

Home Study Guide

Spiritual Awakening

Consciousness Raising

**“A ship is safe in harbor, but that’s
not what ships are for...”***



Step Out in Faith 2021

Dr. Petra & Rev. Patti

Step Out in Faith 2021

Welcome Aboard!

My Home Study Group Mates:



*Please watch this past Sunday's Video before
your group meeting link:*

All Aboard that's Coming Aboard!

May 2 Week 1. Spiritual Awakening – Raising Consciousness

May 9 Week 2.

May 16 Week 3.

May 23 Week 4.

Read the below quotes aloud together and share how
It makes you feel...

“A ship is safe in harbor, but that's not ships are for.”

Spiritual Awakening, Raising Consciousness

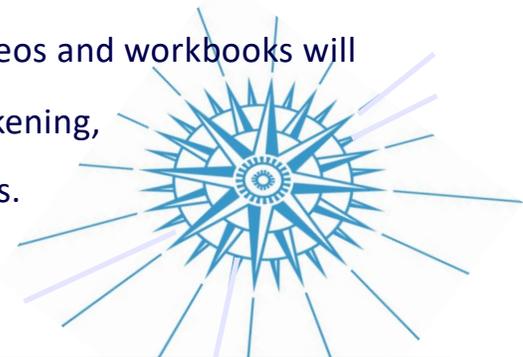
Welcome to your Home Study Workbook for our CSLDallas Step Out in Faith, Spiritual Awakening – Raising Consciousness. Together we now set sail to a greater reality of spiritual awareness, deeper consciousness, and a fuller expression and experience of life.

Our entire community sails together, inspired by the messages, connected in your Home Study Group, and educated by the workbook and videos provided. Let's inspire and support each other in our ***Spiritual Awakening*** as we move together in personally and collectively ***Raising Consciousness*** out of the doldrums, out of the harbor, into the grand wide sea!

Step Out in Faith program includes:

Calendar for Raising Consciousness with daily activities for you and your Home Study Group to use to actively manifest day by day, a ***Spiritual Awakening***. Along with your calendar, you will receive daily affirmations for ***Raising Consciousness***.

In-Home or Zoom Weekly Home Study Group: Videos and workbooks will guide our study groups to move deeply into the Spiritual Awakening, Raising Consciousness process and in your day by day activities.



"I am the master of my fate... I am the captain of my soul"



Spiritual Awakening, Raising Consciousness

Welcome to Step Out In Faith Program - May 2021

Home Study Groups are intended to be self-facilitated. Leading the group may be shared among the group, each person taking turns to lead whatever comes next. Or a group may designate one person to keep the group moving from activity to activity in a timely manner. You may want to designate one person to keep track of the time so everything in the workbook can be covered.

Your Step Out in Faith Home Study Group is intended to be a safe place to grow and explore, challenge old ideas and try on new practices. For this to be a spiritually supportive community, we ask everyone to commit to:

Agreements: :

Your Step Out in Faith Home Study Group is intended to be a safe place to grow and explore, challenge old ideas and try on new practices. For this to be a spiritually supportive community, we ask everyone to commit to:

Absolute confidentiality. What's said onboard, stays onboard. No cross-talking, advice giving, or comment on another's sharing unless they request input or support.

Be mindful of the amount of sharing and time you take –
those who speak a lot and often, please make space for others
those who tend to be quiet, please make sure you share too.

Begin and end on time so please be in place 5 minutes before the start time.

All Aboard to Spiritual Awakening – Raising Consciousness with CSLDallas Step Out in Faith!

Raise in Praise, Dr. Petra and Rev. Patti

Step Out in Faith 2021...

Refreshments:

Enjoy refreshments together if you choose to do so. You may do this at the beginning or the end of your meeting. Please share the responsibility for refreshments among the whole group.

Weekly Agenda—90 minutes

5 Minutes- Centering - Someone in the group reads Centering to bring everyone to center and sets intentionality for learning, growth, sharing, Spiritual Awakening and Raising Consciousness.

5 Minutes- Check in- One sentence from each person.

10 Minutes - Video - Watch the video and share.

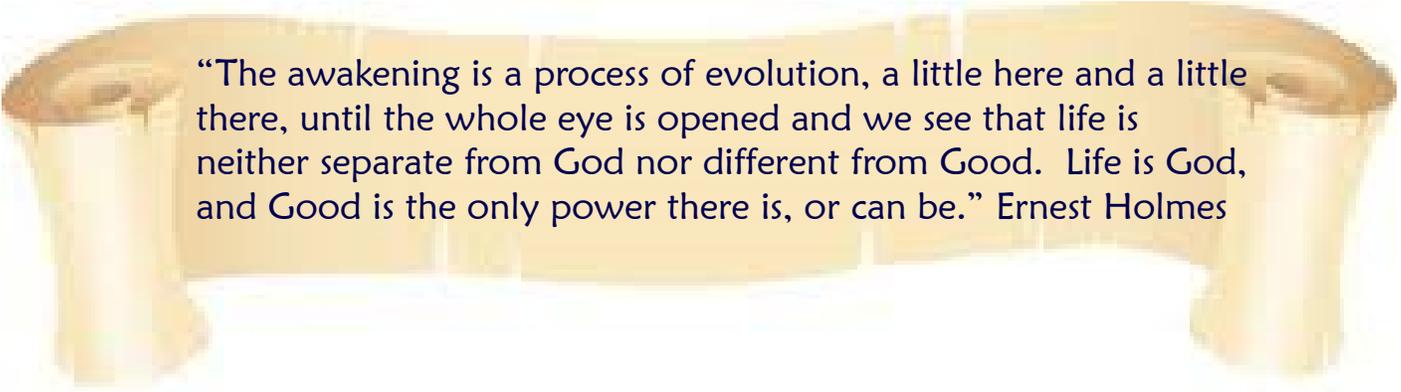
20 Minutes - Read the Workbook material – Follow that week's instructions.

30 Minutes— Weekly Interaction Exercises—Follow that week's instructions

10 Minutes - Meditation/Contemplation – Provided in the workbook.

10 Minutes - Calendar Conversation - Ah-ha's from your week's worth of Awakening

3 Minutes - Vespers



“The awakening is a process of evolution, a little here and a little there, until the whole eye is opened and we see that life is neither separate from God nor different from God. Life is God, and Good is the only power there is, or can be.” Ernest Holmes

Let us cast off to Awakening!

Week One...

Centering into Spiritual Awakening...

We take this moment to center ourselves and bring our minds, hearts and bodies to this time and space. We leave behind all that came before and all that is to come after. We say Yes to this Divine appointment w/Spirit in, as and through one another and this material.

We say Yes to Step Out in Faith, Believing that there is Good in our lives and we acknowledge our willingness to grow and become more by our presence here tonight.

Introductions:

Please introduce yourself and say how long you've been part of CSLDallas.

Checking in:

What do you want to get out of being in this Home Study Group?



View Week 1 Video

After viewing the video ponder these powerful words and ideas by reading each paragraph out loud and discussing as a group.

[View Week 1 Video \(Link\)](#)

Week One, Setting Our Sails to Consciousness with:

Spiritual Awakening – The growing recognition that the nature of reality undergirding the Cosmos and at the very center of our being is *spiritual*, not material.

Spiritual – Having to do with the direct experience of the Wholeness/ Oneness of Life and Creation. The recognition that the cause of creation is Consciousness seeking to express and experience Itself. This means that the physical world and the human condition is not the cause of our experience. The realization that Consciousness is Life loving creation into existence and that alignment with Love puts us into right relationship with the essential nature of the Cosmos itself.

Synonyms: Divine, Spirit, One, Love

Spiritual Awakening, Raising Consciousness

Week One [continued]

Awakening — Becoming aware of the true nature of reality. A dawning realization that Consciousness is Cause of the Cosmos. An increasing awareness that our consciousness is causal in our lives and the life of humanity. Seeking to see the Divine Presence and Principles thereby being present to the Presence, the Spiritual Reality behind each and every moment, action, and experience.

Synonyms: Enlightenment, Conscious, Awareness.

Raising Consciousness - Lifting ourselves out of the unconsciousness, autopilot of human instinct, reactions, and patterns of thought, belief and behavior into a state of mindfulness to each present moment as a moment of choice. Taking responsibility for our choices of thought, word, and deed. Each and every time we do this ourselves, we are simultaneous lifting the consciousness of humanity and Consciousness as a whole.

Exercise #1 - Share in groups of 3:

Why are these ideas important?

Do you feel this is necessary for your greater life experience?

Which do you find the easiest to believe/act on?

And which are the most difficult?

Step One...

Affirmation

Believe it

Life is on my side
and fully supports
me.

I align with the
Presence and
now rise above
fear.

I imagine and
celebrate great
good for
everyone.

Nothing stands
between us and
all the love we
can be.

[Repeat 10 times
Daily]

I listen in the Silence and

Meditation:

Someone read for the group, slowly...

Begin with a few deep breaths, going within. Breathe into the still, quite place deep in the center of your being... take three deep, slow breaths at your own pace...

Begin to imagine and sense the Divine Spark within you. The Light that shines at the center of your being...Feel it's warmth and glow...see it's gentle light...you don't need to do or become anything for this Light to be there, it always, already is...It is the vitality, joy, presence, and love that is the essential nature of you.

Now look with your inner eye out into the Infinite Reality of Life Itself. Notice that everywhere you look you see this same Light, in every person, in every being, in all of creation. This Light is the very essence of Life, the Spirit within, the impulse behind all creation...it is everywhere and in everything...nothing and no one is left out.

Realize that this Light, this Life has created everything, out of Itself, through the Law of Mind in Action. Every piece and part of creation is spun out of this Light, woven into form by Its purpose and desire to express. This is the Universal Law, the One Mind, which is back of all creation...Intelligent, All knowing, All Powerful, All Creative...It know how to be and become anything and everything you can see...Let us pause there and contemplate this reality..

(2-4 minutes of silence)

Once again notice that this Light, this Law, this Mind, is right where you are. It is the very Light at the center of your being, the same Mind with which you think and the Law with which you create...You are creative in your own life, in the same way that the Infinite is creating the universe. It is as simply as shining your Light..

Let yourself experience the wonder, joy, excitement of this possibility – There is a power for Good in the Universe, and you can use it...you do use every day, all the time...now that you see and know it, you can use it deliberately, consciously for good in your life and in the life of those around you...(2 minutes of silence)

Once again take a deep breath. Feel the Light move with the breath, awakening and enlivening your whole being. Move and stretch. Wiggle your fingers and toes. When you are ready, open your eyes.

I Believe

Journal from I Believe Meditation...

Spend a few minutes journaling writing down one or two things that you know and believe to be true about the One Life and your ability to manifest.

Personal Ponderings...

Something to share with your group...

1. *How would your life be different if it was lived centered in my Highest Belief?*

2. *What does it mean*



“Believing It makes so...”

Exercise 1

“Believing It” is based on an understanding of how the Universe creates through a powerful Law and on the conviction that you can create in the same way. The Creative Process is based on the action of the Law of Cause and Effect. Your intention and commitment to that intention is the seed, planted into the soil of the Intelligent Law that automatically produces the plant of manifestation. This is the most important and fundamental aspect of manifestation, and what makes it “not miraculous.”

Rating scale – 1 = absolute to 10 = not at all

Rate your *understanding* of the Creative Process:

Rate your *conviction* in the Creative Process working for your Manifestation.



Rate your *understanding* of the Creative Process:



Rating scale – 1 = absolute to 10 = not at all

← Exercise 1

Rate your conviction in your ability to use the Creative Process.



Rate your conviction that you can have it so good that you can have your manifestation.



Share in the group or with a partner what your understanding of just what the Creative Process is. What you learned about that understanding and how that conviction works? What do you need to do to create more conviction, to believe in, the Creative Process and that you can use it?

Notes to Self...

"Stand up for Yourself!"

Exercise 2

Stand up for Yourself!

A-Stand up and find a partner. Partner One says aloud each of these statements to Partner Two with conviction and feeling.

Universal Love incarnates as you.

The mind with which you think, is the same Mind that governs everything.

You use Universal Law and the Creative Process every day without knowing it.

You are now consciously manifesting in your Life because you know you can.

You believe you are able and capable of co-creating with the Universe.

Partner Two responds with equal conviction, "I believe that as true about me."

Now reverse the process with same partner.

B-Find a new partner.

Now do that same thing all over again only this time Partner Ones says these statements about themselves while Partner Two listens.

Universal Love incarnates as me.

The mind with which I think, is the same Mind that governs everything.

I use Universal Law and the Creative Process every day without knowing it.

I am now consciously manifesting in my Life because I know I can.

I believe I am able and capable of co-creating with the Universe.

And Partner Two, knowing that you are responding as the universe please response with "Yes, I accept that as true about you!" (Both of you get to do this.)

"I Believe that is True about me!"

Notes to Self...

How does hearing these statement make you feel?

Exercise 2a

Once you've completed this, partnering with everyone, sit down with your last partner and share your experience.

Has anything changed or opened for you?

Are you more able to believe it now?

Closing sharing: Everyone is invited to share thoughts, insights, realizations or experiences from this exercise.



"Manifestation isn't Miraculous!"

And so it is...to complete this evening.

Let us repeat Step 1 affirmation together...

I Believe...

Life is on my side and fully supports me.

I align with the Presence and now rise above fear.

I imagine and celebrate great good for everyone.

Nothing stands between us and all the love we can be.

I agree to repeat this affirmation 10 times daily.

Paste your "Believe It" card on your poster and use your

Homework: Read Chapters 1 and 2 in *Super Attractors*.

Meditate and journal on your increasing conviction that the Universe supports you and you can have as much Good as you can stand!

"I Affirm and I Believe!"

BENEDICTION

Knowing the law of God is perfect, I
lay aside all fear, uncertainty and doubt.
There is no burden whatsoever in my consciousness.
I BELIEVE I live in the Kingdom of Heaven now.
I am grateful for this evening of believing and rejoice in the Divine Presence.



*Life is on my side and fully supports me.
I align with the Presence and now rise above fear.
I imagine and celebrate great good for everyone.
Nothing stands between us and all the love we can be.*



Step Two...

Centering into Seeing...

With everything exactly as it is I breathe in...Take a few deep breaths. Count to four on both the inhale and the exhale. As you breathe, begin to turn your awareness inward. Let the sounds and concerns of the outside world fade. Concentrate on your breath and on the rise and fall of your chest and abdomen. Now imagine a column of light inside yourself, a channel that runs straight up and down through the middle of you. This light column stretches from the top of your head down to the bottom of your feet. I am bathed in the light. I See the Perfect bathed In all, over all, and through all," I see the perfect: there is nothing else to see, and no suggestion I know only the perfect and the complete I am perfect and while, now.

This Circle of Love is Complete

I See the Good. I Believe it is mine.

Checking In...

One or two sentence's from each person on how they worked with "Believe It", the reading and the weekly affirmation— what insight, "Ah-Ha" or demonstration did they you have?



Watch Video...*See It!*

What challenges you about saying what you want?
Can you imagine really having what you desire?

Weekly Reading: Excerpts from Ernest Holmes

Read aloud, one paragraph at a time by another person in the circle. A discussion will follow...

The power of choice with which man has been endowed is either his greatest blessing or his greatest curse. Properly understood, it can lift him to the heights; misunderstood, it can drag him to the depths. He is free to choose anything which he wishes, but he must accept the responsibility for his choices, because inexorable Law will create his experiences according to his choices.

Our every thought is creative in our experience through the creative action of the Law of Mind upon it, so in changing our pattern of thought we do not change the nature of the Law but provide It with a new plan of action. And regardless of what our experience may have been our new thought pattern is what counts now. We are not fighting anything, any idea of the devil, evil, or limitation. We are merely using our God-given right to choose the way we desire to think and through the natural normal creative action of our thought have it become manifest as our tangible experience.

See It!

Weekly Reading: Excerpts from Ernest Holmes [continued]

The kingdom of God is at hand. The riches, power, glory and might of this kingdom are yours today. You do not rob others by entering into the fullness of your kingdom of joy, your kingdom of abundance. But you must recognize that all people belong to the same kingdom. You merely claim for yourself what you want the Divine Spirit to do for everyone.

The word we speak, the idea we declare, the thought we desire to become thing, must spring spontaneously from the heart, be vitally known and experienced in every corner of our mind, be vibrantly felt with every part of our being.

We really need more enthusiasm! We should not see this thing just as a law and a big, bright, brilliant goodness; we should see it as something vibrating with life, pulsating with warmth, and scintillating with color. Look how colorful nature is! We are too prosaic, too matter-of-fact. Color belongs to us because God is a colorful being. How can that which has painted nature with such a lavish brush be anything but colorful.

Share in groups of 2 or with entire circle:

What strikes you?

What challenges you?

What inspires you from this readings?

"LET US LEARN TO SEE AS GOD MUST, WITH A PERFECT VISION. LET US SEE THE GOOD AND THE TRUE. ESH

Step Two...

Affirmation See it!

There is no right answer, only my decision.

I choose what I want and powerfully claim it.

I dance with possibility and the pathway unfolds.

While the vision leads,

I feel joy along the way.

I See It, I Believe It!

[Repeat 10 times Daily]



I SEE IT! I MANIFEST IT!

Exercise 1

See It - I Manifest It Exercise #1

Make a list of 5-7 things you want to manifest in your life – these can be short and long term, outer things, in relationships, and personal inner experiences, as well as healing or changing a condition or creating and growing something entirely new.

Write your list here:

Manifestation Date

1. _____

2. _____

3. _____

4. _____

5. _____

Now put a time to each manifestation – when will you manifest this.

Now rank them in order of importance to you.

1. _____

2. _____

3. _____

4. _____

5. _____

We are to see that
Spirit creates by the
Power of its own
Word.



I SEE AND I BELIEVE!

Guided Imagination... "How will you know you have manifested it."

Someone read for the group, slowly...

Begin by going within... Take a few centering breaths.... Feel yourself completely supported where you are seated, in a totally safe place, surrounded by completely loving people. ... You are free to imagine your life as you have always wanted it to be. No one will stop you, criticize you, or question your ability to have, do or be what you desire. In fact, you believe you live in a Universe that fully supports you and says YES to your deepest truest desires.....(longer pause)

Bring into your mind the thing or experience you ranked as most important to you on the list you just made. Now begin to imagine that you already have manifested this. How will you know? What will it look like feel like, seem like? ...What will you be doing, feeling, experiencing, being? Savor this inner awareness as you imagine all of this. (2 minute pause)

Now bring into your mind the thing or experience you ranked as 2nd most important to you on the list you just made. Begin to imagine that you already have manifested this. How will you know? What will it look like feel like, seem like? ...What will you be doing, feeling, experiencing, being? Savor this inner awareness as you imagine all of this. (2 minute pause)

Finally, bring into your mind the thing or experience you ranked as third most important to you on the list you just made. Begin, again, to imagine that you already have manifested this. How will you know? What will it look like feel like, seem like? ...What will you be doing, feeling, experiencing, being? Savor this inner awareness as you imagine all of this. (2 minute pause)

How good it is to know what you want and to imagine already having manifested it. Now breathe it all in. Feel the enthusiasm and excitement you have around all of it. Notice how awake, alive, and aware you are. Bring that awareness with you fully into this circle, as you breath....and open your eyes.

Before sharing about the meditation – go on to the next exercise.



I SEE IT! I BELIEVE IT!

Exercise 2

I SEE IT!

Stand up and find a partner. Pretend you've met this great friend who you haven't seen in a few months or a year on the street and you begin to describe with as much enthusiasm as you can how your life is now that you have manifested the top 2-3 items. Don't hurry – linger over the details and the feelings of how great it is, how good you feel, and how amazingly you were supported along the way.

Your partner responds to you with short, positive, affirmative words and phrases. Then you switch.

After you and a partner have shared these descriptions – share how it felt and what you experienced in the Meditation and then in the exercise of sharing with each other.

FOR GROUP DISCUSSION

1 - How did you sharing feel to you – did it feel true to you? Your brain can't tell the difference between an imagined and a real experience. How does this relate to what you just experienced?

2 – How did you respond to your partners sharing? The way you saw your partner in their sharing is exactly the way the Universe sees and responds to you as you own and claim what you want as already having been manifested.

I SEE IT! I MANIFEST IT!

Final Question and Sharing:

What do you normally do in your mind or emotions that keeps you from being in this deep state of awareness with the ability to see your manifestation as already complete? Was it present in this exercise?

Why or why not? What does this reveal to you?

And so it is...to complete this evening.

Let us repeat Step 2s affirmation together...

I SEE...

There is no right answer, only my decision.

I choose what I want and powerfully claim it.

I dance with possibility and the pathway unfolds.

While the vision leads, I feel joy along the way.

I agree to repeat this affirmation 10 times daily.

Paste your "SEE IT" card on your poster and use your affirmation card everyday this week. Remember to say "Believe It" affirmation as well.

Homework: Read Chapters 2-4 in Super Attractors

Step Three...

Close your eyes, and follow your breath as it moves in and out of your body. Notice how it becomes more balanced and full as you give your attention to it. Let your shoulders relax, feel your body in the chair, and follow your breath, as you breathe into the innermost sacred spaces of BEingness, and out into the outermost spaces of BEingness. Follow your breath to your heart center, and breathe into the deep place in the heart called the cave of the heart. There you contact the Indwelling Presence that is your Higher Wisdom Self. It is the Self that sees with the eye of Wisdom that is also the Eye of Love. Silently ask your Higher Wisdom Self to guide you, and to reveal to you everything you need to know for your greatest healing and freedom. To BE It, that which is One with the Soul of BEing.

Checking In...

Allowing One or Two sentences from each person on how they worked with "See It!", the reading, and the weekly affirmation — what insight, "AH-Ha!" or demonstration did they have.



Video...BE IT!

How do you become on the inside what you want on the outside?

Weekly Reading: Excerpts from Ernest Holmes

Read each paragraph out loud, going around the circle.

Discussion to follow...enjoy!

The possibility of demonstrating does not depend upon environment, condition, location, personality or opportunity. It depends solely upon our belief and our acceptance, and our willingness to comply with the Law through which all good comes.

It [Science of Mind] proclaims the spiritual nature of humankind; it removes fear by introducing love. It places us in the mind of God as some part of the eternal wholeness; it gives shelter to our souls; it satisfies the natural hunger of our intellect for the larger life. It surrenders indecision for divine guidance; for human fear it gives spiritual faith.

Be It!



Weekly Reading: Excerpts from Ernest Holmes [continued]

Somewhere along the line we are going to have to find a faith greater than all our doubts and fears and uncertainties. Somewhere along the line we must find the Love greater than all animosity; the Peace beyond our confusion. This is the pathway that we are all secretly seeking, whether we know it or not. We are being guided by a loving Intelligence which evermore seeks to bring us comfort and goodwill, happiness and success, health and abundance!

As you listen to the Divine Wisdom within you, you will receive your inspiration and guidance. As you speak your word, think your thoughts, or make your affirmations with complete conviction, you will discover that you are using a Power that actually is, and that actually does respond to you. The Spirit within you is God, the infinite Source of your intelligence and wisdom and creative power.

Share in groups of 2, 3, or entire group:

What strikes you?

What challenges you?

What inspires you from these readings?

Know your own mind. Train yourself to think what you wish to think; BE what you wish to be; feel what you wish to feel, and place not limit on Principle? Ernest Holmes

Step Three...

Affirmation

Be It!

I am on the inside who I want to become.

Open to guidance, I listen to my Intuition.

Being fully present reveals each new step to take. I fully embrace the dance of creation.

[Repeat 10 times Daily]



Who do I become to BE the person...

Meditation:

“Who do you become to be the person who has manifested your desire?” Notice there is Journaling space beside the mediation for you to write down what comes to you in the meditation.

Begin by going within...Take a few centering breaths.... Feel yourself completely supported where you are seated, in a totally safe place, surrounded by completely loving people... Supported by the Infinite Love and Power that is expressing as you.....

Begin now to imagine yourself as the best self you've always wanted to be...Centered, Loving, Successful....Prosperous, Happy, Free...be with any other words and images come as you think of your fully lived life, rich and meaningful, with you as you've truly know yourself to be...(2 minutes)

Focus in on one or two of the things and experiences you really want to manifest and see them already manifested....Notice any commentary or withholds that come up as you imagine this....Take one and now be the person you want to be instead...Imagine yourself being and doing what's in alignment with the person who has already manifested this in their life....Imagine becoming on the inside the person who actually has this on the outside.....

Who do you need to become to be that person?...What do you need to embrace within yourself?...what do you need to let go of within yourself?... Write down what comes to you than go back again into the silence and keep asking yourself these questions, listening for the inner guidance that comes...Write down in the space provided whatever comes up (gently keep repeating these questions every 2 minutes for 6 minutes)

Now take a few deep breathes and know that you are already that which you want to become...Releasing anything fears, doubts, old ideas or past patterns, you are guided to the perfect next steps in your manifestation...Listening within to Divine Guidance - what might be one or two things – within yourself that you need to do?.....write down what comes up. (2 minutes)

TO BE or Not TO BE...

→ *Journaling from "Meditation...Continued..."*

Take another few deep breathes, knowing you already have what you want to manifest... Releasing anything fears, doubts, old ideas or past experiences, you are guided to the perfect next steps in your manifestation...Listening within to Divine Guidance - what might be one or two next steps you could take?. write down what comes up. (2 minutes)

Who I need to Become?

What I Embrace Within?

What I Let Go of Within?

Journaling Further into Being... One of two next steps
What I need to do now on the inner Self...

What I need to do in my Life?

...THE ONE WHO MANIFESTS!

Be It Exercise #1

Exercise 1

Share in groups of 2:

In pairs, share what you discovered from this guided meditation. What are you willing to commit to from the next steps you revealed to yourself?

Be It Exercise #2

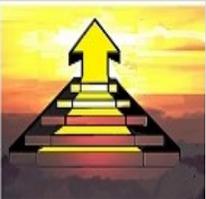
Exercise 2

Share in groups of 3:

In groups of three – describe a time when you didn't follow your inner guidance regarding a step you needed to take to manifest something and wished you had. Then describe a time you when you did take a step guided by intuition and how it worked out.

After everyone has shared, discuss what you learned and noticed about the process of Being the person who has your manifestation and following your inner guidance.

Let us close by saying the Affirmation for the Week together.



Affirmation: **Be It!**

I am on the inside who I want to become.
Open to guidance, I listen to my Intuition.
Being fully present reveals each new step to take.
I fully embrace the dance of creation.

Homework: Read Chapters 5-8 in *Super Attractors* Say your affirmation 10 times daily. Keep working with previous weeks' affirmations as well.



Step Four...

Centering into Seeing...

With everything exactly as it is I breathe in...Take a few deep breaths. Count to four on both the inhale and the exhale. As we breathe, begin to turn your awareness inward. Let the sounds and concerns of the outside world fade. Take a few minutes now to recognize the Spirit of Truth within our very Soul Self. That is what has been awakened. It is this indwelling Presence of Truth that has accompanied each of us on this spiritually deepening journey.

Declare that this evening there is perfect life coming forth from our BEing—perfect healing, perfect being, perfect DOing. That which is perfect is complete. Realize that perfect manifestation this moment over all conditions. Realize that the Power which is infinite is flowing through and manifesting. Our every act becomes a prayer, as I Believe, I See, I Be, I Do, I Expect...I Do, I Be...Do Be, Do Be, Do...

Checking In...

One or two sentences from each person on how they worked with “BE It”, the reading, and the weekly affirmation – what insight, “Ah Ha! or demonstration did you have. Remember to Celebrate each manifestation!



Watch Video...See It!

What challenges you about saying what you want?
Can you imagine really having what you desire?

Weekly Reading: Excerpts from Ernest Holmes

Read aloud, one paragraph at a time by another person in the circle. A discussion will follow...DO It!

The greatest good which our mind is able to conceive should be affirmed as a part of our everyday experience. From such daily meditation, we should venture forth into a life of action with the will to do, the determination to be and a joy in becoming.

We must not lose sight of the fact that what we are talking about has nothing to do with will power. We are not forcing anything to happen. We do not coerce God. We cooperate. As we recognize God’s universal nature as good, as the source of all abundance, and as the perfection that resides behind all life, then we may come to accept all these things. We do not create them of ourselves. We accept them, and in our acceptance of them they are manifested in and as our experience.

Do It and Expect It!

Weekly Reading: Excerpts from Ernest Holmes [continued]

Developing confidence in ourselves, in our ability to meet and handle all undesirable situations, requires that we must have confidence in that Something which is greater than we are. Then we will have spiritual self-reliance. When this is done the lesser must always submit to the greater. Weakness will give way to strength, despair will turn to hope, hate will become love, failure will become success, and sickness will dissolve into health. The action that takes place is not one of despotic or overruling harshness, but one that moves in harmony, love, beauty, warmth, and order, quietly transforming all that is unlike it.

It is not intended that we should spend all of our time in inaction, for the very law of our being is Mind acting. An active thought will always find itself surrounded with intelligent, objective activities. The passing of human events is no mere illusion, it is a logical and legitimate activity of Mind finding fulfillment. It is the action of a "jubilant and beholding soul" proclaiming God's works to be good. Every act should become a prayer, as Brother Lawrence so beautifully expressed in his life, which was the conscious practicing of the Divine Presence.

Life flows into everything, through everything; it passes into every human event and translates itself through every human act. If you learn to think of Life as flowing through your every action, you will soon discover that the things you give your attention to are quickened with new energy, for you are breathing the very essence of Being into them.

Share in groups of 2 or with entire circle:

What strikes you?

What challenges you?

What inspires you from this readings?

““What would life be if we had not the courage to do anything?”
— Vincent Van Gogh

Step Four...

Affirmation

Do It!

One step at a time, I breath.
Doing less on purpose,
attracts more in alignment.

Trusting the process, I act with confidence.

Without push or pressure, I move forward with ease

[Repeat 10 times Daily]



Believe It, See It, Be It,

Exercise 1

How Do I Do It? -

Mini-Meditation: Breathing in, I know I am breathing in.

Breathing out, I know I am breathing out...I am still, I listen, and I recall.

Take a moment to be still and contemplate the ways you move about your life. What is your modus operandi? How do you roll confidently or with anxiety? Trusting and figuring it out?

Observations from the Silence...

Explore in pairs the way you personally move in the world – with anxiety and hope or confidence and commitment. In relationship to the Homes Quotes – what do you need to take up so your manifestation is fully assured?

We are to see that
Spirit creates by the
Power of its own
Word.



Do It, Expect It, Manifest

Second Weekly Reading: Excerpts from Ernest Holmes
Read aloud, one paragraph at a time by another person in the circle. A discussion will follow...

Expect It!

Daily we should open our consciousness to the Divine influx, expecting greater wisdom and guidance and complete self-expression. We must listen to the inner Voice and It will tell us what to do in the hour of need. We will be told everything we ought to know, and we will not be misled.

Since each of us represents an individualization of the nature of God, there is freedom of circulation of the Divine love, reason, peace, joy, and perfection through the human. But we must cooperate with this Wholeness of Life if we wish to be made whole. Therefore, we should maintain a calm and expectant attitude, endeavoring to realize that we are some part of infinite Life.

Principle is not bound by precedent, and our good is not limited or conditioned by any good that has ever been manifest. We should confidently expect a greater good than we have ever experienced, or than we have ever known of anyone experiencing.

Manifestation 101...When you want to do a big thing, get the mental pattern, make it perfect, know just what it means, enlarge your thought, keep it to yourself, pass it over to the creative power behind all things, wait and listen, and when the impression comes, follow it with assurance. Don't talk to anyone about it. Never listen to negative talk or pay attention to it and you will succeed where all others fail.
 Dr. Ernest Holmes

Step Five...

Affirmation

EXPECT IT!

I cheerfully attract signs, help and guides.

With patience, persistence, and perseverance I stick to my truth and stay aligned with love.

I expect and accept a complete manifestation.

[Repeat 10 times Daily]



Believe It, See It, Be It,

Expect It! [Continued]

Principle is not bound by precedent, and our good is not limited or conditioned by any good that has ever been manifest. We should confidently expect a greater good than we have ever experienced, or than we have ever known of anyone experiencing.

The creative law which you use is like a mirror. The thought you hold before it is like an image. The mirror reflects the image you hold before it. Hold there, then, the image of faith and expectancy, with enthusiastic conviction and with undying trust. The only thing that can hinder you is yourself. The only thing that can help you is yourself. Because it is you who reflects the image in the mirror.

We should work, not with anxiety, but with expectancy; not by coercion but with conviction; not through compulsion but in a state of conscious recognition and receptivity. We do not have to drive or push but we must accept and believe. We should, then, leave everything to the Law, expecting a full and complete proof of our faith. We shall not be disappointed nor chagrined, for the Law is our faithful servant.

Expectancy speeds progress. Therefore, live in a continual state of expectancy. No matter how much good you are experiencing today, expect greater good tomorrow. There should be a sense of joy in this work, a feeling of enthusiasm as well as conviction, a warm mental expectancy backed by a deep intellectual conviction, and an even deeper spiritual awareness.

"I live in a universe that works for me."

Do It, Expect It, Manifest



Read aloud, one paragraph at a time another person in the Circle.

Affirmation 101: When applied to the spiritual life, an affirmation is a statement of truth which one aspires to absorb into his life. The simplest way to write an affirmations is to write a series of "I am" statements that describe what you want to have or experience. "I am happy," "I am wealthy." If you begin any affirmations with phrases like "I want" or "I need" then what you are affirming to yourself is the feeling of wanting and/or needing. Instead, you should aim to *affirm the feeling of already having what you desire.*

Present: Always speak in the Present Tense, as if what you want is already here

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

Precise: Always focus on the qualities of that one condition. What changes best serve you.

Personal: Always make it Personal. Use personal words that are related to you. I AM, I HAVE, etc.

Expect It/! Exercise #1

Write an Affirmation for living in a state of general expectation of Good and then for specifically expecting your manifestation.

← Exercise 1

Final Sharing with your group...

Go around the circle – in one sentence share your individual reflections from the entire Step Out in Faith program. Discuss if you want to stay and study group, become a Sangha, or just say thank you to each other for the month of study and support.

Let us close by saying our Affirmation for the Week together.

Affirmation: *Expect It!*

I cheerfully attract signs, help and guides.

With patience, persistence, and perseverance I stick to my truth and stay aligned with love.

I expect and accept a complete manifestation

Homework:

Read Chapters 5-8 in Super Attractors

Say your affirmation 10 times every day.

Keep working with previous weeks' affirmations as well.

And so it is.... Good night.



Evaluation

Please send back the valuation that will be emailed to you within the week or create an evaluation page to put in the workbook and decide how people will get it back to us.

Please close with something that says - THANK YOU for Stepping Out in Faith with your CSLDallas Community - Manifestation isn't Miraculous!

Mini-Meditation: Breathing in, I know I am breathing in. Breathing out, I know I am breathing out...I am still, I listen, and I recall.

Take a moment to be still and contemplate the ways you have experienced this Home Study Group for the past four weeks.

Share with group:

Sangha discussion:

Thank you

"I live in a universe that works for me."