feel, and either do it to completion or start yourself on the path. Breathe in..... and sigh it out.

Closing Prayer

Ask someone who has never lead a prayer to close the group out with a simple thanks for what we've experienced this lesson. Imagine how it will feel to do so for the first time. (If everyone has done one, then have someone who usually does not lead prayers do it. Encourage them 😊)



Chapter 9: The Secret to You

By: Ben Georgoff

About: As stated before, these lessons do not replace the reading requirement to attend June rally; they are intended to enhance the reading experience.

Opening Prayer: Good morning divine thing that we call God! Thanks for letting us hear from your wisdom as we search for the ultimate truth to the life, universe, and everything. And so it is, Amen.

Check In: Hi/Lo + Bonus question (ex. Which is better: Pirates or Ninjas?)

Affirmation: My atoms vibrate at a high level! (3 times enthusiastically and loud).

Daily Word

Christ Candle

The Third Unity Principle: We create our reality through thoughts held in mind.

Write on the board

Energy cannot be created nor destroyed; it simply changes form.

Whip

- Humans are made of energy. If energy cannot be created nor destroyed, then where does the energy that makes humans come from?

Write on the board

The energy that makes up your physical structure has been around for about 13.7 billion years.

Whip

- Is there anything that makes the energy you are made of different than the energy that something such as a piece of grass is made of?

Write on the board

At a low vibration, H₂O becomes ice. At a high vibration, H₂O becomes steam.

Whip

- Do you think that the vibration of the atoms within you has the power to truly affect your ability to succeed?

- What do you think controls the vibration of the atoms within you?

-If you and the person sitting next to you come from the same pool of energy, which was created during the Big Bang, then does that make you a part of some sort of universal energy force?

- If we are a part of a universal energy force, then what happens to that energy force when we try to compete with each other with the intent to defeat each other?

Read Steven's Story on page 153.

Whip

-Why did Steven win?

- Do you think that the universal energy force ever calls on you to use your creative potential to do something to benefit it?

Wouldn't it be cool activity

Say: *We all have potential to create something big. We are all connected to a force greater than ourselves. Let's see if that force is calling on us to do something big right now. We are going to go around in a whip format and then a popcorn format, stating things that we think would be cool that someone invented, created, or changed. If there are commonalities in what we are saying, perhaps we have the subject for our next service project.*

Meditation

Transcendental / Improvise

Closing Prayer

Ask someone who is strong at leading prayers to close the lesson.

Announcements:



Chapter 10: The Secret to Life

By: Clay Kinson

About: Here we are, the last chapter of *The Secret to Teen Power!* Remember that besides these lessons, you need to have read the book all the way through on your own or with your chapter. We hope you have enjoyed this learning process and we hope you'll continue to take this wisdom out into your own life.

Opening Prayer: Mother Father God, we appreciate this time every week that we get to rest, rejuvenate and restore ourselves in mind, body, and soul. Thank you for this space we have been able to create for ourselves and let us use the energy we gain here in the following days and weeks.

Check In: Two highs and one low from your week (Hint: Don't end on the low!)

Affirmation: I recognize and rejoice in the love I encounter every day. (2 real times naturally and with intent).

Daily Word: *Use your daily word booklet or other source to read this the word of this day.

Christ Candle: If you have one, light it now, and have a volunteer remind everyone why you do.

The Third Unity Principle: Our thoughts and intentions create the world in which we live.

Whip Questions:

- What do you absolutely love to do (besides the core necessities like eating, sleeping, etc.) ?
- Do you spend good time on those things? Do you think you allow yourself to do those things as often as you need or want? What holds you back from them at times, if anything?

Read *The Secret* excerpt on page 175.

Popcorn

- Any thoughts about the ending of *The Secret*?

Regional Team Input: The way you perceive life is so important. Because of the power of the third Unity Principle, our outlook on life can be the deciding factor in how life plays out. The Secret is not to make life beautiful, but to pull that beauty closer to you. The Secret is a filter and delivery system designed to bring you exactly what you want out of the infinite universe.

Whip Discussion

-What is the purpose of life for you?

-In what ways could that passion make the world better later in life?

-What do you do to fulfill that purpose?

***The Secret to Teen Power* concludes on the note that the all-encompassing purpose of all life, no matter what each individual's purpose may be, is to seek happiness. It makes sense, no one can deny it. But it is important for us to remember to actually do it. It's grand and all to say your purpose is to be happy, but unless you actually make efforts to determine what makes you happy and how to get there, it's a pretty futile quest. Remember to always keep your mind set on the important things. :)**

"The Rank of Master" Activity. Materials: Markers/pens and paper.

Here's where you get your PhD in happiness. Hardly any of us know yet what path we'll end up walking. Because of this, we are raised and educated to be given many different opportunities to see what we like and what our skills are. Right now, look at your life and try to see all of your different aspects. See all your different passions as an opportunity. Imagine what it would be like to follow each of them fully. Where would you end up? Now take your pages and writing utensils and illustrate (on multiple pages if you need) where some of your strongest passions would take you. Imagine that you followed that passion completely and became the best version of yourself within it. Just because I don't want to take anyone's idea, I'll give you a less common example. Say your passion is sculpting. You would then write about and draw on your page the results of becoming the world's best sculptor, winning many competitions, opening several galleries and art shows, and maybe even founding a program that helps kids learn to hone their sculpting and other art skills. Go for it! Let your mind flow freely. Share them when you're finished, and definitely take them home.

Popcorn

- Any thoughts about the activity?

-What did it feel like to see multiple "best versions" of yourself?

Meditation

*We recognize that meditations are significantly harder to improvise than say a prayer, but it is still an important and very useful skill to develop for a YOUer. If there are no meditations available, have a YOUer or sponsor lead a meditation of their own.

Closing Prayer

Ask someone who is strong at leading prayers to close the lesson.

Announcements: ...?

***** THE FUZZIEST FUZZIES YOU HAVE FUZZIED SINCE THE DAWN OF FUZZ. *****