

Awakening to Spiritual Power

The 7-week series is based on the book, *The Untethered Soul*, by Michael Singer.
For Ages 3 through Adults.



7-Week Series Focus

The study group materials explore the idea that we are not who we think we are. We are powerful, creative souls who sometime forget our true nature. The classes will focus on developing tools and practices that lead us to an authentic life. (Study group materials coordinate with the youth lessons listed below.)

- **Adult Guide: \$25.00**, (Includes Facilitator's Guide and CD with participant handouts & minister speaking points.)
- **Preteen & Teen Lesson Book: \$25.00**
- **Preschool & Elementary Lesson Book: \$25.00**

\$65.00, (For all three books as a package)

Scope & Sequence: *Awakening to Spiritual Power*

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<p>Week 1</p>	<p>Adult Study Group Lesson Title/Focus</p>	<p style="text-align: center;">“Life is a Dream”</p> <p>Issue to Explore When we allow the long winded dialogue that is constantly running through our heads to convince us that it is our truth, we can lose sight of our True Self.</p> <p>Lesson Intention The intention of this lesson is to understand the power that comes from being in this world but not of it.</p>	
<p>Preteen/Teen Ministry</p>		<p>Teen Reading: <i>The Untethered Soul</i>, by Michael Singer</p> <p>Preteen Reading: <i>One Hand Clapping: Zen Stories for All Ages: Learning to be Silent</i></p>	<p>Lesson Intention (Preteens & Teens): Becoming the observer of your thoughts and allowing them safe passage through your mind leads to spiritual empowerment.</p>
<p>Elementary/Preschool</p>		<p>Elementary Book: <i>One Hand Clapping: Zen Stories for All Ages: Learning to be Silent</i></p> <p>Preschool Book: <i>Silence</i>, by Leminiscartes</p>	<p>Lesson Intention (Elementary): Becoming the observer of your thoughts and allowing them safe passage through your mind leads to spiritual empowerment</p> <p>Lesson Intention (Preschool): When we are quiet we can hear some amazing things.</p>

Week 2	Adult Study Group Lesson Title/Focus	“Energy of the Heart”	
	Preteen/Teen Ministry	Issue to Explore When we form an attachment to events in our lives we create blocks in our energy system. Lesson Intention The intention of this lesson is to explore how to release our stored energy so it moves freely through us.	Lesson Intention (Preteens & Teens): <i>The more open your heart remains, the more energy you have and the clearer you can see what is real.</i>
	Elementary/Preschool	Teen Reading: <i>The Untethered Soul, by Michael Singer</i> Preteen Reading: <i>The Moon in the Well: Wisdom Tales to Transform Your Life, Family & Community: Strong Wind the Mystic Warrior</i>	Elementary Book: <i>The Moon in the Well: Wisdom Tales to Transform Your Life, Family & Community: Strong Wind the Mystic Warrior</i> Preschool Book: <i>The Invisible String, by Patrice Karst</i>

Week 3	Adult Study Group Lesson Title/Focus	“Embracing Change”	
	Preteen/Teen Ministry	<p>Issue to Explore When our fears are activated we can become resistant to change and we create barriers to our good.</p> <p>Lesson Intention The intention of this lesson is to know that change is inevitable so why not embrace it.</p>	
	Elementary/Preschool	<p>Teen Reading: <i>The Untethered Soul</i>, by Michael Singer</p> <p>Preteen Reading: <i>One Hand Clapping: Zen Stories for All Ages: Saigyō at the Ferry</i></p>	<p>Lesson Intention (Teen): <i>Being open to change allows us to stay in the flow of life rather than creating blockages that stifle us.</i></p> <p>Lesson Intention (Preteens): <i>Living with understanding and wisdom helps us to stay in the flow of life rather than creating blockages that stifle us.</i></p>

<p>Week 4</p>	<p>Adult Study Group Lesson Title/Focus</p>	<p align="center">“Freedom”</p> <p>Issue to Explore When we experience a challenge our first inclination might be to change something on the outside. Trying to solve an inner problem with an outer solution is a cause of suffering.</p> <p>Lesson Intention The intention of this lesson is to understand that true freedom comes from the inside out.</p>	
<p>Preteen/Teen Ministry</p>		<p>Teen Reading: <i>The Untethered Soul</i>, by Michael Singer</p> <p>Preteen Reading: <i>The Moon in the Well: Wisdom Tales to Transform Your Life, Family & Community: IxChel and the Dragonflies</i></p>	<p>Lesson Intention (Teens): <i>We are in charge of our own freedom. When we have had enough suffering we will make the changes necessary to free ourselves.</i></p> <p>Lesson Intention (Preteens): <i>We are in charge of our own freedom. Our thoughts and choices are what cause suffering. We can change our experiences by changing our thoughts.</i></p>
<p>Elementary/Preschool</p>		<p>Elementary Book: <i>Old Turtle</i>, by Douglas Wood</p> <p>Preschool Book: <i>In God’s Name</i>, by Sandy Eisenberg Sasso</p>	<p>Lesson Intention (Elementary): <i>Rather than getting caught in the opinions of others, it is important for us to be true to ourselves.</i></p> <p>Lesson Intention (Preschool): <i>People have lots of opinions. It is important to remain true to who we are.</i></p>

Week 5	Adult Study Group Lesson Title/Focus	“Going Beyond...”	
		<p>Issue to Explore We are the creator of the walls of our own imprisonment.</p> <p>Lesson Intention The intention of this lesson is to know through our power of imagination, we can create an unlimited life.</p>	
	Preteen/Teen Ministry	<p>Teen Reading: <i>The Untethered Soul</i>, by Michael Singer</p> <p>Preteen Reading: <i>The Moon in the Well: Wisdom Tales to Transform Your Life, Family & Community, The Boy and the Tiger</i></p>	<p>Lesson Intention: <i>Our imagination is one of our most powerful tools. It is how we create our life.</i></p>
Elementary/Preschool	<p>Elementary Book: <i>The Moon in the Well: Wisdom Tales to Transform Your Life, Family & Community, The Boy and the Tiger</i></p> <p>Preschool Book: <i>Matthew’s Dream</i>, by Leo Leoni</p>	<p>Lesson Intention Elementary: <i>Our imagination is one of our most powerful tools. It is how we create our life.</i></p> <p>Lesson Intention Preschool: <i>When can use our imagination to create great things.</i></p>	

Week 6	Adult Study Group Lesson Title/Focus	“My Expansive Self”	
		Issue to Explore When we are in fear we cling more tightly to our concept of ourself, which is not our true self.	
		Lesson Intention The intention of this lesson is to understand how to be nonresistant and allow energies to pass through us without attachment.	
	Preteen/Teen Ministry	Teen Reading: <i>The Untethered Soul</i> , by Michael Singer	Lesson Intention (Teen): <i>Letting go and practicing nonresistance is the way to freedom and allows us to focus our attention on expressing our soul’s desire.</i>
		Preteen Reading: <i>The Moon in the Well: Wisdom Tales to Transform Your Life, Family & Community, The Potter’s Wish</i>	Lesson Intention (Preteen): <i>When we expand beyond what we think we want we are blessed in many ways.</i>
	Elementary/Preschool	Elementary Book: <i>I’m Gonna Like Me: Letting Off a Little Self Esteem</i> , by Jamie Lee Curtis & Laura Cornell	Lesson Intention Elementary: <i>Expressing our true self is important to our Spiritual growth.</i>
		Preschool Book: <i>I Like Myself</i> , by Karen Beaumont	Lesson Intention Preschool: <i>We can like ourselves no matter what!</i>

Week 7	Adult Study Group Lesson Title/Focus	“Living an Awakened Life”	
		Issue to Explore When	
		Lesson Intention The intention of this lesson is to	
	Preteen/Teen Ministry	Teen Reading: <i>The Untethered Soul, by Michael Singer</i>	Lesson Intention (Teen): <i>When we cast aside all that is holding us back in order to embrace life and wisdom and inner power, we are able to create the life we were born to live.</i>
		Preteen Reading: <i>One Hand Clapping: Zen Stories for All Ages: The Fish in the Sea</i>	Lesson Intention (Preteen): <i>We are always immersed in Spirit. Sometimes we are so focused on our life that we lose sight of this. Other people in our lives help to remind us of this truth.</i>
	Elementary/Preschool	Elementary Book: <i>World On a String, by Larry Phifer</i>	Lesson Intention Elementary: <i>We lead an empowered life when we are able to find the good in everything.</i>
		Preschool Book: <i>The Everything Seed, by Carol Martignacco</i>	Lesson Intention Preschool: <i>We are all connected by God within us.</i>