

Lessons In Truth
Facilitated by Joanne Rowden
June 1-29 at Unity in Edinboro

1. June 1- Bondage or Liberty—Which?
Statement of Being
2. June 8- Thinking
Denials and Affirmations
3. June 15-Faith
Chemicalization, Personality, and Individuality
4. June 22-Spiritual Understanding
The Secret Place
5. June 29-Spiritual Gifts
Unity of Spirit

Daily Meditation Commitment am/pm check

I commit to meditating for _____ minutes every day. I will meditate for _____ minutes each morning and _____ minutes each evening. I will continue this meditation time throughout the duration of this class since I know that every one must take the time for daily meditation.

(Signed)

(Date)

June 2	June 3	June 4	June 5	June 6	June 7	June 8
June 9	June 10	June 11	June 12	June 13	June 14	June 15
June 16	June 17	June 18	June 19	June 20	June 21	June 22
June 23	June 24	June 25	June 26	June 27	June 28	June 29

Week One-June 1
Bondage or Liberty—Which?
Statement of Being

1. Opening music-5 minutes
2. Meditation/Prayer-5 minutes
3. Emilie Cady tells us “Having become conscious of an oppressive bondage, we have arisen and set out on the journey from Egypt to the land of liberty, and now we cannot turn back if we would.
 - a. Choose a partner and take about 5 minutes each to describe what event in your life caused you to consciously choose to begin to move out of bondage and onto a Spiritual path.
4. Share ideas on board inviting thoughts that answer the question....God is-5-10 minutes
5. Create a collage that represents for you what God is in you...and what you are in God-30 minutes
6. Choose one of the personal reflection statements. Contemplate and write on it. Once you have a clear understanding of that statement, create a Daily Word for that reflection.
7. Come together for last 10 minutes and share the Daily Word creations.

Personal Reflection Statements

I feel God as love when:

I experience God as wisdom when:

I experience God as power when:

I experience God as substance when:

I experience God as creative cause when:

I experience God as principle when:

I experience God as Father-Mother when:

Week One-June 1
Bondage or Liberty—Which?

Important Concepts

- All suffering is the result of our belief that we are in bondage to the flesh.
- The Lord's statement "to me every knee shall bow" means that human consciousness must grow up through various stages to the knowledge of oneness with God.
- God regards you not as His servant but as His child.
- God in us is the fountain out of which springs all our good.
- The secret of power in living is meditation.
- Jesus daily went apart from the world so that He might return to it with renewed Spiritual power.
- Prayer is when we talk. Inspiration is when we listen.
- To forgive is to give some good in return for evil given.
- Failure to demonstrate may be caused by our harboring a spirit of unforgiveness.
- God is in everything that happens to you. There are no second causes. The ultimate aim of every man should be to come into the consciousness of an indwelling God, and then, in all external matters, to affirm deliverance through and by this Divine One.
- When there seems no way of escape from a situation, our prayer should be "Christ is the way"

Statement of Being

Important Concepts

- God is not a being or person. He is Spirit; He is the total of life.
- God is the cause of all visible things. God as Spirit is the invisible life and intelligence underlying all physical things.
- The source of all knowledge, the very Spirit of Truth, is lying latent within each one of us, waiting to be called on to teach us the truth about all things.
- Man is the most complete expression (pressing out) of God.
- God as the creative underlying cause of all things is principle, impersonal. As expressed in each individual, He becomes personal to that one—a personal, loving, all giving Father-Mother.
- We all have direct access through the Father in us—the central ‘I’ of our being—to the great whole of life, love wisdom, power which is God.
- Mortal mind is the consciousness of error.
- There is no limit to God’s readiness to give us the good we seek, if we are willing to do his will.
- There is but one Source of Being...This Source and you are connected, every moment of your existence. You have power to draw on this Source for all of good you are, or ever will be, capable of desiring.

Definitions:

Substance-God is the substance...or the real thing standing under every visible form of life, love, intelligence or power.

Creative Cause-God is not only the creative cause of every visible form of intelligence and life at its commencement, but each moment throughout its existence. He lives within every created thing as the life, the ever-renewing, re-creating, upbuilding cause of it.

Principle-God is the name that we give to that unchangeable, inexorable principle at the source of all existence.

Father-Mother-As expressed in each of us, God becomes personal to us—a personal, loving, all giving Father-Mother.

Homework:

- **Complete the personal reflection statements**
- **Commit to Daily Meditation**

Emilie Cady tells us that every man must take time for daily quiet meditation. During the duration of this course, make the choice to commit to this spiritual discipline each morning and evening. In order to integrate the concepts of this class into your consciousness, you must make the commitment to work with the tools presented. This week, that tool is meditation. You will use this tool throughout the remainder of this class.

Week Two-June 8
Thinking
Affirmations and Denials

1. Opening music-5 minutes
2. Meditation/Prayer-5 minutes
3. Emilie Cady tells us “The source of all knowledge, the very Spirit of Truth, is lying latent within each one of us, waiting to be called on to teach us the truth about all things.”
 - a. Invite participants to share their Daily Word writing with the group.
4. Discuss the idea that God mind is the only Mind in the universe and how there can be “evil” in the world.
5. Journal on the ways of thinking I would most like to change.
6. What evidence shows up in your life to support this way of thinking?
7. How does this make you feel?
8. How would you like to feel instead?
9. Create a Denial/Affirmation
10. Write a letter from God about what your life would be like if you fully recognized who you were.

When these events show up in my life, I feel:

Sad	Ridiculed	Careless	Frantic
Afraid	Inferior	Tormented	Forsaken
Anxious	Disorganized	Bitter	Neglected
Angry	Belittled	Broken	Weak
Ashamed	Spiritless	Spiteful	Unsure
Abandoned	Selfish	Lazy	Crushed
Despair	Insignificant	Conflicted	Offended
Helpless	Intimidated	Confused	Foolish
Pressured	Distracted	Cheated	Forgotten
Desperate	Bewildered	Unimportant	Victimized
Hesitant	Betrayed	Unloved/able	Uptight
Provoked	Incompetent	Exposed	Upset
Abused	Ineffective	Fatigued	Panicky
Despised	Disinterested	Toxic	Gullible
Hindered	Bereft	Trouble	Guilty
Agitated	Sensitive	Let-Down	Hatred
Alienated	Skeptical	Uneasy	Withdrawn
Alone	Jealous	Unsatisfied	Unhappy
Devalued	Burdened	Explosive	Depressed
Disgusted	Dumb	Enraged	Depreciated
Hurt	Tired	Empty	Weary
Disappointed	Irate	Unworthy	Wicked
Run Down	Blah	Frozen	Powerless
Ignored	Careless	Criticized	Ostracized
Humiliated	Stressed	Weak	Self-Pity
Apprehensive	Swamped	Vulnerable	Defeated
Regretful	Tired	Unsure	Worried

Instead of feeling _____, I would like to feel _____.

Instead of feeling _____, I would like to feel _____.

Instead of feeling _____, I would like to feel _____.

Instead of feeling _____, I would like to feel _____.

Instead of feeling _____, I would like to feel _____.

Create a Denial:

Create an Affirmation:

Thinking

Important Concepts:

- There is but one Mind in the entire universe...this Mind is God.
- There is in reality only one Mind (or Spirit, which is life, intelligence, etc.) in the universe; and yet there is a sense in which we are individual or separate. A sense in which we are free wills and not puppets.
- Spirit is the central unchanging "I" of us...in our outspringing from God into the material world, Spirit is inner—one with God; soul or mortal mind or intellect is the clothing, as it were, of the Spirit; body is the external clothing of the soul.
- Mortal mind...the intellect which gathers its information from the outside world through the five senses has no way of knowing truth from falsehood. It is what Paul calls "the mind on the flesh"
- The Spirit within you is Divine Mind, the real Mind. Without it, the human mind would disappear, just as a shadow disappears when the real thing that casts it is removed. Man then, is Spiritual Mind, mortal mind, and body.
- For all those "who without question or discussion are willing at once to accept and to try a few plain, simple rules...rules by which they can find the Christ within themselves, that through it, each man for himself may work out his own salvation from all his troubles.
- Seek light from the Spirit of Truth within you...the very Spirit of Truth is at your call, within you.
- Intellect argues. Spirit takes the deep things of God and reveals Truth to man. One may be true; the other is always true.
- It does make a great difference in our daily lives what we think about God, about ourselves, about our neighbors. Heretofore...nearly all of our information has been gotten through our five senses. We have thought wrong because we have been misinformed by these senses, and our troubles and sorrows are the results of our wrong thinking.
- We are in the process of growth into the highest spiritual manhood and womanhood. God is always trying to make us grander, larger, fuller, freer individuals.

Denials and Affirmations

Important Concepts:

- All systems for spiritualizing the mind include denial. Every religion in all the ages had some sort of denial as one of its foundations.
- Besides the real innermost Self of each of us...there is a human self, a carnal mind, that reports lies from the external world and is not to be relied upon fully; this is the self of which Jesus spoke when he said, 'let them deny themselves.'
- Wrong or false beliefs held by us are really the cause of all sorts of trouble...Wrong (or error) beliefs arise only in the human mind. We can, by persistent effort of the will, change our beliefs.
- One of the methods that will work every time in getting rid of troublesome conditions (which are all the result of erroneous thinking and feeling) is to deny them in toto: First, to deny that any such things have, or could have, power to make us unhappy; second to deny that these things do in reality exist at all.
- Denial is the first practical step toward wiping out of our minds the mistaken beliefs of a lifetime. By denial, we mean declaring not to be true a thing that seems true. Negative appearances are directly opposed to the teachings of Truth. Jesus said, "Do not judge by appearances, but judge with right judgment."
- Affirmation: To assert positively that it is so, even in the face of all contrary evidence.
- We speak the work, we confidently affirm, but we have nothing to do with the establishing of the word, or bringing it to pass. If we decree or affirm unwaveringly, steadfastly, we hold God by His own unalterable laws to do the establishing or fulfilling.
- You do not change God's attitude toward you one iota by either importuning or affirming. You only change your attitude toward Him. By thus affirming, you put yourself in harmony with divine law, which is always working toward your good and never toward your harm or punishment.
- They who have claimed their birthright by thus calmly affirming their oneness with God know how free they can be from human planning and effort after they have called into operation this marvelous power of affirmation.
- Denials have an erasive or dissolving tendency. Affirmations build up and give strength and courage and power.

Week Three-June 15
Faith
Chemicalization, Personality and Individuality

1. Opening music-5 minutes
2. Meditation/Prayer-5 minutes
3. Invite the participants to share their experience of using denials and affirmations over this past week with a partner. 5-10 minutes
4. Brainstorm together:
 - a. How did they perceive/learn faith when they were young?
 - b. What “spiritual laws” are in operation that they know and have experienced within their lives.
 - c. Explain the difference between blind faith (a) and understanding faith (b)
5. Journal on a situation where they decided to focus upon a spiritual principle, and then events in their life showed up to help them heal.
6. Share this information with a partner
7. Individuality vs. Personality
8. Mandala Creation

Faith

Important Concepts:

- Faith takes right hold of the substance of things desired and brings into the world of evidence the things that before were not seen.
- Blind faith is an instinctive trust in a power higher than ourselves. Understanding faith is based on immutable principle.
- Faith does not depend on physical facts or the senses because it is born of intuition.
- Intuition is the opened, within one's own being, of the invisible channel ever connecting each individual with God.
- There is no good that you can desire in your life that, at its center, is not God. There is already an abundance for every human want.
- The supply of every good always awaits the demand. Demand must be made before the supply can come forth. To recognize and to affirm are the whole secret of understanding faith.
- The promises of God are certain eternal, unchangeable Truths that are true whether they are found in the Bible or in the almanac. They are unvarying statements of Truth that cannot be altered.
- The instant we ask or desire some good that we want, "we touch a secret spring which starts it on its way toward us." This is an unalterable Truth that Jesus spoke when he said, "ask and you will receive."
- Desire in the heart for anything is God's sure promise sent beforehand to indicate that it is yours already in the limitless realm of supply...yours for the taking.
- You cannot desire that which belongs to another. What you may desire is the equivalent for which his possessions stand.
- Knowing and obeying divine law affords us rest from all anxiety and fear.

Chemicalization, Personality and Individuality

- The greater the truth to be expressed, the more simply can it be clothed.
- The term chemicalization as used in Truth denotes when there has been a clash between old ways of thinking and the new thought or Truth.
- Chemicalization (mental or physical) is similar to mixing two dissimilar chemicals together, causing an agitated reaction, after which something higher and better always results.
- Chemicalization does not occur with everyone. If one should, however, find oneself in this state, affirmation is advised.
- The words personality and individuality are not used interchangeably.
- Personality applies to the human part of us—the person, the external, the region governed by intellect.
- Individuality denotes the real of us. The more God comes into visibility through us, the more individualized we become.
- John the Baptist represents the illumined intellect. Jesus typifies the divine Self or individuality (God self expressed.)
- We cultivate individuality by listening to the still small voice down deep within us, and boldly following it.
- We cultivate personality by listening to the voices outside ourselves and by being governed by selfish motives, instead of by the highest within us.
- However humble your place in life, however unknown to the world you may be, however small your capabilities may seem at present to you, you are just as much a necessity to God in His efforts to get Himself into visibility as is the most brilliant intellect, the most thoroughly cultured person in the world.

Homework

Bring to class next week a representation of your “ideal” or “Christ” self. This can be in the form of a poem, a drawing/painting, a song, a collage etc. **BE CREATIVE!** Get in touch with the Holy Spirit within and create from that place.

Week Four-June 22
Spiritual Understanding
The Secret Place, Finding the Spiritual Place

1. Opening music
2. Meditation/Prayer
3. Invite the participants to share their homework from last week (An expression that represents their “ideal self”)
4. Allow participants an opportunity to write down all of the ways in which they have worked to “find God” in their lives (i.e. books, classes etc.)
5. Break into two groups. Have each group discuss with each other what some of the blocks/difficulties have been in taking time to meditate. Ask each group to appoint someone to write down what they come up with. After 10-15 minutes write down on board what are some of these issues?
6. Discuss Emilie’s recommendation for meditation:
 - a. Start with a prayer. Acknowledge what you are hoping to experience as you enter into meditation.
 - b. Decide on a word/phrase/affirmation that you will utilize to recenter yourself as you find your mind “wandering”.
 - c. Throughout the meditation, give thanks that you are receiving that which you desire within this time.
7. 20 minute meditation followed by discussion of the experience.

Spiritual Understanding

Important Concepts:

- Spiritual Understanding differs from intellectual knowledge. You may have an intellectual perception of Truth without benefit to self or others.
- This revelation of Truth to the consciousness of a person is a spiritual understanding.
- All the teachings of Jesus were for the purpose of leading men into this consciousness of their oneness with the Father. This is a revelation of Truth
- We cannot reveal God to another person. We can tell others how to seek and find God, but they must seek and find God for themselves
- Intellectual lore can be bought and sold; understanding or realization can not.
- With spiritual understanding comes new light on the Scriptures.
- What we need to do is to seek the revelation of the living Christ...knowing that only this divinity come forth can make us powerful and happy.
- Too much introspection can be detrimental to one's spiritual growth.
- Stagnation is death...Unless you use for the service of others what God has already given to you, you will find it a long, weary road to spiritual understanding.
- Seek your own Lord. Take the light as it is revealed to you, and use it for others, and prove the Truth for yourself. "Your light shall break forth like the dawn" Is 58:8

The Secret Place

- The secret place of the Most High is the point of mystical union between man and Spirit or God in us.
- Spiritual illumination, enduement of power, must come from the Spirit within our being. This is the secret that the Father longs to reveal to each of us.
- We must learn how to be still and let Spirit, the I AM, work in us that we may have the mind of Christ in all things.
- You are not seeking God, but God is seeking you. God does not give us life or love as a thing. God is life and light and love.
- God works in the stillness, and we can so wait upon the Father of our being as to be conscious of the still, inner working—conscious of the fulfillment of our desires.
- Many who try to get still and wait passively on God, find their minds cluttered with every sort of imagination. This is but a natural result of not trying to think at all. This can be prevented by starting into the silence with prayer.
- To find the secret place: first, withdraw yourself bodily and mentally from the outside world, turning your thoughts within. Affirm God's abiding presence. Then be still, relax every part of your being, and believe that your desire is being done. Speak words of thanksgiving for answered prayer.
- Do not let waiting in the silence become a burden to you. A rigid, mental attitude shuts off all inflow of the Divine into your consciousness.
- Two indispensable conditions for finding the secret place: We must wait upon God, and all hope must be from God.

Homework

Bring to class next week a 30 day plan for how you will continue this process of Spiritual Growth. Be as specific as possible. Remember, the more specific you can be, the more likely you are to succeed. (i.e. do not write-meditate. Instead-I will meditate 10 minutes every morning when I wake up). In this creation, write an outline of that which you intend to do for the next 30 days. Think about the idea that quantity is not the answer, but quality. In other words, don't write down everything that you think you should be doing for spiritual growth. Choose just one or two things and then be as specific as possible about your plan. Make these things that in your heart you are **TRULY** willing to commit to for 30 days. Spiritual growth can be set more rapidly into motion if you are truly willing to discipline yourself and **FOLLOW THROUGH!**

Lessons in Truth
Class Five

1. Meditation/Music
2. Does anyone have anything to share from the previous week (i.e. symbol of their ideal self, mandala)
3. Group sharing. Split class into 2 groups and have each group share how they have discovered and used their gift.
4. Share with the group the 30 day plan on how you will carry on with your spiritual growth using the tools learned over the next 30 days.
5. Ask everyone to choose a partner to encourage you to complete your 30 day plan.
6. With partner, looking each other in the eye, listen to Karen Drucker's song "Beloved". Feel that Christ spirit within your partner. This is what you will encourage over the next 30 days...that Christ spirit.
7. Ending Prayer

Spiritual Gifts

Important Concepts:

1. We should not restrict the limitless One to the bestowal of a particular spiritual gift (such as healing). Time has shown larger and broader views about spiritual gifts.
2. The time has probably come in your spiritual growth when you are to “strive for greater gifts” whatever they may be in your individual case.
3. The gift of healing is no more, no greater, than the gift of prophecy; the gift of prophecy is no greater than faith.
4. Do not fear failure, but call failure good, for it really is. Old ways must die. Failure is only the death of the old that there may be the hundredfold following.
5. Turn to the divine Presence within yourself. God will lead you to your own fullest, highest gift.
6. We need to cultivate the acquaintance or consciousness of Spirit within ourselves. We must take our attention off results and seek to live the life.
7. There must be more incorporating of Truth in our very flesh and bone.
8. You can bring good things of whatever kind you desire into your life by holding to them as yours in the invisible until they become manifest. But our highest thought should be to seek and abide in God.
9. It is all one and the same Spirit. To be the greatest success, you do not want my gift, nor do I want yours; each wants his own...the highest in us shall choose.

Unity of Spirit

Important Concepts:

1. The human mind often tries to “limit God to personal comprehension as though the finite could completely encompass or comprehend the Infinite.
2. If we try to limit God’s manifestation in or through any person, we are but demonstrating our own narrowness and ignorance.
3. Lose sight of all differences, and seek but for one thing—the presence of an indwelling God in you and your life.
4. Happy is the person who will from his heart exclaim, “Praise the Lord” no matter what occurs to him.
5. To have an eye single means seeing but one power in life; if we see two powers, we are serving two masters.
6. If your loved one does not see Truth as you see it, “do not try by repeated external arguments to convert him.”
7. Every living person in all God’s universe is a radiating center of the same perfect One, some radiating more and some less according to his or her individual consciousness.
8. There is no necessity for us to separate God as substance and God as tender Father. God outside as law. God within as loving Father-Mother.
9. God is principle, but God is individual also. Principle becomes individualized the moment it comes to dwell in external manifestation in a human body.