

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 28

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 – Heaven and Hell

Contemplative Music (10:35 – 10:45)

Discussion (10:45 – 10:55)

- When Ricki Byers Beckwith sings “I'm choosing heaven Today,” what is she talking about?
- Anyone been in *a personal hell*? Can it be beneficial?
- What is *Judgment Day*?
- What happens in my transition? (preview of Ch 40)

Prayer/meditation (10:55 – 11:00)

Exploration (11:00 – 11:05)

- How might an understanding of the “Kingdom of Heaven” within help us comprehend the idea of “Everlasting Life?” What is the connection with Chapter 9 and Chapter 40?

Activity for the week (11:05 – 11:15)

- During the week, practice “*I'm choosing heaven today*” (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 explore our varied states of mind and consider whether they belong in the category of *heaven* or *hell*. We also explore the consequences of our thinking, something known metaphysically as *judgment day*.

Metaphysical Lesson:

- Heaven is a high state of consciousness, referred to by Jesus as the *kingdom of heaven*. This kingdom, according to Jesus is *within you*.
- Hell is a low state of consciousness, metaphorically described by Jesus as the garbage dump of Jerusalem.
- We choose to reside in heaven or hell by the state of our thinking.
- The consequences of our thinking are immediate, our soul expands or constricts according to our thoughts, words and deeds.
- What we perceive as a *hellish experience* may in fact be a *purifier*.
- Preview of Ch. 40: “As a part of God, that which we are eternally had no beginning nor does it have any end.”

Unity principles used:

- Humans create their experience by the activity of their thinking.

<http://www.truthunity.net/courses/the-quest/09>

Process for “I’m choosing heaven today”:

- Begin each day this week with the affirmation: “*I’m choosing heaven today.*”
- Follow that affirmation with a consideration of one thing you might do that day to avoid or let go of a hellish experience.
- Follow that with a consideration of one thing you might do that day to reside in the state of mind we call the kingdom of heaven.
- With each decision made throughout the day, silently say to yourself “judgment day” and consider the consequence of the decision on your soul: will it expand or constrict, with it become purer or murkier?

Passage for contemplation:

“Although you may not stay in this state of heaven full-time, even a 'short vacation' in it is enough to convince you that it's there and that you can return again anytime you wish. Your aim – the aim of The Quest – is to take up permanent residence in this state of mind called heaven” (p.99).

Memorize:

Affirmation: “*I’m choosing heaven today.*”

Bible:

“Whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life” John 4:14