

The Quest – Spring Session

Chapter*	Week	What we explore**
13	Apr 4	God's Will
14	Apr 11	Spiritual Unfoldment 1: Become One With Our Source – Put God First
15	Apr 18	Spiritual Unfoldment 2: Let Go – Be non-resistant to what life sends you
16	Apr 25	Spiritual Unfoldment 3: Let God – Allow God to establish divine order
17	May 2	Manifesting Overview: Inner Change
18	May 9	Manifesting 1: God As Mind
19	May 16	Manifesting 2: Law of Mind Action
20	May 23	Manifesting 3: The Power of the Spoken Word
21	May 30	Manifesting Summary: I Am
22	June 6	Release and Affirmation
23	June 13	Moving Into Action
24	June 20	Faith
Off	June 27	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 – May 2

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 Seventeen – Inner Change

Today's Daily Word

Sunday, May 2, 2010

Soar

I place my faith in God, and my spirit soars.

God within me is my spiritual strength, the power behind the unfolding of my life, the force that lifts me up in spirit, mind and body. I am called to reach out beyond the parameters I have set for myself, aspiring to realize my divine potential.

I exercise my spiritual strength each time I do something new, whether it be starting a fitness program, entering into a business venture or awakening to a new day. I may say a prayer before I begin, or my prayer may be the very act of beginning.

Like the eagle, I am meant to soar. I am meant to let go of fear and limitation, to apply the strengths and abilities God has given me. I place my faith in God and my spirit soars to new heights.

Happy are those whose strength is in you.--Psalm 84:5

Assignment: Three-part Spiritual Unfolding Prayer

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 is an overview of a five-part series on how we manifest change our lives.

Metaphysical Lesson:

- The world is changing all the time according to a process known as Mind, Idea and Expression. We sometimes refer to this as “thoughts held in mind produce after their kind.”
- Mind and idea are *inner* workings of consciousness and thought that constantly express in our *outer* lives.
- The outer expression of our inner thinking is sure but not necessarily immediate.
- Mind, Idea and Expression roughly correspond to the three-step unfolding process we have studied the past three weeks, *Oneness, Flow and Order*.

Unity principles used:

1. God is all good and active in everything everywhere.
2. I am naturally good because God’s Divinity is in me and in everyone.
3. I create my experiences by what I choose to think and what I feel and believe.
4. Through affirmative prayer and meditation, I connect with God and bring the good in my life.
5. I do and give my best by living the Truth I know. I make a difference.

<http://www.truthunity.net/courses/the-quest/17>

Process for “Three-part Spiritual Unfolding Prayer”:

Continue to practice the five-step prayer process, including the three-step unfolding process:

1. Relaxation—releasing physical and mental tension
2. Concentration—gentle focusing of the mind
3. Meditation—Three-step unfolding process: *
 - *Affirm: “my mind and the Mind of God are one.”* Then focus a few minutes on your oneness with Source.
 - *Affirm: “I send forth only thoughts of good and good returns to me in overwhelming measure.”* Then focus a few minutes on accepting your life with non-resistance (let go).
 - *Affirm: “With Godlike thoughts, I think into being a Godlike world.”* Then visualize for a few minutes on God's love transforming all conditions of your life (let God).
4. Realization—deep inner knowing of the Truth and that our prayers are answered
5. Thanksgiving—being grateful before the answer appears in the manifest *realm*

* Affirmations are from *Handbook of Positive Prayer*, Hypatia Hasbrouck. (Memorize them!)