

Spirit – Soul – Body

Spirit, like a source of cool, clear water.



Soul, that which carries Spirit water to the Body.



Body, like a water-wheel, it is alive when Spirit flows freely into it through our soul.



The Quest

Sunday (10:45 – 11:15)

We will begin the class promptly at 10:45. Until then, please remain silent, enjoy the music and read and contemplate this week's Quest.

Week Four – Spirit, Soul and Body

Contemplative Music (10:35 – 10:45)

Discussion (10:45 – 10:55)

- Metaphysical lesson on Unity's teachings about who we are: Spirit, Soul, Body.
- How well is our soul functioning? What happens when we don't pay attention to the soul?
- What is going on here? What is the divine idea that is calling me? What do I really want?

Prayer/meditation on recovering our soul (10:55 – 11:00)

Exploration (11:00 – 11:05)

- What happens to my self-image of who I am (mother, father, spouse, teacher, sales person, etc. when I am aware of my soul?
- What happens when our soul is working well?

Activity for the week (11:05 – 11:15)

- Practice the *Process for Exploring the Soul* (see next page)
- Attend Wednesday's *Healing* service at 7:00 pm

Objective for this week:

The Quest is a year-long discovery of the inner self, our Christ nature. “Discovering” our inner Christ nature can be difficult, sometimes taking a whole lifetime.

This week we explore the pivotal role of the soul.

Metaphysical Lesson:

- Our spirit is our true individuality. It is like “a waterfall, offering an infinite amount of ideas and inspiration.”
- Our soul, or mind, is our consciousness. It is our thoughts, feelings, and memories. It takes divine ideas from our spirit and molds them into a shape that satisfies its present need.
- But the soul can only use what it can accept. Spirit is always giving. Gifts from Spirit must be allowed to flow unhampered by the fears, worries, habitual thinking and negative beliefs that too often jam the soul.
- The body is an expression of the divine ideas that flow from Spirit through the soul.
- The soul “sculpts” a body (and affairs) which mirrors its own consciousness.

Unity principles used:

- Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.

<http://www.truthunity.net/courses/the-quest/04>

Process for Exploring the Soul:

- Notice throughout the week the many roles you play, such as worker, father, mother, spouse, sibling.
- Your task is to redefine some of these roles in light of what you now know about what you are: spirit – soul – body. For example, ask yourself “how does my role as worker change when I am aware of the flow of divine ideas from spirit through my soul and expressed out in my body and affairs?”
- Hold your discovery (of the work of soul in conveying spiritual ideas) in your consciousness without judgment (non-resistance).
- Rest in confidence and gratitude (realization) as your soul clears, opens to the flow of spirit and is expressed expressed in your outer life.
- Affirm throughout the week “My soul is clear, free and open to Spirit.”

Passage for contemplation:

“It doesn't take much figuring to realize that if there's a change to be made in any area of your life, it has to begin with a change in your soul. This is where your transformation takes place. Since your spirit is perfect and unalterable, and your body and outer affairs merely reflect what's going on in your thoughts and feelings (your soul), that leaves the soul (or mind) as the place where the work must be done ... That's why we keep referring to *The Quest* as a journey of the soul” (p.54).

Memorize:

Bible Passage: “To you has been given the secret of the kingdom of God” (Mark 4:11)

Affirmation: “My soul is clear, free and open to Spirit.”