

Welcome to the Learning Service Handouts

This Section of the Manual contains master copies all of the worksheet handouts necessary to conduct the basic 'Sacred Learning Service.'

The Handouts

Following is a listing of the Handouts contained in this Section. It will be up to the discretion of the Facilitator as to whether or not to include any, or all of the 'Optional Handouts.' One alternative would be to have copies available for Participants to pick up, if they so choose.

Handouts		Handouts	
Learning Service Cover Sheet	•	Turning Fear Into Faith	9
Un-Hidden Agenda	1	Realities of Spiritual Practice	10
Using the Wisdom Worksheets	2	Fear to Faith Worksheet	11
The Spectrum of Life	3	What Happened Wisdom Tree	12
The Activities of Healing	4	Fear to Faith Easy Prayer	13
The Great Law of Life	5	Fear to Faith Lord's Prayer	14
The Coach to Everywhere	6	Oneness Prayer	15
The Eightfold Path of Faith	7	Prayer for Greater Peace	16
Notable Quotes About Faith	8	Thanksgiving Tree	17

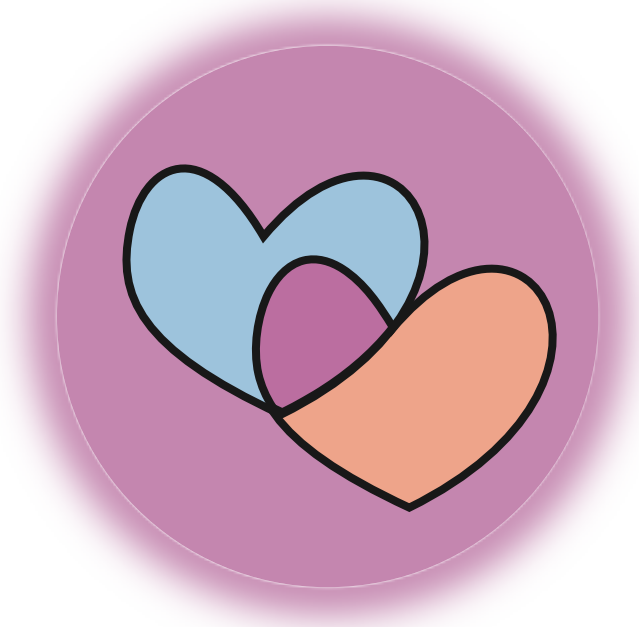
Creating the Packets

The 'Master Handouts' contained in this Section should be used to run copies that can then be assembled into individual packets for each of the Participants. It is highly recommended that the copies be run on plain white bond paper. It is also recommended that the packets be three-hole punched. Once assembled, a single staple in the upper left hand corner should be sufficient to bind them. Paper clips could be used as an alternative.

Using the Packets

Most people can usually manage to write in their packets without having a desk, or some form of solid backing for their materials. Ideally, it would be preferable to distribute each packet on a clipboard that could be turned in at the end of the Learning Service. An inexpensive alternative would be to cut up some corrugated cardboard boxes into 9"x 12" palettes to serve as writing surfaces. People who frequently attend the Healing Services should be encouraged to bring a three-ring binder, and to keep their worksheets as a record of their spiritual growth.

SACRED LEARNING SERVICE



**Revealing Newness
Through Group Healing**

**Rev. Lloyd Strom
Rev. Marcia Sutton**

www.GracefulWays.org



A Sacred Learning Service

"For where two or three are gathered together in my name,
there am I in the midst of them." ...Matthew 18:20

Purpose:

Wholeness

Vision: Revealing Wholeness Through Group Healing

My *intentions* for being here are:

1. To gather with others in order to invoke the Presence of Spirit for the purpose of personal and collective healing.
2. To develop a greater understanding of the Principles of Healing.
3. To develop the practical knowledge that will allow me to apply the Principles of Healing to my own life circumstances.
4. To deepen my faith through real spiritual practice as a means of revealing greater wholeness in my life.
5. To experience the power of group spiritual practice as an effective way to change conditions in the world.

6. To _____

Myself

7. To _____

Others

Clearing:

I presently feel: _____

I intend to leave feeling: _____

Signed

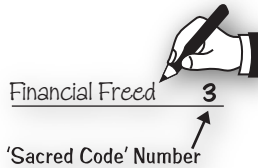
Date

The GodSong Project

The transformational chanting hymn 'God's the Love that I Am' is available for downloading in mp3 format at: www.GracefulWays.org All of the materials in this packet are freely provided without fees or royalties by the authors. If you find them to be of personal value please consider making an 'Appreciation Offering' through this website.

The beginning pages of these materials were developed to provide a brief overview and explanation of the underlying Principles that are incorporated into the actual 'Healing Service' program. It contains a collection of highly interactive essays called 'Wisdom Worksheets,' which provide a 'whole-brain/whole-body' learning experience. Following are descriptions of each of the unique elements of these Worksheets.

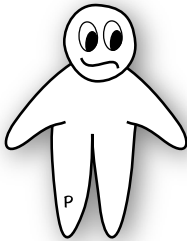
'Filling In' the Blanks



Whenever our mind encounters a 'blank' in a sentence, it immediately begins to search for the words that will complete the phrase. In effect, the presence of a 'blank' will activate our curiosity and 'open our mind to receive.' Throughout this Section of the Manual you will frequently encounter 'blank lines' at the beginning of most paragraphs or sections of text. Furthermore, many of these headings will serve as personal affirmations if you read them aloud. These affirmative headings are also intended to be 'filled in' by you in either of the following ways:

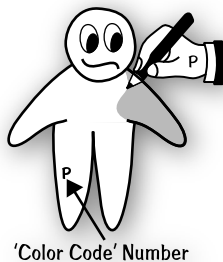
1. Fill in the blanks as you are instructed during the class.
2. Fill them in by correlating the little 'code numbers' on the right hand side of the blanks to the 'Sacred Code' located in the lower left hand corner of each page in this Section.

Viewing the Symbols, Icons and Illustrations



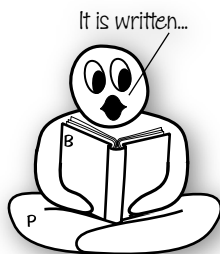
Each section of text is accompanied by an icon, symbol or illustration that will help convey the information contained in the written dialogue. Generally, these images are placed on the left-hand side of the page in order to be more accessible to the 'right-brain.' The text is on the right-hand side in order to be accessed by the 'left-brain.' Together these two elements work in combination to provide a 'whole brain information package.'

Coloring the 'Wisdom Worksheets'



The third important element of this workbook is the coloring of the symbols, icons and diagrams. It is **highly recommended** that the coloring be done **within 48 to 72 hours** after each class. This will cause the information that has been received to be powerfully reinforced and retained. Or, if you are using this document on your own, you may wish to do the coloring as you read through the material. Detailed instructions about the coloring process are given on the next page entitled 'The Spectrum of Life.'

Reading the 'Wisdom Worksheets' Aloud



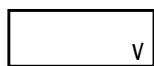
Silently reading the Truth will change your *attitude* about the physical conditions of your life. However, speaking the Truth will actually *change* those physical conditions. Consequently, reading the written words of these 'Wisdom Worksheets' aloud to yourself will fully activate the transmission of Truth within them. This is equally true for any spiritual book or Sacred Scripture that inspires you when you read it. **'What you hear you forget. What you see you remember. What you say you become.'**

The various icons and illustrations throughout this Packet are designed to be colored by you. If this is done in the manner described below, you will learn from the actual process of coloring. This is because the colors selected are esoterically significant. Following is a brief summary of the meaning of each color:

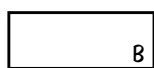
The Cosmic Palette



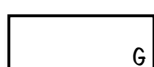
White is the sum of all colors. It contains all colors, yet is other than all colors. It represents **Wholeness**.



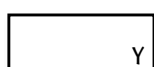
Violet [Pink+Blue] represents the quality of **Love**, or the coming together of heaven (blue) and earth (pink).



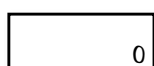
Blue represents the **Spiritual or Heavenly** aspect of our being. This realm is sometimes referred to as the *supernatural*.



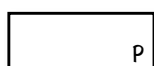
Green [Blue+Yellow] denotes the higher wisdom faculties. It represents the realm of **intuition**.



Yellow represents the ordinary human conceptual mind. It is the realm of the **intellect**.



Orange [Yellow+Pink] denotes the realm of **emotions**. This is the area where mind and body interact.



Pink represents **embodiment** in the physical realm of the senses. This includes our personal '*flesh body*' as well as the '*body of our affairs*.'



Gray represents the condition of light being partially obstructed and/or obscured. It signifies the hidden or **subconscious** aspect of our being.



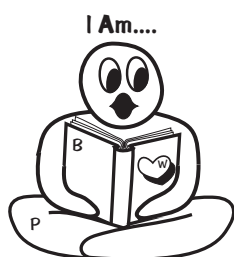
Black is the absence of all color. The darkness defines the light and gives it meaning. Also, the darkness holds all that has yet to "*come to light*." It represents the **mystery** of God.

Instructions

Color each of the figures and illustrations in accordance with the little code letters contained within them. They correspond to the colors coded above. The figures can be colored using any number of media from pencils to crayons. An excellent recommendation is the use of '*Highlighter Pens*' available in any stationery store. The entire manual can be colored with just three pens: *pink, yellow and blue*. The other colors of violet, green and orange can be created by mixing the three primary colors as indicated above. Actually, you will learn more by blending the colors yourself than by using several separate pens.

The three primary activities of healing are Learning, Loving and Letting Go. Following is a brief explanation of each of these activities, and how they relate to each other.

1. First I _____ 1 the Truth About My Self



Get Smart

"Wisdom is the principal thing.
So with all of thy getting,
get understanding." - Prov. 4:7

True healing begins when we learn to discern the difference between Reality and Truth. Our Reality is the actual *felt* experience of the conditions and circumstances of our lives. In this sense, '*what is real, is what we feel.*' Whenever we experience pain in our bodies, or suffering in our minds, it is because our Reality is NOT based on Spiritual Truth. Furthermore, we must realize that the '*error beliefs*' that we hold about Life are always based on past experiences that we did *not* understand at the time. Consequently, whenever we come to *understand* those past experiences, the '*lies inside of us*' that create pain and suffering in our lives begin to fall away in order to reveal the wholeness and perfection of our being. For the Sacred Scriptures reveal that "*we are all Gods,*" and that "*God is Love.*" (John 10:34, 1 John 4:8) Furthermore, the Reality of these Spiritual Truths are the blessings of Love, such as Comfort, Peace and Joy.

2. Then, I _____ 2 My Neighbor As My Self



Love all the People

"Love God with all your heart
and Love your neighbor as
you love yourself." - Matt. 23, 39

In order to reveal the Truth about ourselves, we must develop the capacity for unconditional Love by means of a twofold process. First we must awaken the '*divinity within us*' by confessing our Love for God, and then we bring the '*Kingdom of Heaven*' into our lives by loving everyone around us. Next, we must realize that unconditional Love begins with Forgiveness, and a constant state of Forgiveness is what is known as Humility. This ultimately leads us into the experience of Gratitude, that is the perfected Love of God, and the substance of Grace. Furthermore, it is written, "*God resists the proud, and gives grace unto the humble.*" (James 4:6) Ultimately, we are healed by Grace whenever we act out of Love in order to "*do unto others as we would have them do unto us.*"

3. Then, I _____ 3 of the Lies I've Told My Self



...and Leave Your Baggage Behind.

"If anyone is in Christ, they are a
new creature: for old things pass
away, and all things become **new**."
- 2 Cor. 5:17

We cannot wear a new pair of shoes unless we are first willing to remove our old ones. Consequently, before we can enjoy the '*Fruits of Spirit*' in our lives, we must first release the old '*error beliefs*' that we hold about ourselves and others. We must always keep in mind that underneath every '*error belief*' there is a '*hidden fear*' that is operating subconsciously within us. That which dispels these '*error beliefs*' is Truth, and the reality of this Truth is the Love that dissolves the '*hidden fears*' that stand behind our beliefs, for it is written that "*Perfected Love casts out all fear.*" (1 John 4:18) Furthermore, in order to release the '*hidden fears*' that created our '*error beliefs*,' we must temporarily re-experience these fears, as they move from the inside out of us. This often

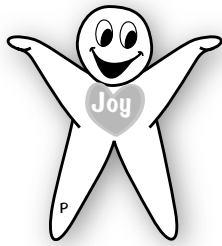
takes courage and fortitude on our part. Most importantly, we must also realize that these '*hidden fears*' will always come upon us, one way or another. So, we can face them in the course of a spiritual healing process, or they will simply show up as unexpected tragic events or conditions in our lives. The choice is always ours to '*do it in our seat, or to do it on the street.*'

The universe is full of principles, laws and cosmic propositions. However, there is only one law that truly empowers us to take dominion over the conditions and circumstances of our lives, it is the 'Great Law of Life,' as follows:

I

What I

2



'Be it, and you will see it.'

"As you have believed, so be it done unto you." ...Mat, 8:13

Despite what we may want, wish or even think that we deserve out of life, what we *always* get is exactly what we *believe*. This is the 'Great Law of Life.' This understanding is no longer just a spiritual proposition, but is widely becoming accepted by mainstream psychology, as well as modern quantum physics. Given the implications of this proposition it behooves us to carefully consider the following five questions:

Five Fruitful Questions About the 'Great Law of Life'

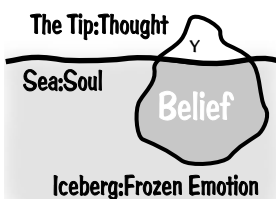
- 1 Is the 'Great Law of Life' really true?** – As with all spiritual Truth, the validity of this proposition can only be ascertained by us, so far as we are concerned. In other words, it must be tested by us in our own experience of life.
- 2 What is a Belief?** – A belief is much more than an opinion or thought that we hold about something. A belief is a deeply suppressed emotional impulse that expresses itself unconsciously through us in order to produce experiences in our life.
- 3 What Do I Believe?** – It is very easy to ascertain what we believe. We can simply look at the *felt* reality of what we are receiving in our experience of life. In other words, *'what we are receiving is what we are believing.'*
- 4 What Do I Want to Believe?** – If there is some aspect of our life that we are dissatisfied with, then we must change our beliefs about it. The quality of our life experiences now become a function of what we choose to believe about them.
- 5 How Do I Change My Beliefs?** – If diligently applied, the principles and practices contained in these materials will provide the means for us to effectively change our beliefs in order to produce a more positive and abundant experience of life.

My Beliefs are Like

3



Sun: Spirit



It takes a 'melt down' to make a change.

be • lieve' - To place trust or confidence in.

Based on its deeper root meaning, to believe means *'to be like.'* In other words, we tend to unconsciously behave in a way that is consistent with the nature of our beliefs. This is because the motive forces behind a belief are mostly hidden as suppressed emotions within our souls, as depicted in the graphic metaphor to the left. As the warmth of the Sun melts away the tip of the iceberg, more and more of what was previously hidden comes up to the surface. This is why it often takes time, combined with *'daily dedicated spiritual practice,'* to completely dissolve a major belief in the sea of our soul, and the *'body of our affairs.'*

The Great Law of Life: 'You Receive What You Believe.'

A 'corollary' is a specialized version of a general law or proposition. When faced with a *false belief*, the 'Great Law of Life' *correlates* itself in the following ways to the three main aspects of our being, body, soul and spirit.

Whatever I'm Up Against, I Am

Corollary

1
P

BODY

Our creative spiritual nature is always seeking to awaken itself within us in order to express Life more abundantly through us. The tool that it uses most effectively is to create conflicts in our lives that produce pain in our bodies and suffering in our minds. The nature of the particular conflicts that each of us experience is directly related to the 'false beliefs' that we hold about life. Consequently, every conflict and problem that we face is intended to 'wake us up' to the fact that we are believing something that is not true about Life.

I Always Get What I Feel I

Corollary

2
Y

SOUL

It is a natural human tendency to believe that we have the right to get whatever we desire. Hence, we begin to *think* that we truly *deserve* to have whatever it is that we want. However, the 'Great Law of Life' can only provide us with what we truly *believe*. And since a belief is made up of mostly emotion, frozen into self-repeating patterns of experience, we will *always* receive what we *feel* we deserve, based upon our current belief system. Unfortunately we generally don't know what we *feel* we deserve until we *get* it. Consequently, whenever we receive something less than what we *think* we deserve, we tend to *feel* disappointed, frightened or angry. This is because it is our '*hidden fears*' have actually create d whatever it is that we have *received*.

Fulfills the Law for Me

Corollary

3
B

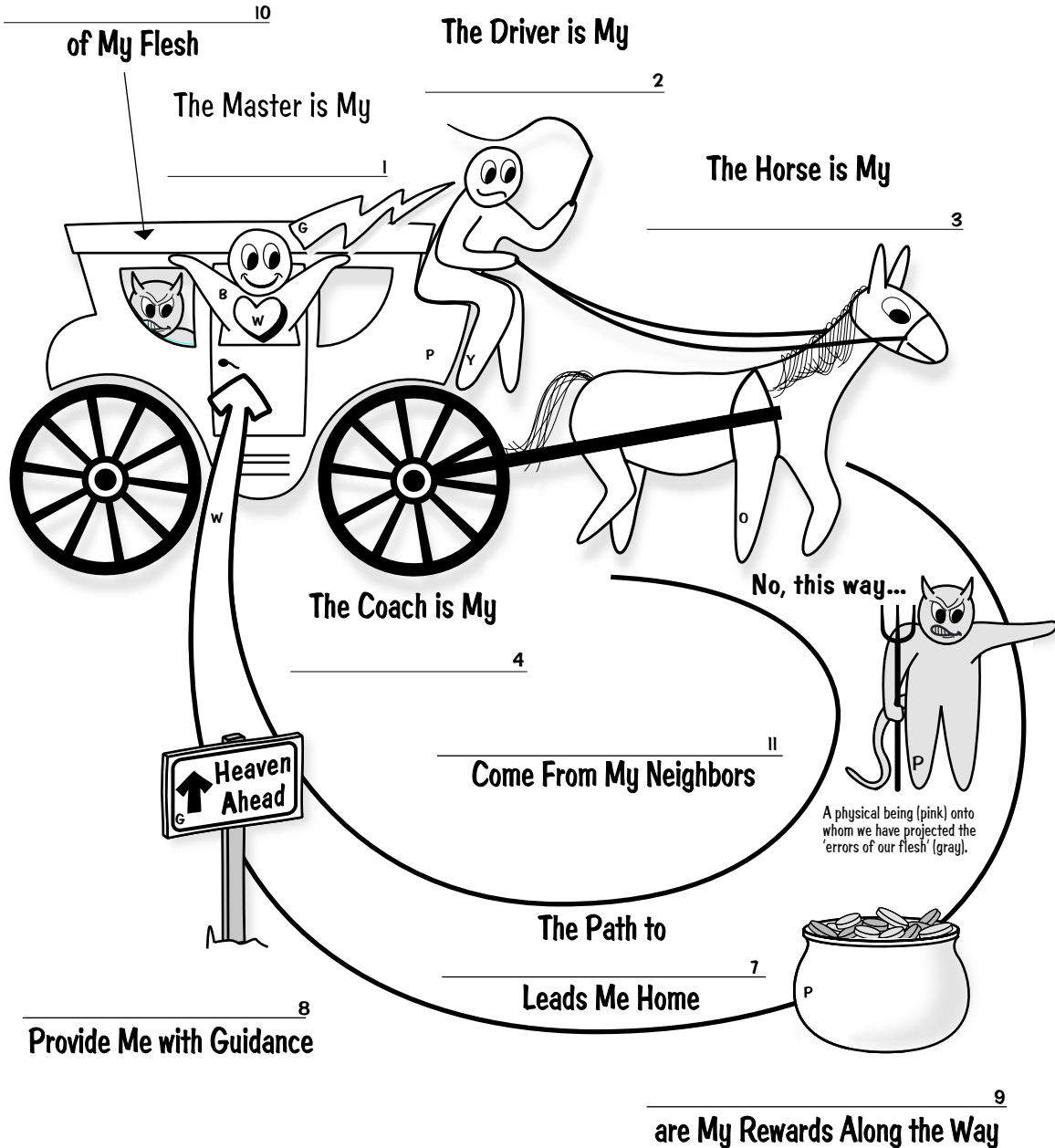
SPIRIT

It's been said that "*every problem was once a solution.*" This is because a worldly solution to a problem merely buries the symptoms of our suffering and never really removes the cause. However, we need to consider that a true solution always involves dissolution, and this is what Love does. Love dissolves the cause of our suffering with Truth, and creates a new experience of life beyond anything that we could ever conceive of. Love creates a '*divine conception*' that produces an ever increasing experience of heaven on earth. This is why the scriptures tell us that '*Love fulfills the Law,*' and produces no residual effects. (Romans 13:10) **Consequently, whenever we put Love into the Law, something good always happens.**

The Coach to Everywhere 6.1

The vehicle we use to travel along the evolutionary path to 'Spiritual Enlightenment' is the **Coach to Everywhere** shown below. Detailed descriptions of the various aspects of our being that collectively comprise the **Coach to Everywhere** are provided on the following pages.

The Passengers are the



The Master is My

1



The Master of the Coach is the Creative Spirit within us all. The purpose of our evolutionary spiritual journey is for this aspect of our being to awaken the other elements of the Coach to their own true nature and role in the creative process of life, thereby bringing them into a state of harmonious interaction. It should be noted that the guidance of the Master is communicated to the Driver with the '*still small voice*' of intuition, which is often drowned out by the noise of the Driver yelling at the clapping Horse which pulls along the rattling Coach.

The Driver is My

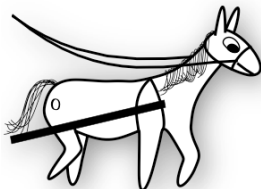
2



The Driver of the Coach represents our mind, which is the aspect of our being that can think, ponder, plan and perform feats of logic. However, in the absence of direction from the Spirit, the mind doesn't really know where it is going, it only knows that it wants to get there fast and have some fun along the way. Therefore, it either whips the Horse (emotions) into a frenzy, or gets distracted by the scenery and gets lost along the way. The biggest mistake the mind always makes is to think that it is its own master. Note that the Driver directs the Horse with the '*reigns of imagination*' which are a more substantial form of communication than the '*still small voice*' of intuition.

The Horse is My

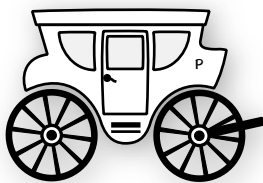
3



The Horse represents our emotions, which are the motive force behind our whole being. The word emotion literally means '*energy in motion*,' and what we call a *feeling* is simply an awareness of the way that our life energy is moving. When it is moving in a positive fashion we *feel* good. When it is blocked or moving in a destructive way we *feel* bad. The secret to using the Horse correctly is to guide or direct it without holding it back or suppressing its energy. Note that the harness makes a very direct and solid connection between the Horse and the Coach. In like fashion, our actions in the world are closely linked to our emotions.

The Coach is My

4



The Coach represents our '*physical flesh body*,' which serves as our '*vehicle of expression*' in the world. It is through our body that our '*indwelling spirit*' is able to experience all that it has created through us. Even in the midst of the pain and suffering that we sometimes encounter in the world, if it were not for our bodies our Master would never be able to enjoy the '*forms of beauty*' that Love assumes when it is made flesh in our lives.

Just like a real coach or automobile, in order for our bodies to endure, they must be properly used and maintained. If the Horse is always out of control and the Driver is constantly heading off the path across rough terrain, the '*wear and tear*' will soon take its toll and damage or destroy our Coach.

Intuition is My

5



Intuition is the direct perception of Truth, independent of reason. It is through the power of our *intuition* that we are able to contact the '*divinity that is within us.*' Although intuition is perceived in the head, it emanates as an '*inner voice*' from the heart. This kind of an experience is often called *faith*, which is the direct intuition of Spirit. It is the "*substance of things hoped for, the evidence of things not seen.*" ...Hebrews 11:1

My Spiritual Center is the

6



The '*Universal Heart*' represents the '*spiritual center,*' or '*Word of God*' that is within us, acting through us and expressing Itself all around us as our very lives. It is the *omni-present* center through which we are connected to everyone, and everything that has ever been, or will ever be. It is the inner presence of our own '*divine potential*' that has been called "*Christ in us ...the hope of all glory.*" ...Colossians 1:27

The Path to

7 Leads Me Home



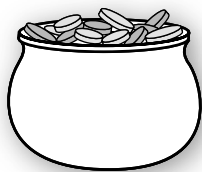
The '*Path to Everywhere*' is the long, sometimes difficult and uniquely glorious route that each of is taking to come into the highest revelation of the '*divinity that is within us.*' As we begin to *transform* our Passengers, *bless* our Neighbors and *follow* the Signs and Wonders along the way, we finally assume conscious control over our journey so that it becomes increasingly peaceful and filled with joy. Ultimately, we find our way home, where we come into an '*awareness of oneness*' with all of Life, which is the experience of unconditional Love.

8 Provide Me with Guidance



The *Signs* we receive along the way provide '*divine guidance*' to assist us on our journey. These spiritual signs come in many different forms, such as teachers, books, insights and coincidences. However, the most reliable source of spiritual guidance comes to us through the '*sacred scriptures,*' which have withstood the test of time. The favorite trick of our Passengers and our Neighbors is to give our Driver wrong directions. By testing their suggestions against the '*Word of God,*' we can protect ourselves from spiritual *deception.*

9 are My Rewards Along the Way



The *Wonders* that arise as a result of our willingness to stay on the path of righteousness are revealed as the many *rewards* that come to us in two basic forms. The first rewards are internal, and consist of an inner peace and the '*quiet delight,*' that is the true nature of joy. It is these inner spiritual realizations that unexpectedly reveal themselves as prosperous conditions in our outer lives. Consequently, we come to experience an ever increasing abundance of life in a way that causes us to *wonder* how all of these good things could happen.

My Passengers are the _____¹⁰ of My Flesh



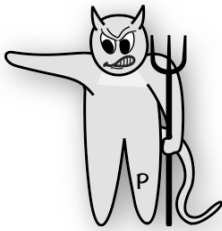
The Backseat Driver

Our Passengers represent the '*false beliefs*' that we have picked up along the way on our spiritual journey through life. They are the '*errors of the flesh*' that have been created out of not fully understanding our experiences in the world. These '*error beliefs*' are hidden fears that reveal themselves as the self-defeating behaviors that have traditionally been called *sins*. Even though we may have consciously suppressed these *errors*, they still remain active with us and behave like '*backseat drivers*' in our Coach. The favorite trick of the Passengers is to confuse the Driver by contradicting the directions of the Master.

It is important to recognize that our Passengers are a part of who we are. Consequently, we can never really get rid of them. We can only *transform* them into something greater. This takes place in the same way that a dense fog is *transformed* by the warmth of the Sun into clouds that abide in the heavenly skies. The way that we dissolve away the dense, dark presence of our Passengers is with the '*light of understanding*' that can only come through compassion, forgiveness and love.

II Come From My Neighbors

No, This way...

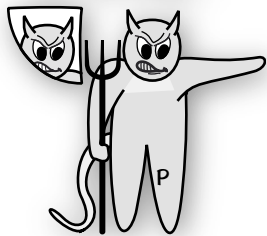


"My Neighbor Made Me Do It!"

A Neighbor is more than someone who lives next door. Every single person who arises in our experience of life is a Neighbor. Furthermore, these Neighbors are like *mirrors* who reflect back to us the inner contents of our very own Coach. In this sense, every Neighbor is a '*soulmate*,' and we *adore* the ones who reflect the nature of our Spirit. However, we tend to *abhor* the ones who cast back to us glimpses of our very own Passengers. This is why our Neighbors provide us with the greatest temptation of them all, they tempt us to not love them. Consequently, it is our Neighbors that provide the '*temptations of life*' that we meet along the way on our spiritual journey.

My Passengers and My Neighbors are _____¹²

No, this way...



The Terror Twins
(Separated at Birth)

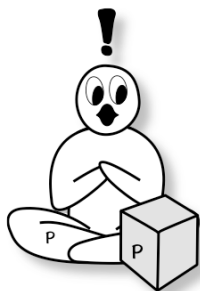
One of the most important relationships on the Path to Everywhere is that which exists between our Passengers and our Neighbors. Our Passengers represent the hidden fears that are suppressed within us. However, our human tendency is to project those fears onto the people that are around us, whom we call our Neighbors. When our Horse sees those projections it will always react in one of three predictable ways. It will '*desire to harm*' our Neighbors, which we will experience as hatred, anger, resentment and various forms of annoyance. Or, it will '*desire to hide*,' from our Neighbors, which we will experience as cowardice, appeasement, withdrawal or other various forms of avoidance. Additionally, our Horse may simply '*desire to have*' our Neighbors, or their possessions, in a way that will cause us to experience lust, greed, envy and other forms of acquisitiveness.

It is important to realize is that when we '*love our neighbors*,' through acts of forgiveness, we are actually dissolving away the '*hidden fears*' that have formed the Passengers in our very own Coach. For our Passengers and our Neighbors are made of the same substance, which is the '*fog of unconsciousness*' that is *transformed* into '*clouds of glory*' through the power of Love.

There is a scripturally based process by which we can release our fears in order to awaken our faith. This process is comprised of the eight basic steps described below.

1. I Take Full

1 For My Problems



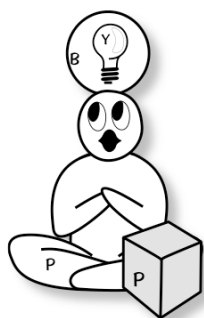
I am Responsible for this...

"For the thing I greatly feared has come upon me." (Job 3:25)

Every problem and difficulty that we face in the world has been created out of our own 'false beliefs' about life. Consequently, our problems can become a starting point for removing the errors that have been 'made flesh' in our lives. It is these errors that have obstructed the highest expression of the 'divinity within us' by creating 'hidden fears' that come upon us in the form of our problems. It is human nature to avoid responsibility for our problems by blaming them on others, and to suppress the unpleasant feelings associated with them by engaging in self-destructive behaviors such as excessive eating, drinking, smoking, shopping, gambling, etc. Instead, we can take responsibility for resolving our problems and overcome our difficulties by facing the 'hidden fears' created by our 'false beliefs' about life.

2. What I

2 Will Happen Is...



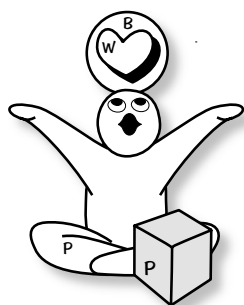
What I Want Instead is...

"Faith is the substance of things hoped for." (Hebrews 11:1)

Hope is the first stage of faith that arises out of our natural desire for something good to happen. Therefore, our hopes can become a handle for taking hold of the faith that will ultimately resolve our problems. However, since hope is a dualistic form of faith, it tends to be opposed by hidden doubts and fears. Consequently, to merely 'hope for the best' is a sure way to leave ourselves open to the possibility that the worst could also happen. However, we know from the scriptures that 'Faith is the substance of things hoped for.' (Hebrews 11:1) Therefore, we can use our hope to lead us to the substance of what we want to happen, and this substance is the 'Word of God within us'

3. I Base My Faith on the

3 of God

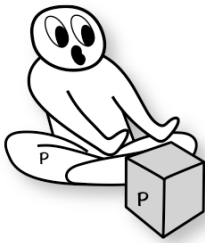


God's the Word that I Am

"Faith comes by hearing the Word of God." (Romans 10:17)

The substance, or energy of what we hope will happen is the felt-awareness of the 'Word of God within us.' In this sense, we could say that, 'faith is the feeling of the Word.' Furthermore, we can create that feeling by simply going within and imagining that what we hope will happen has already happened. Then, from within this internal experience we can ask ourselves this question: "What is the Quality of God that seems to be revealed by what I hope will happen?" Whether it is Love, Peace, Joy, Freedom, Power etc., the Quality of God that we feel within us, is the substance of our faith. Additionally, we can magnify the felt-awareness of the Word within us by embracing the written Word of God. For example, if the 'Word of God within us' is Love, then we can meditate upon, and pray over the Promises of God that relate to Love as a way to strengthen our faith.

4. What I Consciously _____ 4 Will Happen Is...

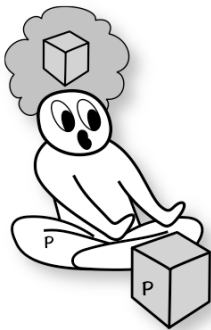


My Greatest Fear is...

'Boldly say, the Lord *is* my helper, and I will not fear what anyone might do to me.' (Hebrews 13:6)

In order to experience the 'Word of God within us' more fully, we must be willing to experience our fears more consciously. This is because the Word is revealed by our awareness of it. However, this awareness has been diminished by the 'clouds of the doubt' that surround our hidden fears. So long as we are unwilling to face our fears, they will continue to express themselves through us unconsciously as the self-defeating behaviors that created our problems in the first place. Therefore, we must be willing to examine our hidden fears simply so we can say why they are unfounded when seen through the eyes of Spiritual Truth.

5. I Release My Belief in _____ 5



I Release My Belief in...

'Cast down your imaginations and any (error) that would exalt itself above your knowledge of God.' (2 Corinthians 10:5)

What we sometimes call *evil* is actually just an *error* that we have believed in. It is what we have *imagined* it would be like if the Word of God were not the greater Truth about ourselves. Consequently, our problems in life are created by those *errors* that we have believed in more deeply than the 'Word of God within us.' These errors are the '*false beliefs*' that create the doubts and fears that come upon us as our problems. Consequently, we must *name* the errors that are operating within us, so that we can release them from our souls in order to clear the way for the Word of God to flow through us without obstruction.

6. I Release My Need to _____ 6 My Error



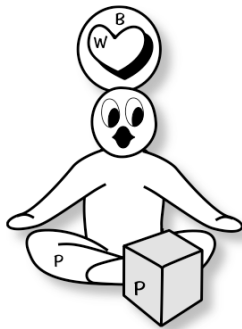
I Release My Need to...

'Resist not evil (error). But whoever strikes you on the right cheek, turn to them your other also.' (Matthew 5:39)

So long as we believe in errors, we will engage in '*survival strategies*' intended to deflect the effects that our '*false beliefs*' have created in our lives. These strategies are the way in which we *react* to the fears associated with the errors. As human beings, there are three basic strategies of resistance that we tend to engage in. **1) We Flee** - We seek to run away, hide from or otherwise avoid our problems, and the people associated with them. **2) We Fight** - We attempt to overcome our problems with controlling, manipulative and sometimes even threatening behaviors. **3) We Faint** - We give up and submissively surrender to the misfortunes of life. The good news is that when we have fully released our belief in an error, we no longer have to resort to these '*strategies of resistance*.'

7.1

7 Myself by Forgiving Others



I Forgive You...

'If you have anything against anyone, forgive them, so that your Father can forgive you.' (Mark 11:25)

The primary obstruction to the highest expression of the 'divinity within us' are the *regrets* that we hold about our very own lives. These *regrets* and guilty feelings of *remorse* were born out of our own self-judgments, and are often deeply suppressed within the subconscious nature of our flesh. Furthermore, these deeply buried regrets take the form of *resentments* that we project on to others. In other words, all hatred is self-hatred, and we simply use *blame* to avoid our *shame*. Therefore, the best way to forgive ourselves is by forgiving others. It is also important to remember that the same Love that we use to forgive our *resentments* towards others, will flow through us and forgive the *regrets* that we hold about ourselves as well.

8.1

8 God for My Good



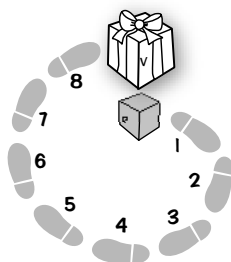
I Am Grateful
God is Gracious

'Father, I thank you that you have heard me.' (John 11:41)

The outcome of faith cannot be known until it has *revealed* itself in our physical experience of life. This divine manifestation *might* be what we 'hope will happen.' Usually, it is something even better, something that lies beyond what we might expect, based upon our own past experience. It is important not to be too firmly attached to a *desired* outcome. To do so is to limit the unbounded creativity of the 'divinity within us.' It should also be noted that Jesus would often give thanks to God *before* he performed a miracle. Consequently, finding ways to be grateful to God before the resolution of our problems is a highly effective way to *quicken* the faith building process.

Putting the 'Eightfold Path of Faith' into

9



Turning Problems into
the Presents of God

The way to put the principles of the 'Eightfold Path of Faith' into action in our lives is to first answer the following eight questions.

1. What is my problem, and how do I feel about it?
2. What do I hope will happen, instead of my problem?
3. What single Quality of God seems to be expressed by my hope?
4. What is my greatest fear about my problem?
5. What single 'Word of Error,' when I hear it, causes the same sort of fear that I feel about my problem?
6. What single 'Word of Resistance' best describes how I *react* to the fear created by my 'Word of Error'?
7. Who do I need to forgive, so that I might be forgiven?
8. What gesture of gratitude would I make to God if my problem were miraculously resolved, and can I do this now?

Next, we should share our answers with someone we can trust to support us in building our Faith. Finally, we should find a way to put our responses into some form of prayer that we can perform on a regular basis until we have created the faith that resolves our problem.

Just as a single snapshot could not show you the whole of a house, likewise a single description could hardly capture the whole essence of a Spiritual Truth such as Faith. Therefore, we can only come to understand Faith by looking at it from as many different views as possible. Following is a short collection of notable quotes about Faith. By considering how each one of these individuals "sees" Faith, you will begin to develop a more holistic view, and a "felt sense," of the true nature of Faith.

Jesus Christ

"According to your faith be it unto you."
...Matthew 9:29

Saint Paul

"Faith is the substance of things hoped for; the evidence of things not seen." ...Hebrews 11:1

Ernest Holmes

"Faith means a belief in the presence of an invisible principle and law which directly and specifically responds to us."

Charles Fillmore

"Faith is a magnetic power that draws to us our heart's desire from invisible spiritual substance. It is a deep inner knowing that that which is sought is already ours."

Lloyd Tupper

"To have the faith of God, as opposed to faith in God, creates the experience of demonstration as opposed to the experience of mere hopeful expectation."

Benjamin Franklin

"The way to see by faith is to shut the eye of reason."

Algernon C. Swinburne

"Faith lives when hope dies dead."

Emma Curtis Hopkins

"Sometimes people have thought they ought to sit down in the midst of dishes needing washing, and account books needing straightening, and refuse to do these tasks, because to do them is a sign of belief in labor. It is not yours to demonstrate the cessation of work. It is yours to settle your faith. Keep at your tasks till your faith is so clear that the free Spirit sifting through it, takes the dishes out of your way and calls another to straighten your accounts while you are being used as a redeemer from death and pain."

Blaise Pascal

"Faith embraces many truths which seem to contradict each other...This then is faith: God felt by the heart, not by the reason."

St. Augustine

"Faith is to believe what you do not see. The reward for this faith is to see what you do believe."

Krishna

"A man consists of the faith that is in him. Whatever his faith is, he is." ...Bhagavad Gita v17

Voltaire

"Faith consists in believing not what seems to be true, but what seems to be false to our understanding."

Frederick Bailes

"Faith naturally follows knowledge. We first get the knowledge, and then we become aware that we already have the faith; that it came of its own accord when it found a substantial enough object of truth upon which to rest."

Lloyd Strom

"Faith is when Nirvana (Truth) and Samsara (Reality) are the same. Since the Reality of Truth is Love, Faith is the activity of Love that reveals the Kingdom of Heaven at Hand, which is Nirvansara!"

Mohammed

"Faith is that belief of the heart in that knowledge which comes from the Unseen."

Sri Ramakrishna

"God can be realized by true faith alone."

Mother Theresa

"The fruit of Silence is ...Prayer;
The fruit of Prayer is ...Faith;
The fruit of Faith is ...Love;
The fruit of Love is ...Service;
The fruit of Service is ...Peace."

Following is a collection of selected writings from the modern day spiritual teacher Ernest Holmes regarding the transformation of fear into faith.

FEAR: Antithesis of Faith

Fear is the antithesis of Faith. It is the negation of confidence. Like Faith, fear may be conscious or subjective, **and if it is to be eliminated, it must be removed both consciously and subjectively.**

...Science of Mind Glossary • Page 593

The Universal Doubt

While it is true that we can trace specific fears to certain incidents that transpired early in life, and while it is true that if we do this we can remove them, most fears finally resolve themselves into a very few attitudes of mind, most of which are based on the belief *"no one wants me, needs me, or loves me; probably I am unworthy, unnecessary, and useless; I am inadequate to meet life, I have not the strength or the power or the will to overcome obstructions, and I do not fit anywhere."*

(The Universal Doubt - "I am not enough.")

Well, the way to get rid of fear is through the cultivation of faith; a faith founded on the thought that God is all there is.

...Living the Science of Mind • Page 378

Misplaced Faith

But what is fear? Nothing more nor less than...faith misplaced; a belief in two powers instead of One; a belief that there can be a Power, opposed to God, whose influence and ability *may* bring us evil. In other words, to correct all the evils of the world, would be but to have the positive faith, faith rightly placed, a faith that lays hold of the integrity of the Universe, the beneficence of God and the Unity of all life. Nevertheless, we cannot have faith in that which we do not in some measure understand.

...Science of Mind • Page 156

Turning Fear into Faith

Fear and faith are identical in that the energy used in the one is the same energy as that used in the other, since there is but one final Energy in the universe and this final Energy is the energy of thought.

You should be careful not to fight fear too much, but rather, through a sort of flexible imagination, convert fear into faith.

Realizing that it is a mental attitude, you can do this very easily. Looking at the thing which you fear and examining the thought of fear which you have about it, convert this thought into one of faith, realizing that the energy of fear converted into faith will produce an effect exactly opposite.

If you will look at the thing you are afraid of until you really understand it, it will no longer have any element of fear for you.

You can do this in such degree as you are conscious of being Divinely guided and protected, and state your realization of this in a definite manner.

...Effective Prayer • Page 50,51

Facing Your Fears

To begin with you might follow a few simple rules. **First of all, if you are filled with fears, do not harbor them as a great secret in your life but find some close friend or confidant to whom you may unburden your whole soul.** This will release the tension which your fears have built up in your body. Just to talk with a calm, confident person, who can point out the reason why you need not entertain these fears, is a great relief. *(See a Practitioner.)*

This is, however, but a temporary thing, **for next you must learn to face the fears. You should not be afraid to analyze them and you should explain to yourself just why you know there is nothing to be afraid of.**

Whenever you find yourself brooding over some fear or entertaining some anxiety, begin at once to do something about it.

...Living the Science of Mind • Page 362

FAITH: Attitude of Truth

Faith is a mental attitude which is so convinced of its own idea—which so completely accepts it—that any contradiction is unthinkable and impossible. **Before such a mental attitude can be created, there must be nothing left in the subjective state of our thought which contradicts our objective affirmation.**

...Science of Mind • Page 283

In Truth, the results of Spiritual Practice will always be quick, deep and comfortable. However, in reality, whenever we harbor *hidden* fears in the form of 'error beliefs,' our Practice can only produce two of these qualities at the same time.

(✓ Check the two results most acceptable to you.)

☐ My Results Can Come _____¹

We all live in a 'fast mood' society where it is difficult to sustain any sort of arduous effort over a long period of time. Consequently, any prolonged process that is excessively slow and tedious will not be well received.

☐ My Results Can Be _____²

In order to produce meaningful results, we must initiate fundamental changes deep within our being. Consequently, any process that does not involve deep inner work will generally be fruitless, and are not likely to produce lasting changes.

☐ My Results Can Be _____³

It is human nature to avoid any kind of experience that disturbs us emotionally. Consequently, we generally tend to avoid any process that contains elements of fear, conflict, or upset. The old adage "*no pain-no gain*" is rarely put into practice by most people.

My Results Are Quick and Comfortable, But _____⁴

A process that is both quick and comfortable will be relatively shallow. Consequently, it will be capable of producing only superficial results, if any at all. An example of such a process would involve the compiling of a 'Wish List' of desired outcomes. In order for these goals to be attained, we will have to put forth an arduous effort and be willing to face our fears in the form of challenges in the outer world.

My Results Are Comfortable and Deep, But _____⁵

A process that is both comfortable and meaningful will be relatively slow. Consequently, meaningful changes will come about in a very gradual way that will not be upsetting to us. An example of such a process is when we continuously pray over a long period of time for a desired outcome. This type of process requires great perseverance, and we will face our fears primarily in the form of doubts that will challenge us to give up

My Results Are Quick and Deep, But _____⁶

A process that is both quick and deep will usually be uncomfortable.

Consequently, meaningful changes will come about rather quickly when we are willing to face our hidden fears in order to release them. An example of such a process is when we face our fears by engaging in deep spiritual practices that clarify our intentions and reveals all that is *unhealed* within us. As a result of the deep healing that takes place, newness will emerge in the form of inspired ideas that will meet with relatively little opposition in the outer world.



Wisdom Alert: The discomfort of swift, meaningful Spiritual Practice is caused by our inherent resistance to change. The key to overcoming this resistance, is Love. Since Love is the reality of the Truth, it will lubricate the process of self transformation to insure that our Spiritual Practice will be filled with ease and grace.

The Fear to Faith Worksheet

II

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom

The Word of God
on which I build my Faith is:

W B 3

Draw a symbol of the Word of God:

The 'word of resistance' that I react with is:



6

Control • Hide • Anger • Attachment • Flee • Appease • Whine
Depression • Confusion • Lose • Withdraw • Rebel • Confront

FAITH

Draw a symbol of the false belief:

The 'word of error' that I have falsely believed in is:

5



Lack • Debt • Conflict • Limitation • Ignorance • Rejection • Death
Chaos • Judgment • Dependency • Duality • Disease • Poverty



"I desire more."

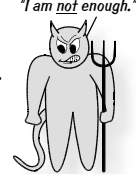
HOPE

'The Universal Hope'

What I hope will happen is:

2

Y



"I am not enough."

FEAR

'The Universal Doubt'

What I fear will happen is:

4

O

NEWNESS

The person I must forgive is:

7

The Love I Accept You _____ (Inhale)
Prayer I Bless You _____ (Exhale)
(Name) (Name)

I am grateful God is gracious; I am grateful God is:

8

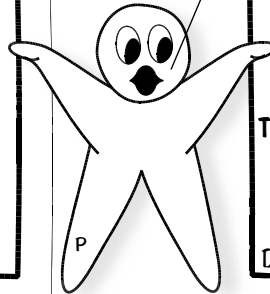
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FLESH

"I am enough!"



"The Universal Truth"

OLDNESS

The current situation or condition is:

This is how I am feeling:

1

Date:

P

Color Code:

Pink-Physical Orange-Emotion (P+Y) Yellow-Mind Green-Intuition (Y+B) Blue-Spirit Violet-Love (P+B) White-Wholeness -Subconscious -Mystery

The Releasing Prayer



I release my belief in _____

5



(Word of Error)

I release my need to _____

6



(Word of Resistance)

I am grateful God ...is the _____

3

I am!

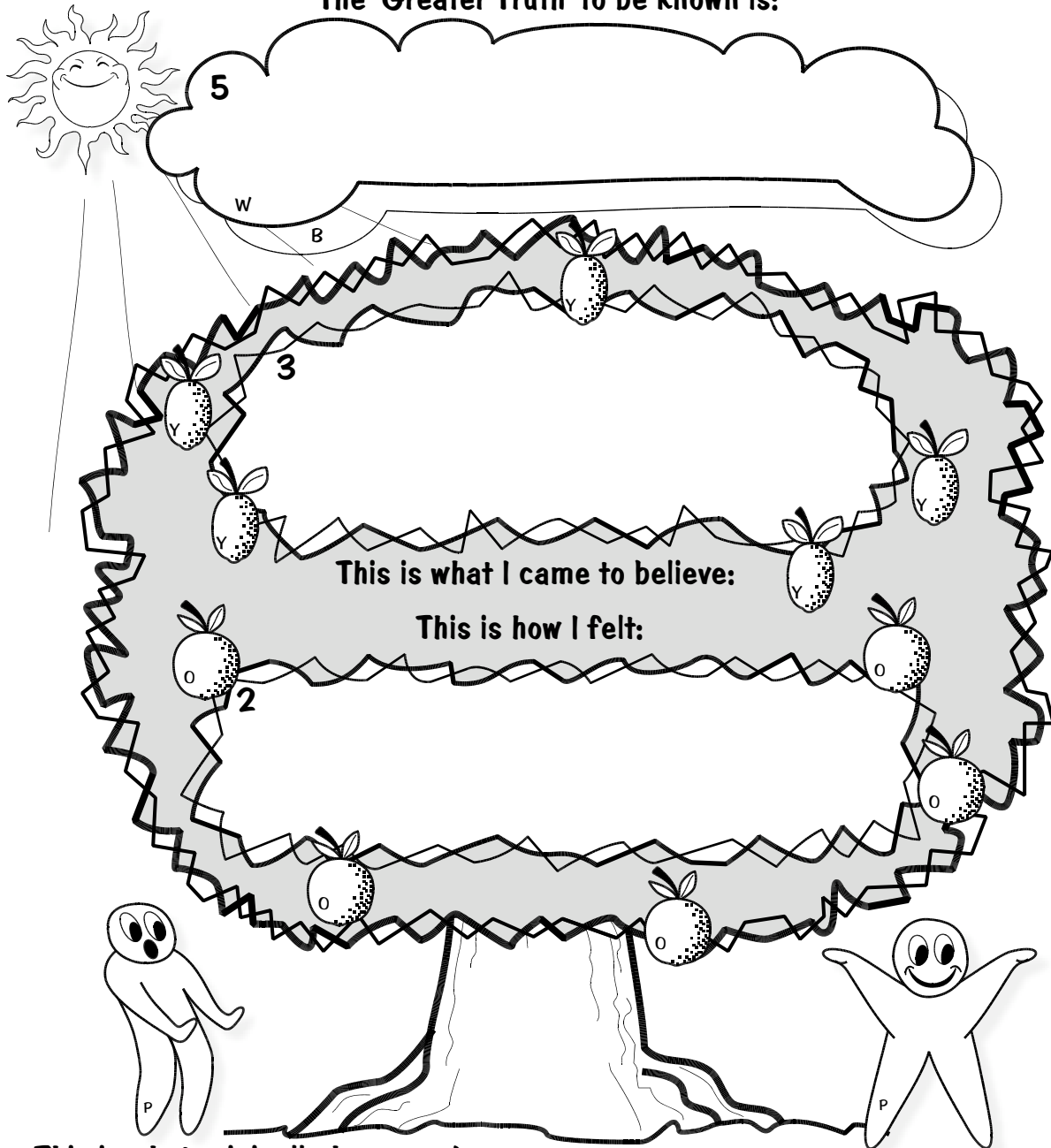


(Word of Faith)

Mar '12

www.GracefulWays.org

The 'Greater Truth' to be known is:



This is what I came to believe:

This is how I felt:

This is what originally happened:

1

This was my first experience with: _____ My Age: _____

This is what's happening today as a result of my belief:

4

Date: _____

My Prayer for: _____

There is only one Life. This Life is good, this Life is God, this Life is my Life now! I know that I am one with this great and wondrous Life. Therefore, I know that I am one with all that this Life is. And, because I know that this Life is a source of infinite _____, I therefore know that this divine and sacred quality is also an expression of my very own being as Spirit.

My Word of God

So here and now, I declare my intention to express this Word of God into my own experience of life in order to affirm that:

I am _____

My Intention

Additionally, I am willing to fully release my belief in _____, as I also release whatever need that I may have _____.

My Word of Error

to/for... My Word of Resistance

I further know that this prayer is fully supported by the Word of God, for it is written: _____

My Promise From God

As I accept this good into my life, I give thanks with a gracious, faithful and loving heart. I know that as I release these sacred words into the Creative Process of Life Itself, then so indeed do I know that they shall be revealed as my experience in the world.

I am grateful God is gracious. So be it now! Amen.

 This is when I previously experienced the Word of God identified above.

Signed

Date

Instructions: On a daily basis, begin by singing the 'GodSong' with your Word of God, and/or remember back to the previous experience that you had with your Word of God. Once you have connected with the *feeling* of that experience, read your prayer aloud. (The 'GodSong' is available at www.GracefulWays.org)

The following 'fill in the blanks' easy prayer allows you to tap into the power of the 'Lord's Prayer' in way that is personally meaningful to you. It is intended to be used in conjunction with a 'Fear to Faith' worksheet.

My Lord's Fear to Faith Prayer

A personalized version of Matthew 6:9-13

Our Father who art in heaven,
Hallowed be Thy name.
Thy kingdom come, Thy will be done,
in earth, as it is in heaven.
Give me this day everything that I need
for my very highest good.
And forgive me all my iniquities,
as I forgive the iniquities of others.
And lead me not into _____ ,
(Word of Resistance)
but deliver me from _____ .
(Word of Error)
For Thine is the kingdom, and the power, and
the glory of _____ forever.
(Word of Faith)
Amen.¶

Name

Date

In performing this prayer, read it allowed three times. Do this first in a normal tone of voice. Next, repeat it in a very loud, authoritative voice. Finally, repeat it in a very soft, humble voice. It is suggested that you do this once a day for 30 days to fully embody the personal elements of the prayer.



A Prayer for the Healing of My Relationship with:

Name

Date

There is only One Life! This Life is Good! This Life is God! This Life is my Life now!

In knowing that I am 'one' with the Life that is God ...I, therefore, know that I am 'one' with each and every expression of this divine and sacred Life, which includes beloved _____.

Because I know that the One Life of God cannot be against Itself ...I, therefore know that I cannot be against _____, nor can _____ be against me.

Together, in the perfect Wholeness of the One Life that is God, _____ and I can only be for a fuller and greater expression of our own true nature, which is Love. ...And out of the self-giving nature of this Love, *there can only be a Harmonious Integration, and a glorious Revelation of the Wholeness, Perfection and Beauty of God through my physical flesh body, now.*

I give thanks for the presence of _____ in my life. For by this presence I have been shown a part of myself that I have yet to Love, a part of myself which I now invite into the Wholeness of my Being, which is Christ.

And it is in this Awareness of Oneness that I give thanks to the Glory of God for the healing power and presence of Love in my life.

I am Grateful God is Gracious.

Amen 🍀

Instructions: In each of the blanks above, insert the name of the person, group or entity that you are seeking a healing with. Read the prayer aloud at least once a day until some positive change in the relationship has taken place. You will notice that the other party is either changing in some benevolent way towards you, or they are simply fading out of your life without incident.

I am at Peace in knowing that my Spirit is the Light of the Living God within me. My Spirit is the Principle of Peace within me. My Spirit is the manifestation of Love within me. In the Presence of my Spirit my mind is poised in Peace and Beauty. All sense of fear and doubt is gone. I rest in calm trust and rely on the Laws of Spirit to bring good into my experience of Life.

I contend with none, argue with none, and am filled with wonderful Peace and Light. There is no uncertainty about my future and no fear as a result of my past. I live in the eternal Now, which is filled with good alone. Goodness and Beauty follow me. Happiness and Wholeness fill my entire being with the realization of Love and the revelation of Perfection.

I accept that my Spirit is the Light of Living the God within me. Therefore, my blessed Soul is now Divine and complete. It has no worries and no fears. It is Whole, Complete and Satisfied. I look at the present moment and find that it is very good, simply because I am Alive. I look back over all previous experience and find that it was also very good, for it has brought me to this present moment, where I am Alive. I look towards the future and find that it is also very good, for it provides me with the opportunity express my Life more abundantly than I have ever done before. My Spirit, which is the Light of Living the God within me, is acting through me, and all around me, as the Truth of that which I Am.

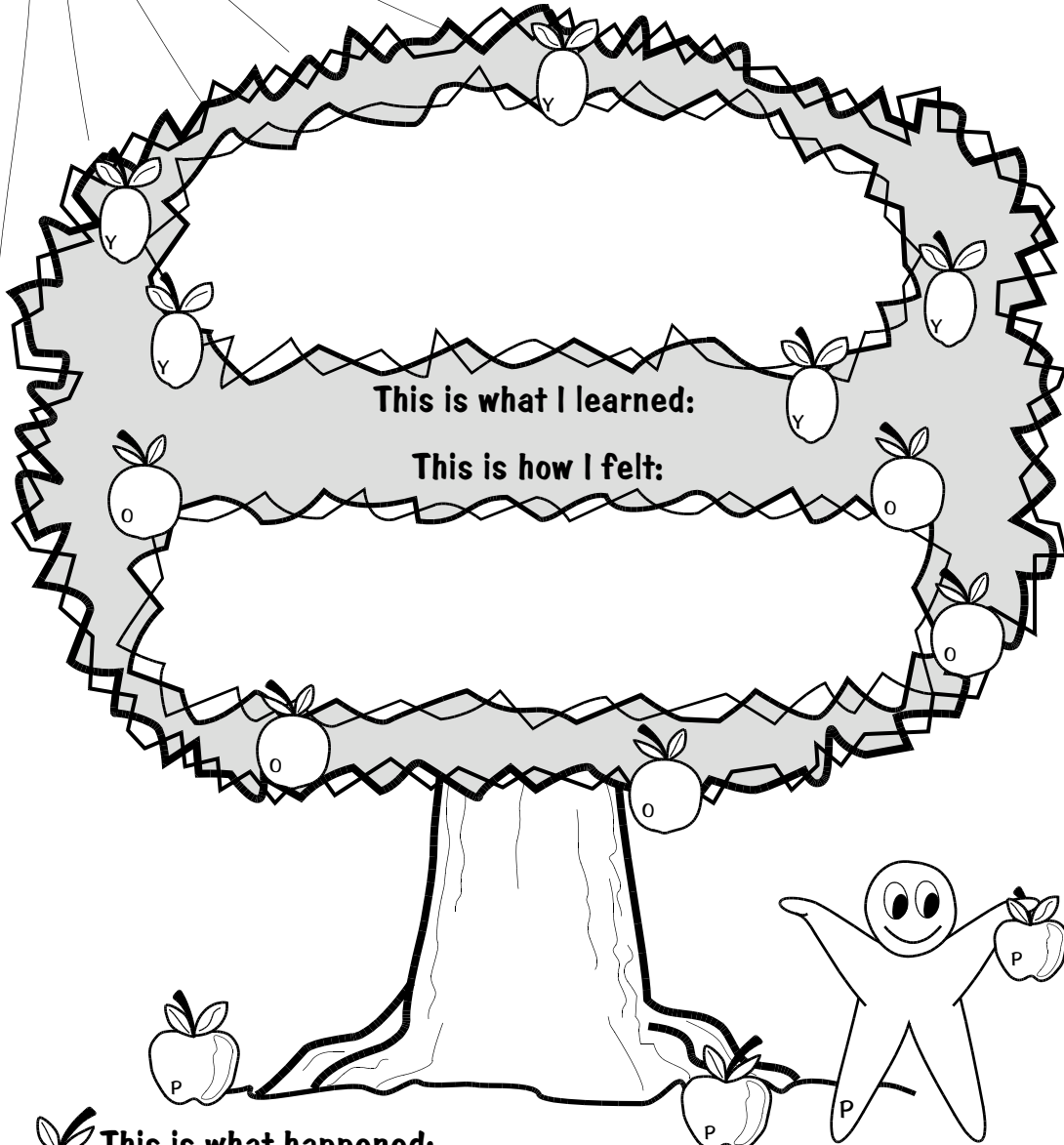
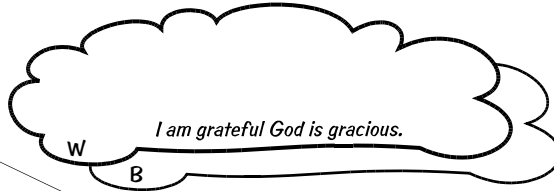
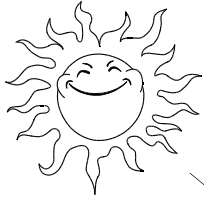
I trust in my Spirit, the Light of Living the God within me. I am filled with Confidence. I am poised in Love and Reason. I am blessed by the perfect Laws of Truth, and the complete Presence of Beauty.

I am now made Whole, Perfect and Complete by my Spirit, the Light of Living the God within me. Amen. 🙏

This is a universalized version of a healing prayer by Ernest Holmes.

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom

The Quality of God I came to know was:



This is what happened:

Date:

V

V

