

The Quest – Winter Session

Chapter*	Date	What we explore**
1	Jan 3	Why starting over is good for you
2	Jan 10	You are not a spiritual cowboy
3	Jan 17	To be aware is to be alive
4	Jan 24	The difference between my spirit and my soul. What about my body?
5	Jan 31	What do you mean “the Christ that I am?”
6	Feb 7	What sense is the Bible?
7	Feb 14	Where are my boundaries?
8	Feb 21	Where is God in a cause and effect world?
9	Feb 28	If I don't believe in hell, is there a heaven?
10	Mar 7	What causes evil?
11	Mar 14	What is prayer?
12	Mar 21	What is this “silence” business?
Off	Mar 28	Random Walk (NO CLASS)

* *The Quest, A Journey of Spiritual Rediscovery*. Richard and Mary-Alice Jafolla. Unity House. This book is recommended, but not required.

** Each class stands on it's own. You may come and go as your schedule permits.

The Quest – February 14

Sunday (10:45 – 11:15)

We will begin the class promptly at 10:45. Until then, please remain silent, enjoy the music and read and contemplate this week's Quest.

Week Seven – Individuality and Oneness

Contemplative Music (10:35 – 10:45)

Discussion (10:45 – 10:55)

- Today we try out an experiment. To begin, we need a volunteer to be our “model.”
- 2 minute brainstorm: What is the individuality of this person? Do not worry about the answers being right or wrong; the importance is on the quality of our focus.
- Repeat the process with another person if time permits.

Prayer/meditation (10:55 – 11:00)

Exploration (11:00 – 11:05)

- When we focus on this person's individuality, do we feel a stronger sense of oneness or separateness?
- Why does focusing on another's individuality not bring up feelings of envy or separateness?

Activity for the week (11:05 – 11:15)

- During the week, practice “*uncovering uniqueness*” (see next page)
- Attend Wednesday's *contemplative service* at 7:00 pm

Objective for this week:

The Quest is a year-long discovery of the inner self, our Christ nature. “Discovering” our inner Christ nature can be difficult, sometimes taking a whole lifetime.

This week we explore a paradox by conducting an experiment: we focus on the individuality of people we encounter and we then consider whether our focus causes us to feel more at one with them or more separate from them. The goal is to elicit a sense of oneness by concentrating on another's individuality.

Metaphysical Lesson:

- Individuality is a person's unique expression of God. Personality is a covering up, or distortion, of one's unique expression.
- We can actually “uncover” another's individuality by placing our attention on that person's true self.
- Uncovering another's individually requires the use of our higher consciousness and this will be automatically activated when we choose to look for another's individuality.
- Observing uniqueness from the higher state of God consciousness automatically causes our soul to sense oneness with the other and with God.

Unity principles used:

- Human beings create their experience by the activity of their thinking.

<http://www.truthunity.net/courses/the-quest/07>

Process for “uncovering uniqueness”:

- This week, as you encounter people, focus your attention on them and ask yourself, “what is the individuality of this person?” Be willing to look through any apparent layers of personality into the true essence of the person. What is their uniqueness? How is God expressing through this person?
- Realize that you may be right or wrong in your observation. Being correct is not the goal; the goal is consistently focusing your attention on what you perceive to be the person's true God expression.
- Do this several times each day with different people you encounter. Do not judge the other person and do not judge yourself. Simply observe.
- At the end of the day, consider whether you felt more connected or more separate from those people you encountered.
- Affirm throughout the week “*I feel my connection with every living thing.*”

Passage for contemplation:

“We have already learned that the essence of us, our individuality, is the unique way in which God exists in each of us ... Let's not confuse how something expresses itself with what it is” (p.83).

Memorize:

Affirmation: “*I feel my connection with every living thing.*”