

WORKING WITH WISDOM[®] CURRICULUM

1. In the weeks and days leading up to the first session of Working with Wisdom[®], contact each group participant and remind them that they have chosen this curriculum. Ask them to purchase the book, *Divine Wisdom at Work*, and to read the Introduction and Chapter 1 before the first meeting.
2. **Covenant:** At the first meeting, be sure your group reviews the group covenant so that participants feel safe. It helps to clarify the goals and expectations of the group and allows everyone to start with the same understanding. The group can use some of its Exploration and Discovery time in the first meeting to go over the covenant. The facilitator needs to remind the group in all subsequent sessions about the covenant the group has agreed to.

Using the Working with Wisdom[®] Curriculum

1. Before each group session, read and answer for yourself the “Exploration and Discovery” section of the curriculum so that you can model for the group what an effective discussion would look like. Also, familiarize yourself with the objective for the session’s Exploration and Discovery and do some thinking about how you will facilitate a lively discussion on the topic.
2. Take a few minutes at the beginning of each session to reflect back as a group on the previous session’s discussion (unless, of course, this is your first session with this curriculum.) Ask if anyone has any “dangling” questions from the previous session, or anything they have thought of that they’d like to bring up this session. During the Exploration and Discovery, make a few notes and follow up on members’ comments from the previous session. This helps foster a sense of belonging and caring within the group. In facilitating the discussion, make sure everyone has a chance to speak – but allow anyone to pass without speaking if they wish. Make sure no one dominates the discussion and make sure the discussion does not lead to counseling or “fixing” sessions. (If necessary, gently lead the group back to the covenant it made at the first session.)
3. There is time set aside in each group session for prayer and prayer requests. You have received training on facilitating this sacred time. Remember that Prayer is exceedingly important to the group process and should not be missed or dramatically shortened even if the preceding Exploration and Discovery time is lively. The facilitator needs to be skilled in bringing the discussion to a close so that there is enough Prayer Time to meet group members’ needs.

SESSION ONE

BEFORE THE MEETING:

- Have copies of the Group Covenant for each member, along with a master covenant.

GATHERING:

- **Namasté Greeting**
- **Heart Check – Getting Re-acquainted:** For the first meeting only, have the group members sit in a circle and ask each person to re-state his/her name, give a brief summary of how they've been doing since the last group meeting and what they hope to get out of the Working with Wisdom™ curriculum. As the facilitator, you set the tone, so plan on sharing first.
- **Review the Group Covenant:** Distribute copies of the Spiritual Life Group Covenant to each member, and ask members to take turns reading a section of the Covenant. Ask if there are any questions or suggestions. Keep the master Covenant in the host home as a reminder of the group agreement.
- **Go over the meeting agenda** so everyone knows what to expect. Remind participants of the day of the week of the meetings, the location, and the number of times per month the group has agreed to meet. Let people know that a Coordinator may visit at some time during the eight sessions.
- **Remind participants** of the three parts of each group session – **Gathering, Exploration and Discovery, and Prayer.**
- **Meditation**

SESSION ONE EXPLORATION AND DISCOVERY

Introduction and Chapter 1

Tap into Divine Wisdom

As the facilitator, you might want to introduce the Working with Wisdom® study to your group with some language like this:

In the Introduction to *Divine Wisdom at Work*, Tricia Molloy writes: Setting intentions, affirming and visualizing success, embracing prosperity, giving thanks and all the other universal principles in *Divine Wisdom at Work* are ancient truths and powerful tools for today's business environment. They produce a competitive edge that sets you apart from most other entrepreneurs. They also turn work into play as you create, manage and grow your business with joy and ease.

The good news is you were born with all this innate wisdom. Unfortunately, without the support and validation from others as you were growing up—and most likely a good dose of negative reinforcement—much of this wisdom has remained dormant. This book is a “refresher course.” As you rediscover each principle, you're sure to have many “aha!” moments.

In addition to helping you enhance your business, you'll also find that these principles will help transform your personal life, including achieving optimum health, attracting the right mate and friends, and being a better parent. Your example will inspire others to do the same.

Now is the time to release fear and doubt and feel the pure exhilaration of being an enlightened entrepreneur through *Divine Wisdom at Work*. Enjoy the journey!

The author explains that universal principles help us make better decisions, solve problems easier, be more productive and prosperous, build authentic relationships, be more creative, experience less stress, have more fun, and strike that elusive balance between work and life.

Here are the discussion questions for the first session:

- In Chapter 1, Tricia Molloy recommends five strategies for tapping into Divine Wisdom or your inner guidance: meditation, intuition, “God Winks” (paying attention to synchronicities and coincidences), dreams and prayer. Think of a time when you capitalized on one of these strategies—like using meditation for creative problem solving or trusting your intuition to decide what direction to follow. What strategy have you used at work and what came of it?
- Have you ever shared these strategies with others and, if so, what was their response?
- **Remind the group to read Chapter 2, Define Your Life Purpose, and begin the Life Purpose Statement exercise; then conduct prayer time.**

SESSION TWO EXPLORATION AND DISCOVERY*Chapter 2**Define Your Life Purpose***Here are the discussion questions for the second session:**

- Why are you here and how does your work support that? Some believe that, before we are born, we have agreed to accomplish something important while we are on this earth. That proclamation shows up as our life purpose. What did you think of the examples of those who are living on purpose? Do you believe you are living on purpose?
- Share your experience with the Life Purpose Statement exercise. What were your key motivators, values and gifts? Would you like to share your statement draft? What were some of the “aha!” moments or revelations from this exercise?
- An intention is the broad, bright light that leads the way for the more specific goals you set. It is the sacred promise made between your soul and the universe to take responsibility and assure the quality of what you will manifest. What intention can you make that will set the course for this week at work?
- **Remind the group to read Chapter 3 and 4, Embrace Prosperity and Clean Out the Clutter, by the next meeting; then conduct prayer time.**

SESSION THREE EXPLORATION AND DISCOVERY
Chapters 3 & 4
Embrace Prosperity and Clean Out the Clutter

Here are the discussion questions for the third session:

- Prosperity consciousness means knowing there is no lack, there is more than enough to go around and we all deserve unlimited abundance. It's about cooperation, instead of competition. Prosperity is more than money; it's perfect health, joyful relationships and living each day with grace and ease. How do you demonstrate prosperity consciousness in your work and your life?
- Clutter distracts and confuses us and drains our energy. It keeps us from doing what's most important. Clutter takes on many forms—the physical clutter of unorganized files, messy desktops and unread mail, books and magazines; the electronic clutter of emails, e-newsletters and unnecessary documents; and the emotional clutter of regrets, resentments, unfulfilled promises and self-defeating beliefs. Since the universe abhors a vacuum, cleaning out the clutter creates the space for the universe to fill with what serves our highest good. When you have cleaned out clutter, what were the results? If cleaning out the clutter is a challenge for you, what one thing can you do this week to begin to de-clutter your office and home?
- **Remind the group to read Chapter 5 and 6, Stay Present and Live Your Truth, and complete the “Ideal Client Statement” exercise*; then conduct prayer time.**
***You may choose to make an ideal statement about work opportunities or whatever else you need to support your success.**

SESSION FOUR EXPLORATION AND DISCOVERY

Chapters 5 & 6

Stay Present and Live Your Truth

- We live in a high tech, instant gratification, answers at-a-touch-of-a-button, multi-tasking world. It takes commitment and discipline to avoid all the distractions and temptations and stay present, focusing on one thing at a time at least some of the time. But the rewards are plentiful—a true sense of peace and contentment, clarity, creative ideas and joy. Share your experiences of being mindful.
- Feng Shui is one way to create balance and harmony at work and home, which supports your mindfulness. If you practice Feng Shui, what have you done and what were the results?
- “Catching the Gifts” of accomplishments or compliments—taking time to appreciate them before rushing off to your next task—helps you stay present. What gifts have you caught this week?
- Living Your Truth is about being honest with yourself and others. It’s about asking for what you desire and deserve, like Ideal Clients or Work Opportunities (or whatever else you need to support your success). What was your experience of creating that Ideal Statement? If you’d like, share that statement with the group.
- **Remind the group to read Chapter 7, Engage the Law of Attraction, and do the “Say Cheese!” exercise by the next meeting; then conduct prayer time.**

SESSION FIVE EXPLORATION AND DISCOVERY***Chapter 7******Engage the Law of Attraction***

- Energy attracts like energy. We are all energy beings, vibrating at different levels at different times. Vibration is just another word for feelings and emotions. By vibrating at a high level, which is governed by love, peace and trust, and is light, positive and constructive, you will attract people and circumstances that vibrate at that same level. You maintain a high vibration by loving and nurturing yourself. What are some of the fun ways you keep your vibrations high?
- Sometimes the smallest effort can make a significant difference in how you feel and the way you look at life. What was your experience with the “Say Cheese!” exercise?
- If you tend to not ask for what you want, what one of the five obstacles to asking did you resonate with most? What can you do to overcome your reluctance to ask?
- **Remind the group to read Chapters 8 & 9: Affirm Success and See to Believe and begin a Treasure Map by the next meeting; then conduct prayer time.**

SESSION SIX EXPLORATION AND DISCOVERY*Chapters 8 & 9**Affirm Success and See to Believe*

- Written affirmations are a great way to remind us of what is true. They are most effective if they are short, in the present, positive and read out loud often. What affirmations do you use in business and what are the results?
- Visualization helps you achieve goals by picturing it in your mind so you may manifest it in your life. In addition to having a clear, vivid picture of what you want, you should also engage all your other senses—what do you hear, smell, touch and taste?—and infuse it with the positive emotions you would feel as if it were true. What is your experience with visualization?
- A Treasure Map or Vision Board is a simple way to capitalize on the power of visualization. Share your experience of using a Treasure Map in the past or creating a Treasure Map for the first time.
- **Remind the group to read Chapter 10: Give Thanks Often, and write in a gratitude journal by the next meeting; then conduct prayer time.**

SESSION SEVEN EXPLORATION AND DISCOVERY

Chapter 10

Give Thanks Often

- What we focus on expands. That's a universal law. Taking time to express gratitude is a great way to focus on what's going right at work and in your life. A gratitude journal supports this practice of giving thanks. What was your experience with writing in the journal?
- Giving thanks for perceived setbacks and disappointments helps accelerate the gifts that will come from them. Think back to a time when you experienced what seemed like a failure and then turned into something good—like losing a client who wasn't ideal and attracting a better client instead. Share your experience.
- You can transform your challenging professional and personal relationships by focusing on what you appreciate about that person. If you have done that, what were the results?
- Share what you are most grateful for about the Working with Wisdom[®] curriculum and this group.
- **Remind the group to re-read the chapters/principles that interested them most in preparation for the conclusion session and as a segue to a discussion at the next meeting about the curriculum for the next eight sessions; then conduct prayer time.**

SESSION EIGHT EXPLORATION AND DISCOVERY
Working with Wisdom[®] Conclusion;
Curriculum Discussion

- Lead a discussion of what feelings came up for group members about participating in this Small Group. Discuss what went well – and what can be improved. Bring up the question of moving the group to a different home, or different day. Talk about whether the group needs a new facilitator or assistant facilitator.
- Using the syllabus of available curricula, lead a discussion on what curriculum your group chooses to study during the next eight sessions. Once a decision has been made, remind group members to purchase the book and read the first session reading by the time of that session.
- After prayer requests are made, invite each person to express a short prayer of gratitude for the experience they have gone through. At the end, invite the entire group to recite the Prayer for Protection for “us” as an on-going Unity Spiritual Life Group. **Thank You, God!**