

PAINTING A NEW PICTURE

Adventures In Spirit



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Home Study Guide



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Exercise #1 – The Nature of Reality

- Discuss the relationship between science and spirituality as you understand it.
- Contemplate what holds you down or keeps you stuck in hopelessness, despair, frustration, or the desire to withdraw? Share in the group or in dyads. What do you learn of notice?
- Explore how you would “observe”, with your intention and inner eye, life into a new picture.

What would that feel like/seem like to you?

We have faced many challenges this past year - individually, as a nation, and on our planet. How do we find our enthusiasm for the future when there continues to be so much uncertainty? On what do we base our hope and positive attitude? Where shall we place our faith and trust. As always, the answer lies in our spirituality. Here at CSLDallas we know how to envision something beyond where we've been before. Now is the time to put our principles into practice more than ever before, reinvigorating and reimagining our lives and the life of humanity on our planet over the next few years. This is where you and our October *Adventures In Spirit* program come in - Painting a New Picture!

It begins with our understanding about the Nature of Reality. Science and spirituality are meeting in the quantum field. The quantum field is described as infinite, ubiquitous, and in constant motion...the potential for all things without being anything in particular. The mystics have called it omniscience, omnipotence, and omnipresence. This quantum field is also known as the field of awareness or consciousness. And it is everywhere, inexhaustible, and fully present, all the time.

Then in some mysterious way this “no-thingness” which acts like a wave, particularizes into “something” but not always the same something. Usually the same something, but not always. What makes the difference? Well, that's a good question. In quantum experiments it's called, “the observer,” in the east, “awareness,” and in the west, we've come to call it “intention.” In the deepest spirituality it's the ability to imagine and speak something into being which is different than what was before. Think of it as playing with the playdough of the Universe, with your mind!



So, enough heady stuff! Let's pretend we believe it. Not just want to believe it, but so deeply get this that we are prepared to act as if it were true! What picture would you paint? For your life? For humanity? For the planet? Ah, but this isn't just wishful, hopeful, daydreaming, "wouldn't it be cool, if" kind of thinking. This is intentionally observing something new in mind as if it were already something fully present in form - painting a new picture.

Exercise #2 – Life is your masterpiece

Take time in the silence to contemplate the new picture you would like to paint for your life, for humanity, for the planet.

Now practice observing it, with intention, into reality in silence for 10 – 15 minutes.

Share in the group or with a partner your experience.

Life is like a canvas! Are you making art or just repeating someone else's patterns? Life is like a tapestry. Are you following old patterns or are you weaving something boldly new? And yes, of course, you can honor the ancients by incorporating beauty that's come before, but you can envision something new emerging when you add a deeper spiritual understanding and your own unique flair.

This is especially true when we are talking about creating an abundant and prosperous life. For the picture we paint of our lives to be one of joy, it must include financial health, financial freedom, and financial generosity, otherwise we cannot fulfill our purpose and create the masterpiece that our life is meant to be.

Exercise #3 – Financial Health, Financial Freedom, Financial Generosity

Rate yourself 1 (low) to 10 (high) on each of these ideas in your life. Examine how your rating is related to the fulfillment of the new picture you are creating. Which one is moving you forward? Which one is holding you back?

What new picture do you want to paint in the area that needs the most growth? Practice "observing" it into reality.