

CLASS THREE: TEACHERS' NOTES
March 22, 1988

1. Review Homework: issues of negative that was seen from a different perspective. Continue from #6 of previous week:
 - 1.1 Good didn't "win" over bad last week in imagery exercise, yet good was big, and bad was little, minor annoyance.
 - 1.2 half empty or half full: draw glass. Ask: what would you say about the nature of this glass.
 - 1.3 Pickpocket and saint. Believing is seeing.
 - 1.4 have them talk about bad experiences of last week or this week, to get sharing and more trust and group process going, less intellectual.
 - 1.5 What kind of strength would you need to see a bad in a good way? Strength beyond ourselves?
2. Issue of perspective.
 - 2.1 Hard to obtain it; e.g., watching movie versus being drawn into it. We either use defenses, or open to God
 - 2.2 Do a visual process of increasing largeness: city, state, country, Galaxy, cosmos; then increasing smallness--blood, molecules, atom, electrons, quarks, etc. (God traces?)
 - 2.3 Can God (infinitely large and infinitely small help give us a perspective.
3. Where is God?
 - 3.1 Being versus principle. $1+1=2$ (from Kaplan).
 - 3.2 Woman dying--asks to live eight hours so her family can see her. Is it God if she lives eight hours; what if she doesn't?
 - 3.3 God as still small voice (that part of humans which wonders if there is/ can be a higher part to ourselves. Discuss issues of perfect point within humans.
4. How can we hear God as still small voice.
 - 4.1 Meditations. Hitparallel: to judge oneself (prayer) from the perspective of God
 - 4.2 Mind experience sheet.
5. Homework. Number 2 of last week:
when see compassion, giving. When give to others (see Plaut, p. 779) re giving to lowly, oppressed.

Class 3, God Search. March 22, 1988

MIND EXPERIENCES

Thoughts/ Noises; Images; Body sensations

Eyes
Closed

eyes
closed
(triangle)/
square

eyes closed:
flute

raisin

YHWH
