

Blessing 101 –Unit 6 A & B – Investigation of Blessing Principles - LESSON PLAN

Date:	Lesson #: Week 6 – High School – Sunday School and UPN	Unit: High School
Course: Blessing 101 – Investigation of Blessing Principles		Topic: Tools to Create a successful Blessing and Family = Tools for a successful Spiritual Life.
Instructor:		
Subject of Lesson:		
Need to develop a strategy and tactics for creating success in your Blessing		
Instructional Aids, Material, or Tools Needed:		
Sample of material that can be used		
Candy for Quiz		
References:		

Lesson Outline:

Put everything into context. The reason why we are talking about tools to become a good person is because in order to have healthy and successful relationships you first need to be a good person. It is the foundation for good friendships, and families.

The purpose of a religious life is not to avoid evil, but create goodness and joy (positive displacement.) If your life is full of healthy things, there is not room for unhealthy and polluted things.

The goal is to create long lasting happiness, not 'pig happiness'. How do you tell the difference?
What per cent of selfishness is in your decisions?

Tools for Spiritual life:

In our previous discussions, we have talked about the original ideal, the fall and restoration. I would like to discuss day-to-day spirituality

What does it mean to 'manage your spiritual life'? The first blessing is to become 'one with God'. It is a lot like managing anything else. In business, management involves and includes planning, controlling, directing, empowering, innovating, scheduling, monitoring, executing, checking, teaching and reporting to your boss. All these skills are also required to manage your spiritual life.

Analogy: You are an eternal spirit that is temporarily encased in a Physical body, and while you are here, you are responsible to grow the spirit so it is strong enough to stand on it's own, or if your are really good, you spirit should not just 'stand', it should dance and rocket around the universe. How will you do this? Think of a broken leg, if you stand on it, it will collapse and cause great pain. If you put a cast on it and take care of it, it will heal and strengthen and soon you can graduate and run again. The leg heals itself in

the cast, but while you are in your body, you are completely responsible for how your spirit grows and if necessary heals.

Care and feeding of the spirit:

Food:

The blood brings nutrition to leg to heal it and you keep it in a warm safe place. You also supply vitality elements to your spirit and bathe it in life elements. Imagine what would happen if you only drank and took drugs and spent your day kicking things with your cast. How well would your leg heal? We often do the same with our spirit. A doctor has a plan for how to care for your leg so it will heal quickly and well, you should have a plan for your spirit so it will grow quickly and well. The doctor knows the leg is well when the bone is fully healed and the leg can support your weight.

How do you know when your spirit is strong? When the seed of goodness in the original mind is developed into a full-grown conscience that doesn't need anyone watching to know and do the right thing.

What parts of the spirit need attention and what is the best way to provide them?

The spirit mind consists of three parts, Heart/Emotion, Intellect and Will.

The intellect grows through give and take with Truth and is confused by falsehood.

The heart grows through constructive love, and is injured by fake love.

The will grows through discipline and practice and shrinks by laziness and being spaced out.

All religions have developed methods and practices that help with the above three points. Some practices work better for one person than others. Part of growing up is finding the best way for you to grow.

Heart/emotion:

*Heart is the ultimate connection to God. This is why religion has focused on it so much. There are many techniques to deepen ones heart, but the biggest obstacle to growth is confusing heart with emotions. Emotions are superficial, heart is authentic, Heart is subject and emotions are object. Emotions are a quick reaction to events; heart is the filter that decides if they are good or bad. Emotions are the sparks and heart is the fire. While Emotions can be passed from one person to another, Heart is yours alone. Emotions can push you to action; heart welds you to a course of action. Emotions fade and change, heart is constant and solid. Emotions signal something should be done, heart tells you what should be done.

Everyone needs emotions, but they are like wild children that must have some order and structure to be good.

Managing emotions: If you think about it, the good thing about emotions is that they can be shared, the bad thing about emotions is that they can be shared. A 'down' person can bring you down, an 'up' person can bring you up. As you know, departed spirits surrounds you, a little like the Verizon commercial where there are a thousand people following this guy around with his cell-phone. How many of those spirits are feeling 'up'?

80% of our initial emotions are not our own, they are a reaction from someone near us (in either physical or spiritual worlds') and we 'pick up ' on their attitude. How we respond to that emotion makes all the difference in wasting an hour being angry or depressed or moving on to something constructive.

Managing your emotions has two parts:

1. Managing your response to an initial emotion.

◆ You do not have to wallow in all the feelings that come your way, at ANY moment you can choose to change the mood.

**List ways to do this*.*

2. Create a positive emotional environment. Like a 'clique', you choose who you are 'hanging out with' emotionally. The more you choose positive, uplifting, loving, inspiring things to do, the more your emotions will ring true to your Heart. . The more cynical, dark and critical, the less connection with your heart.

Intellectual Truth is like penicillin for the emotions, when confronted by a negative emotion, think about it (don't feel about it.) Truth is: Eternal, not temporary, constructive not destructive, universal not narrow, (*The rest of Papa San's list*)

Getting from emotions to HEART:

**Many techniques:*

1. Singing - All religions sing or chant. Singing multiplies emotions and deepens them. That is why iPods can be from the devil, multiplying the wrong feelings works just as powerfully.
2. Meditating - Quietly shutting out superficial things and 'resonating' with your original mind and original emotions. Praying - words form your emotions and reflect them back to you. Poetry can do this too.
3. Chanting, a form of meditating, to shut down the 'noisy' mind and allow the conscience to speak. Ceremony and sacraments - Consistent rituals that are memorized and allow the mind to 'float' towards God.

You will know you have reached your heart when it 'pings', like a tuning fork. When something is right, it feels like a gong, not a tinkle bell. The more you can work out of your heart, the less of time and energy you will waste. All your decisions can be 'heartfelt' with a little practice.

Intellect:

Truth is like medicine, the more you get, the better you do. What is truth and how is it different from ideas? Everyone has ideas, but they are not all good ones. Truth is: Constructive, instructive, eternal, motivated by love and timely.

Good ideas, like Marxism, are logical and reasonable, but do not fit humans or God. Partial truths are the most destructive.

List a few

Truth is necessary to make plans.

Managing the Truth in your life.

1. Read, listen, think about truthful things.
2. Place yourself in an environment where Truth is valued.
3. Manage your self-talk. Like emotions, ideas can come from anyone at anytime. 80% of your initial ideas are not yours. You can't stop an idea from 'popping' into your head, but you can choose how much give and take you have with it. Self-talk is the conversation you have in your head at any moment, usually it is not 'in your head', it is with someone. Choose your self-talk the same way you join and leave

conversations with your friends, changing the subject is the best way to control what you are thinking about. In extreme cases, leave the room and do something else.

4. Discovering 'Truth'. The easiest way is to learn it from someone else. Also utilize reading and listening. Anyone can speak truth, so listen to everyone at least once. Truth that is digested is 'head knowledge', ideas that have been thought about, tested and meditated over become 'heart knowledge'. The heart will 'gong' when it connects with TRUTH. The hardest way to learn truth is from experience and then reflection until your heart 'knows'. It is the most solid Truth. This is how Father discovered the principle.

Constructive ideas: Constructive imagination

Destructive ideas: Destructive fantasies

Will:

Will is a measure of the force that Heart and intellect have on behavior. If you know a lot of truth, yet you act like a jerk, you have not developed true freedom. There is no true freedom without results. Unless you reflect true emotion and true knowledge in good actions – not only are you a hypocrite, but your spirit ultimately starves, no good vitality elements are created.

Your physical body is your enemy. Your physical body is reflection of the whole physical creation, getting dominion over it gives you symbolic dominion over the physical universe. Imagine your physical body without your spirit in it. You have a physical mind, instincts and appetites, and primitive reasoning, just like a gorilla or orangutans. Ideally, a dog or gorilla should not control you. How often does your physical body control your behavior?

List ways and times:

What would full spiritual control look like?

Who are people in the world with excellent mind/body unity? (Artists, athletes)

Putting it all together:

A balanced spiritual life includes all parts of the previous discussion. Certain personalities respond better to certain types of spiritual practice.

Methodists: The founder of Methodism knew his appetites and feelings often got the best of him, so he made a strict schedule of habits and behaviors and forced himself to follow them everyday. Ben Franklin had a lot of methods to control his urges.

Catholicism - Uses a priest or spiritual guide to give feedback and Mentoring. We often can fool ourselves, but not an elder or parent.

Every person should have three mentors, who are not their parents. They should choose people they can trust for honest feedback and non-emotional honesty.

Monasticism - Buddhism and Catholicism use monasteries and retreats and

Workshops to create an artificial environment to charge up the battery and provide a concentrated spiritual experience.

Good, like-minded friends are critical to growth and development.

Learn by doing. You can't think or feel yourself to heaven.

Displacement

Conditions

Practice

Reinforcement

Attract UPE

If you don't run your life, someone else will.

Conclude the Presentation with a time for some discussion and feedback/status gathering with the participants.