

Suggested Lesson Concerning
the Laws of “Dharma” and “Pure Potentiality”
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: **80 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: 40 sheets of Paper and 3 rolls of scotch tape

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**

Divine mother/father God, we thank you for the presence that you constantly instill within us, and the strength that we gain from it. As we move into this time of growth we gently shed our preconceived notions and all of the thoughts that hold us back,

and allow our human minds to blossom and reach new heights and potentials. 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.
- Dharma: We all have a purpose based upon our unique talents, which serves humanity
- Pure Potentiality: Our true self is that of pure consciousness (spirit) seeking manifest. Since consciousness is unlimited and infinite we also have infinite potential

Discussion for Further Details:

20 min

- How do you think those 2 principles are related?
 - For Dharma to work one must know and seek their higher truth, so that they may escape ego and get back to that state of infinite potentiality.
 - When in the state of pure potentiality one needs the motivation and direction of Dharma to bring the un-manifest to manifest, to turn that pure potential into kinetic.
- What are some of the ways to connect to higher potential?
 - Silence- allowing yourself to not communicate so that you can calm the internal dialogue (chatter of the mind), and listen to the dialogue of Self (spirits guiding voice)
 - Meditation- setting aside time each day just to consciously connect with the higher power.
 - Non-judgment- consciously keeping oneself from judging anything because judgments stir the internal dialogue and center someone back in ego.
 - Nature- taking the time to just be in nature. This allows one to see and feel the pure potentiality and power of God that is expressing through other things. Nature remains an untouched and uncorrupted place of God's expression.
- What is the major consciousness shift that enables Dharma to work, and why is it such a powerful shift?
 - A shift from the ego saying "what is in it for me" to the spirit saying "how can I help."
 - This is so powerful because it focuses on giving (which is a gift in itself), and it calls upon your own abilities and your own potential so that you may manifest the infinite power within. While asking what is in it for me only focuses on the physical reward that may be given, which takes you out of the moment, out of God consciousness, and out of the infinite power.
- What is one of the most important aspects of Dharma?
 - Action and follow through, actually creating!

Activities:

18 min

-Theory and Action:

8 min

Materials: Paper crumpled into a ball

- Separate the group into 3 smaller groups (only 2 if you have smaller groups, approximately 5 people in each)
 - Give the first group the paper ball and tell them to stand in a circle and throw it between all the members (they can make a game out of it if they want).
 - Tell the other groups to formulate ideas of what else you could do with the paper. EX: make confetti
 - Allow them to do this for 3 min
 - Ask them to all come back into one group and then lead a discussion based around the following questions:
 - What did groups 2 and 3 come up with as alternate uses?
 - Group 1 did you do any of those things? and why not (a simple we didn't know of them will do)?
 - So who was more productive?
- State:** *In every action there is theory, and for any theory to work their needs to be an action upon it.*
- Group 1 would you have been able to do some of those things with the paper if you had known of them?
 - Group 2 and 3 could your theories of what to do have been acted upon if they had someone there to do the action?
- State:** *Dharma is the same way it needs both a recognized theory behind it (what one's actual purpose is) and action to carry it forth (the person actually acting upon it). Without both it is useless and never is brought into manifest.*

-Unfound Ground:

10 min

Materials: Paper and scotch tape

- Split the groups back into 3 separate groups and give them each 10 sheets of paper and a role of scotch tape.
- Give them each the following mission: To create a stand at least 5 inches high that is capable of withstanding me (that's you sponsor) jumping on it.
- Give them 3-4 min to formulate a plan, and tell them this is the theory part.
- Tell them that they will now follow through on that theory with action, and that now they should build their stand which will withstand you jumping on it. Give them about 5 min.
- Have everyone re-group and now test the stand. That means actually jumping on the stand.
- If anyone's actually did resist that GOOD JOB!!!!
- Ask this question:** *You made a theory and you followed through with action, so why wasn't the goal accomplished? What went wrong and what would have made this more possible?*
 - The material was a poor choice for the task at hand
- Ask:** *Would this have been easier if you were given bricks?*

-Explain: Dharma works the exact same way. You can have a great theory behind your purpose and you can follow through wonderfully with action but if it is built with un-solid materials then it will easily crumble. That is why we must work at shifting away from that un-solid material, our ego, and start building in that grounded state of Spirit.

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:

5 min

Creative Spirit, as we internalize these messages of truth we affirm the truth and light that you express within us. We take note of the infinite potential that we all are born with and direct this energy toward finding our own path. For this higher sense of direction and empowering presence within our lives we take this time to honor our connection with you. Amen.