

The Quest – Winter Session

Chapter*	Date	What we explore**
1	Jan 3	Why starting over is good for you
2	Jan 10	You are not a spiritual cowboy
3	Jan 17	To be aware is to be alive
4	Jan 24	The difference between my spirit and my soul. What about my body?
5	Jan 31	What do you mean “the Christ that I am?”
6	Feb 7	What sense is the Bible?
7	Feb 14	Where are my boundaries?
8	Feb 21	Where is God in a cause and effect world?
9	Feb 28	If I don't believe in hell, is there a heaven?
10	Mar 7	What causes evil?
11	Mar 14	What is prayer?
12	Mar 21	What is this “silence” business?
Off	Mar 28	Random Walk (NO CLASS)

* *The Quest, A Journey of Spiritual Rediscovery*. Richard and Mary-Alice Jafolla. Unity House. This book is recommended, but not required.

** Each class stands on it's own. You may come and go as your schedule permits.

The Quest – February 21

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 Eight – Cause and Effect

Contemplative Music (10:35 – 10:45)

Discussion (10:45 – 10:55)

- What are your beliefs about cause and effect? Is this a cause and effect world? What has been your experience?
- What are the different ways that effects have become manifest in our life?
- What do we know about how the world operates?

Prayer/meditation (10:55 – 11:00)

Exploration (11:00 – 11:05)

- What is our heart's desire?
- What might we do this week to initiate our heart's desire becoming manifest in our life?

Activity for the week (11:05 – 11:15)

- During the week, practice “*causing my good*” (see next page)
- Attend Wednesday's *contemplative 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 chose to initiate a cause for something that we wish to reap. However, we do so from an understanding that when and where we reap our good may differ from our expectations.

Metaphysical Lesson:

- Every thought, feeling, word, and action – without exception – is a cause which sets into motion an eventual effect.
- Although we always reap *what* we sow, we do not necessarily reap *where* we sow.
- It follows that if we wish to have an improved life, we must be willing to sow that which we wish to reap.
- And we must be aware that it is only *when* and *where* we reap may not correspond to our expectations.

Unity principles used:

- There is one power, one presence in the Universe, God the good.

<http://www.truthunity.net/courses/the-quest/08>

Process for “causing my good”:

- This week, identify some particular good that you wish to manifest in your life. It may be something like meeting a new friend, having a new work opportunity, or discovering a new talent or hobby.
- Consider five things that might cause this good to come into your life. Remember that the cause may appear to be insufficient to bring about your good. That doesn't matter; what matters is that it could potentially lead to the good you desire.
- Commit to putting one of the things into effect each day this week.
- Affirm throughout the week *“I send only thoughts of good, and good returns in overwhelming measure.”*

Passage for contemplation:

“If you are dissatisfied with a part of your life, know that it is the effect of a cause that you have put into motion and that at any time you can start again. Your new cause will bring a new effect. 'The measure you give will be the measure you get.' ” (pp.94-95).

Memorize:

Affirmation: “I send forth only thoughts of good, and good returns in overwhelming measure.”