

Suggested Lesson Concerning  
the Law of “Detachment”  
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.

**Approximate Time:** **90 Min**

**Reading Instructions:**

- When a question is posed to the group and under that question is another tab...
  - this is one proposed answer and their answers should follow along these lines. Feel free to share this answer with them to help clarify if they are stuck.
- When bold is used in the middle of an activity followed by italics. The Italics part is something that you should say word for word or very close to it.**

**Materials:** 50 paper balls (approximately), copies of Worksheet D:1 and D:2, and pencils

**Layout:**

- Check-in
- Joy Songs
- Opening Prayer
- General Ideas Represented
- Discussion for Further Details
- Activities: Theory and Action, Unfound Ground
- Closing Discussion
- Closing Prayer

**Check-in:** **5 min**

Go in a circle to the left and have everyone share how their week went and anything else they feel important to share

**Joy Songs:** **7 min**

Pick 2-3 Joy Songs. Preferably 1-2 fast and 1 slow.

**Opening Prayer:** **5 min**

Creative Spirit, we take this one moment to snap ourselves back to our truest reality. As we delve into our own spirit we find ourselves open to all the creative energy that is flowing in and through our lives. We release our attachments to the outcomes that we may desire and allowing everything to flow perfectly through our lives. In this heightened state of awareness we choose to take this time to learn and grow. Completely

open and completely aware, we honor the divinity in self and in others, and for this moment of communion we thank you God. Amen.

**General Ideas Represented:**

**5 min**

- Present these ideas, and offer a little explanation if necessary, but the details of these principles will be discussed further later.
- Detachment: By being attached to an outcome and a certain process by which to achieve that outcome we limit and inhibit ourselves. It is only when we release both of those that we are open ourselves to unlimited possibilities.

**Discussion for Further Details:**

**20 min**

- How is releasing your attachment different than simply giving up?
  - You keep the intention and motivation but stay open to a different result and way of getting there.
- Why does searching for security do us no good?
  - Security (as most of us feel it) is an attachment to the known. We feel safe when we are in a known environment and know what is going on.
  - If we are searching for security then it locks us into the known, which is the past. This makes growth and evolution extremely difficult.
- What do you think is meant by “Keep the vision, release the path?”
  - In detachment you want to keep all of the vision and all of the motivation. Keep the idea that you are going to go from point A to point B. Just release the idea that you have take path C to get there.
- How does releasing attachment help us?
  - It opens us up to all the other possibilities and gifts that are out there.
  - By opening us to other possibilities it opens us up to more methods of creation. (For example if you have the idea in your head that you can only use crayons to draw a picture. Then if you only have pencils and markers you have lost the capability to draw. When you release the idea that you can only draw with crayons, you have given yourself the ability to draw again because you may use those pencils and markers)
  - So in this way the release of attachment helps to facilitate creation by opening you to the field of infinite potentiality (all of spirits creative power instead of just some of it)

**Activities:**

**20 min**

-Safety:

**8 min**

Materials: Approximately 50 pieces of paper crumpled into balls  
(read the exercise to determine exactly how many you will need based on your chapter size)

- Separate the group into 2 groups (half and half)
- The first group is the throwers and they should each have 10 paper balls in front of them.
- The second group is the catchers and they should each stand about 10 ft away from a thrower. Have them actually pair up so that they know who they are partners with.

- Have each thrower go pick up two balls from the thrower that is across from them, and keep one tightly grasped in each hand
- When you tell them to go, the thrower will gently throw one ball over to their catcher. The catch is that the catcher may not unclench or release the paper ball that is in each hand, so they will have to find some other way to catch the balls thrown to them.
- Inform them that their goal is to catch at least 6 balls (the ones in their hand count), but the only ones that count are balls that are still in their possession at the end (i.e. for a ball to count it cannot touch the ground at any point in the game).
- Ask them to come back into one group and lead a discussion based around the following questions.
  - Did anyone complete the mission?
  - What was difficult about it?
  - Would this activity be easier if you were allowed to set the paper balls down beside you, and just know that they are yours?
  - State:** *When we search for security it is much the same. We grasp onto that which we have very tightly because that makes us feel somewhat secure. At the same time it makes it difficult for us to expand, to grow, to give, and/or to receive.*

-Stuck on It:

12 min

Materials: 1 cut up piece of paper (worksheet D:1) per person, one reference sheet per person (worksheet D:2), and pencils

- Hand everyone 1 copy of each worksheet
- Instruct them that they are to replicate worksheet D:2 on to worksheet D:1
- Give them about 4-5 min to do so
- Ask them to come back into one group and lead a discussion based around the following questions.
  - Was this confusing and or difficult? Why?
  - What was the most basic intention of the activity?
    - (if they have trouble) Simply to create
  - State:** *Often times in life we do the exact same thing, we take a solution or plan, and try to force it onto a situation or problem where it doesn't fit.*
  - If we had chosen to create freely on this sheet of paper would it have been easier?
    - State:** *When we release our attachment to a certain plan of action/ outcome we open ourselves to more creative possibilities and channel spirit to create.*
  - Can you think of a time where you have forced a solution onto a situation in which it didn't fit, and how would that have been made easier if you were open to other solutions?

**Final Discussion:**

15 min

- Do you agree with the theories presented in this lesson? Why or why not?

- Are there any changes that you would make to the theories?
- Do you think that you will use these principles in you life?
- How do you think that they could be applied to you life?

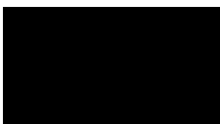
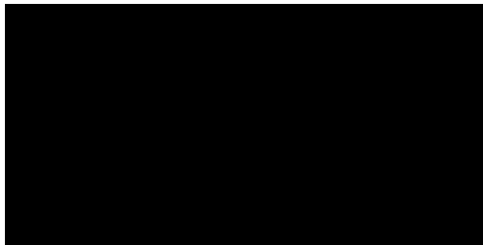
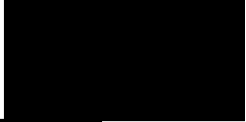
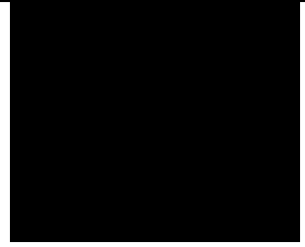
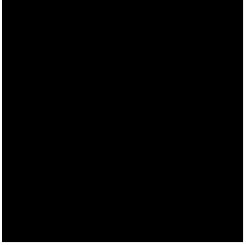
**Closing Prayer:**

**3 min**

Divine Mother/Father God, as we move out of this sacred space with take with us all the lessons learned here. We find security by digging into our own God center instead of looking outward. Firm in our own beliefs and confident in our creative abilities we walk forth unto our lives with open acceptance of the events that come to us. In this open state we draw upon the infinite power of Spirit to manifest the path of our life, actively creating a path of beauty, a path of love. For the ever reassuring flow of energy through us, we thank you God. Amen

# Worksheet D:1

Sponsor Please cut this sheet in two and cut out the black spaces.



# Worksheet D:2

Sponsor Please cut this sheet in two (do not cut parts out)

