

## Suggested Lesson Concerning the Laws of “Karma” and “Least Effort”

Based on The Seven Spiritual Laws of Success by Deepak Chopra

**Sponsors:** This lesson has been written to address Y.O.U.ers **after** they have read the two specified chapters from the mandatory reading (which qualifies them to attend June Rally 2005).

When presenting the lesson, feel free to alter exercises based on the number of Y.O.U.ers, or split lesson to cover two lesson spots.

**MATERIALS NEEDED:** note cards for each Y.O.U.er, pencils for each Y.O.U.er, flip chart (at least 5 pages), flip chart pens, 5-minute meditation music

Running time: approximately 135 minutes

### **Opening Prayer (1min):**

*“Sublime Love, we renew our day in this moment, grateful for your presence. Knowing that life is full of unlimited possibility, we live zealously, overflowing with love. This love permeates our entire being, spreading to our surrounding atmosphere, and moving still to encompass the entire life force of the universe. As our awareness of this brilliant love grows, we pray affirming its presence within us all. Amen.”*

### **Joy Songs/ Y.O.U. Up Clap (5min):**

-Y.O.U. Up Clap (repeater): “Y...YO...YOU... Unity...Unity... We are the Youth Of Unity... truth-seeking, fun-loving Youth Of Unity...we believe in knowing that our truth will set us free...living, loving, laughing, learning, letting ourselves be free...watch us as we practice Christianity every day...Unity...U-ni-ty hey!”

-(Please choose any 2-3 joy songs your chapter likes the best.)

### **Quote (4min):**

-Read and discuss quote’s significance as a group.

*“...most of our energy goes into upholding our importance...If we were capable of losing some of that importance, two extraordinary things would happen to us. One, we would free our energy from trying to maintain the illusory idea of our grandeur; and two, we would provide ourselves with enough energy to... catch a glimpse of the actual grandeur of the universe.”*

### **Listening to Intuition (10min):**

-Ask the group to partner up into groups of two. Then ask them each to share an experience where they felt aware of their intuition. This can be anything from a voice in their head to a beating in their heart, but ask them to completely describe the following three aspects of the experience:

1) situation

- 2) feeling of intuition
- 3) choice

-After allowing enough time for each partner to share & discuss, **pass out the note cards and pencils** and instructing Y.O.U.ers to write what their vibes feel like. Read the following before they write.

*“Being creatures of nature, we all have intuitions. These note cards are to remember what intuition feels like. Whenever you perceive decisions as ‘tough’ remember to listen to yourself, knowing that your intuition will always be there for you. As you write down these feelings, empower yourself to become more aware. At the same time, release expectation and accept the possibility that new feelings may come in the future.”*

### **Piecing it All Together (20min):**

These two questions will discuss issues that might have appeared hypocritical in the reading. From sharing viewpoints, much can be learned.

-Ask the group the following question. To begin, ask every single Y.O.U.er to respond in a circle. Then, discuss freely. The parentheses include a possible explanation.

*“How can there be only one ‘correct’ choice that brings my life the most happiness if life itself is full of opportunities?”*

(p42-44, There are many paths to happiness (which is a perceived emotion), but one path connecting you to true happiness. This path is aligned with God. By becoming aware of your choice’s consequences, and what level of happiness it brings you, you will unconsciously create your intuition. Because we are connected to God, this intuition comes from our inner-spiritual self, and brings us to the ‘correct’ decision, or one that aligns us with God.)

*“Why do I need to worry about my actions if Divine Order is present in my life, creating perfect order and harmony?”*

(Divine Order is present in your life, but works within the universe. Therefore, it inspires perfect order on a universal level. Your personal definition of perfection is an opinion, which Divine Order does not follow. Taking responsibility of your life by making conscious choices will give you the opportunity to live your life.)

### **Conscious Choices (35min):**

This lesson focuses more on Karma being described as the action of conscious choice making as opposed to after-life ramifications. The following exercise explores how Y.O.U.ers can alter how they live their life to create more conscious choices.

-As a chapter, pinpoint examples of choices that are frequently made unconsciously. **Use the flip chart and flip chart pens** to organize these suggestions into 3 lists- Actions, Reactions, and Perceptions. Shoot for at least 10 examples on each list.

- After listing all the examples of unconscious decisions, discuss as a group BOTH how to change those behaviors and the effect it would create. The

following are examples of choices with ideas of how to change them in parentheses.

1) Actions

- saying "Hi, How are you?" (Stop yourself from automatic greetings, creating time for you to thoughtfully greet people with meaningful phrases.)
- the order of a morning routine (Look at whether or not this order is most enjoyable/efficient, possibly creating a routine that serves you more.)
- devouring meals once you sit down to eat (Instead, partake in conscious eating by being aware of the food you place in your mouth, creating a sense of appreciation.)

2) Reactions

- seeing tears, wanting to fix the person's problem (Accept the situation for what it is, by respecting it, you can come from love instead of a personal agenda.)
- dropping something, automatically picking it up (Take a moment to see if the floor is a better place for the object, perhaps you are carrying too much, and that simple pause will give you time to realize it.)
- hearing "Hi, How are you?", responding with "Fine" (Take a moment before automatically responding, being honest with yourself and others of your current feelings is reason enough.)

3) Perceptions

- rainy weather = yucky day (Move into prayer to reawaken your awareness of the beauty of life, this will dramatically change your attitude!)
- poor grades = belief that you are 'stupid' (Remember that one test is only a reflection of a certain presentation of a certain amount of material, taking yourself to a place where you can affirm your wisdom will greatly effect your attitude, possibly even raising future test scores.)
- receiving a compliment = smiling, feeling good about yourself (Consciously remember that you are connected to God no matter what compliments or criticisms people say, allowing the compliment to be a reflection of that person and not you personally will affirm your own belief of your goodness.)

**Order of Operations (25min):**

-As a group, create a process your chapter can follow to make group decisions. Using the two chapters of "Karma" and "Least Effort", use the combined process for individual decision making as a guide. **Write this process on the flip board** so you can use it in the future as well.

Individual Combined Process = 1) Accept 2) Take Responsibility 3) Be Defenseless 4) Identify Consequences 5) Identify Amount of Happiness Created

-After creating the process, put it in to action by deciding on something together (Ex. Deciding as a group to take a year slot in the 'Love thy Brother, Serve thy Family' service project, pinpoint another area where the chapter can serve the church, or starting a new fundraiser.)

### **Mindfulness and Aligning with Spirit (32min):**

The following exercise should mesh both chapters into one understanding and create an opportunity for Y.O.U.ers to live what they learn.

**-On the flip chart, write the following 4 questions.**

- 1) What does 'least effort' imply? Ease? Difficulty?
- 2) What does 'non resistance' (the use of acceptance, responsibility, and defenselessness) produce?
- 3) If nature is love, how does one harness that love?
- 4) What does transcendence of Karma mean?

-Then split your group into 4 smaller groups so that Y.O.U.ers work together to answer one of the four questions. Depending on the size of your chapter, you may choose to have 8 groups where two groups would be answering the same question without working together. Group sizes work best with 3-5 Y.O.U.ers.

Assign each group one of the questions.

-After giving them at least 8 minutes to discuss, ask one person from each group to share the answer that their small group agreed upon. Any similarities? Please read the following to your chapter.

*" There can be one answer for all four questions. This answer is the action of aligning with God. Least effort is separate from 'best effort' or levels of difficulty. The law of least effort is asking you to align yourself with God and the natural flow of things.*

*Non resistance is asking you to release attachments and things that resist you from God, so that you can come from a place where you are aware of your connection of God. This place of acceptance, responsibility, and defenselessness will help you to make decisions.*

*Harnessing the love that is the real source of nature would directly connect you with God. God is nature and is the source of all things.*

*Transcendence of karma is touched on in the book, defined as becoming independent from karma. This is transcending, or moving beyond, karma, not eliminating it. By entering into meditation to re-connect with God and transcend human karma, you are aligning yourself with God."*

-Read this quote, and discuss as a group.

*"An integral being knows without going, sees without looking, and accomplishes without doing." -Lao Tzu*

-After discussing, read the following that will reinstate it's significance.

*“ This quote was actually a topic for one of the spiritual Thursday night chats on instant messenger. Ideas that were expressed that night agreed that one interpretation of this quote is that the integral being is one who lives their connection with God. They not only believe in their connection and are aware of their connection, but they live it fully. This creates a truly spirit filled life as opposed to a human filled one.”*

-Now please lead your chapter in a **5-minute unguided meditation with the meditation music you prepared**. Empower Y.O.U.ers to be mindful of their alignment with God, and leave the meditation living that awareness.

**Closing Prayer (3min):**

*“Divine Spirit, as we close our eyes to the material world we appear to live in, we open ourselves to experiencing the higher consciousness that is. By affirming this great existence of being, together we create ripples of love that reflect the Omnipresence that is God... As we leave today to live this Truth, let us continue to be aware of the blessings around us. Amen.”*

Thank you Sponsors, for touching the hearts of youth.

We LOVE you,  
We BLESS you,  
We truly APPRECIATE you,  
And we behold the Christ you are.