



# My Sangha

**This booklet belongs to:**

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## ***What is Sangha?***

The term *sangha* comes from the Buddhist notion of a “spiritual community in practice together.”

At CSLDallas, a Center for Spiritual Living, it is used to describe an intimate neighborhood based group focused on a collective spiritual practice of spiritual mind treatment (guided affirmations/meditations) and mutual support. In a sangha, we listen, acceptance, and lift each other up!

*How does the term “sangha” apply to a small group?*

A sangha provides the synergy of group spiritual practice in a sacred container - one that is created, deepened, and richly experienced, together, over time. The discipline of regular communal practice strengthens and evolves our spiritual growth and understanding while increasing our connection with Spirit and each other. Your Sangha becomes the community to which you turn in times of need or celebration for support and powerful demonstration.

A sangha group provides that place where we feel safe enough to share, and we do so deeply and honestly. This kind of community is one in which we feel empowered to be who we *are* and explore who we are *becoming* while getting support along the way. It is a community in which we know that the Truth of ourselves and others is greater than our history and habits. In a sangha, we see and know the Spirit in each of us.

*Blessings on your journey together!*

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# CSLDallas Sangha Groups

**Vision:** Creating sacred community

**Purpose:** Sharing our spiritual journey

## My Intentions

**I am in this group in order to:**

1. Have an experience of spiritual community, where I feel safe enough to share my personal thoughts and feelings with others.
2. Support others in their spiritual growth by providing sacred witness (listening).
3. Allow myself to be supported in intentional manifestation and support others in affirmative prayer, meditation and spiritual mind treatment..

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

# Group Agreements to consider and agree upon for CSLDallas Sangha Groups

- **Confidentiality** ~ Thoughts, feelings, experiences, and requests shared in the group stay in the group.
- **Sharing** ~ An open and authentic atmosphere is desired to encourage members to share their truth at the level that is appropriate for them. There is no need for any group member to share anything that they would choose not to reveal. Every person has permission to pass at any time. When you share, share about yourself, your experiences and feelings.
- **Listening** ~ Allow others to share their feelings/experiences freely. Please do not comment, give advice, or detract from another's sharing. Do not tell a similar story on their time. This is commonly called cross talking. We are here to provide sacred witness to each other's spiritual journey, not to "fix" or advise them.
- **Respect** ~ Group members can show respect for one another by not interrupting or having side conversations. We are also here to respect that each one of us is on our own spiritual journey, and to respect the sanctity and uniqueness of that journey.
- **Challenges** ~ Sangha Groups are not designed as therapy sessions. If someone feels the need for further assistance or spiritual coaching, see Dr. Petra or Rev. Karen or any one of the Licensed Spiritual Coaches.
- **Time** ~ Please be mindful of arriving on time for centering, as well as monitoring the length of your sharing so that everyone in the group has an opportunity to speak.

- **No previous experience is necessary** ~ All that is needed is an open heart and a willingness to speak your own word. You might get a little nervous about speaking intentions for someone else out loud. Just remember that the power comes not from speaking eloquently or using the right words, but when the words are spoken from the heart with true intent. Don't try to sound like someone else. Use your own words, the words that feel most comfortable to you. You can't do it wrong!

## Group Meeting Format

**Opening (Centering):** Take a moment to give thanks for the sacred Sangha time and center in the love and light of Spirit.

**Personal Sharing** (30 minutes total for the group) This is the opportunity to share briefly with your sangha “what’s up” in your week/month: the ah-ha’s, the celebrations, the challenges, and especially any issues you’re working on. While sharing, it’s an opportunity to practice **openness**. As a listener, it’s an opportunity to practice being **fully present**.

**Intentional Manifestation Circle** (10-15 minutes) During this portion, the sangha collectively shares in the profound spiritual technique of a five-step spiritual mind treatment. For example:

*Pre-treatment:*

1. The sangha first specifies whether the treatment will be “Self Realization” or “Other Realization.” In a Self Realization treatment, each sangha member addresses their own request during the Realization step (described below), and in a Other Realization treatment, each prayer request will be spoken by another, predetermined person. (If administering a Other Realization treatment, specify who will handle each request.)

2. Have each person make a positive request for manifestation from the group. Encourage each person to be clear and concise.

*Spiritual Mind Treatment format:*

1. **Recognition** - spoken on behalf of the group, this step recognizes the immediate presence of Spirit and Universal Law.

2. **Unification** - also spoken on behalf of the group, this step affirms the Unity of each individual consciousness with Infinite Love and Universal Law.

3. **Realization** - spoken by an individual on behalf of him/herself, or another in the sangha, this step addresses a specific request, affirming that it is already present in consciousness and therefore the demonstration can be described in alignment with Spiritual Truth.. The Realization step continues from person to person in the Sangha until all requests have been spoken for.

4. **Thanksgiving** - spoken on behalf of the group, this step focuses on gratitude for the words spoken, the truth of the treatment, and for its manifestation.

5. **Release** - also spoken on behalf of the group, this step affirms the release of the treatment into the action of the law, and concludes with the collective response, "And so it is."

### **Sample Treatment**

**(First person or everyone in the group says Steps 1 & 2)**

1. I Recognize that Spirit/Life/Law is the Source of all. I know that the Universal Spirit is Life, Intelligence, Creativity, Abundance, and Love. And I know that as this Infinite Universal One is everywhere present, so too are the Life, Love, Intelligence, Creativity, Abundance, Wholeness and Love

2. I know also that I am an expression of the One Life that is Universal; therefore I partake of all that Spirit is. I am one with and express the Intelligence, Wholeness, Creativity, Abundance and Love of the Infinite. And I know this is true for each and every person in this sangha circle.

3. **(Each Individual says step 3 for themselves or for another person )**

*A few points to remember when speaking the next step:*

**- The three P's: Present, Positive, and Personal**

**Present:** *Always speak in the Present Tense, as if what you want is already here. Instead of saying, "I want to be prosperous," say, "Because I know the Universe is Abundant, I realize my own prosperity."*

**Positive:** *Always speak in the Positive. Instead of saying, "I am not poor," say, "I am prosperous."*

**Personal:** *Always make it Personal. Use personal words that are related to you. I AM, I HAVE, I KNOW, I DECLARE. I CLAIM.*

4. I know that my word is the power and the activity of Universal Law in, through, and as me, I speak this word with complete confidence for (name of person or myself). I know

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(the desired result) is now manifested in his/her/my life now. For just as the quality \_\_\_\_\_ is present in the Infinite Reality, it is present in him/her/me. Right now I affirm that this new life is his/her/my reality. I know that any old ideas, past hurts, and false beliefs are now released. I know that they are not the spiritual truth. I release all barriers and obstacles to the realization of his/her/my highest good. I now pass my word... **(so the next person knows to begin)**



**(Last person or everyone in the group says steps 4 & 5 to complete the treatment)**

5. I give thanks for the Truth that has been spoken here, I am grateful for all this Good. I now accept this word as the word of Creation, through the Law of Life. I know that it is the Presence and Power and activity of Universal Consciousness as me. I rejoice in the Good that is realized here and now.

6. I am receptive to the influx of perfect life and perfect ideas, which are now placed into the Universal Law by these words. I release the Word spoken into the automatic action of the Law, knowing that it is already done. **And so it is!**

**Closing** (one to two minutes) Have a few moments of silence to just enjoy BE-ING together.

**Break Bread together** If you choose, you may then want to spend some social time over food, deepening your bonds of friendship.

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**REQUESTS** for between meetings

# ***Members of My Group***

*Name* \_\_\_\_\_ *Phone Numbers* \_\_\_\_\_ *Email* \_\_\_\_\_

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2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

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8. \_\_\_\_\_