

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 – March 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 Twelve – The Silence

Contemplative Music (10:35 – 10:45)

Discussion (10:45 – 11:00)

- Poem – James Dillet Freeman – “Angels Sing In Me”
What is James Dillet Freeman experiencing? Why do we in Unity place so much importance on experiencing our spirituality?
- What happens when we become quiet?
- The metaphysics of going into the silence: opening the soul so that Spirit may flow into mind and body (see next page)

Guided exploration of the Silence (11:00 – 11:05)

- Relaxation
- Concentration
- Meditation
- Realization
- Thanksgiving

Activity for the week (11:05 – 11:15)

- During the week, practice *going into the silence*.

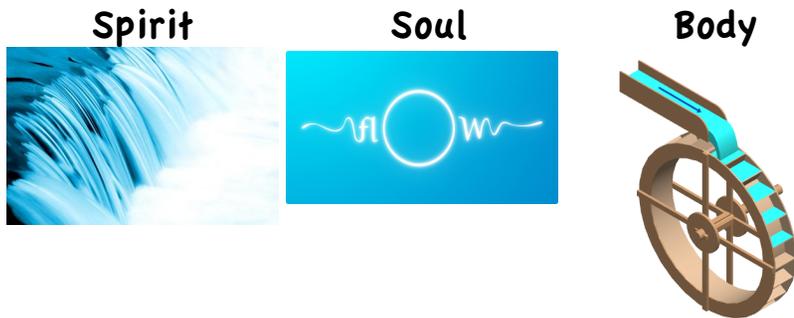
Objective for this week:

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 *going into the silence*.

Metaphysical Lesson:

- We learned in week four of The Quest that we are Spirit, soul and body and that from Spirit there is a flow of divine ideas (angels) to the mind and life vitality to the body.
- This flow of divine ideas and life vitality flows through the soul. *Going into the silence is Unity's term for spending time in a “soulful” state so that the soul is clear and free from any obstructions to the flow of Spirit.*



Unity principle used:

- Knowing and understanding the laws of life, also called Truth, are not enough. A person must also live the truth that he or she knows.

<http://www.truthunity.net/courses/the-quest/12>

Process for “Going into the Silence”:

- We have one goal for this week:
To practice *going into the silence*.
- Process:
 1. *Relaxation—releasing physical and mental tension*
 2. *Concentration—gentle focusing of the mind*
 3. *Meditation—puts us in contact with the Silence*
 4. *Realization—deep inner knowing of the Truth and that our prayers are answered*
 5. *Thanksgiving—being grateful before the answer appears in the manifest realm*

Affirmation:

*The light of God surrounds me
The love of God enfolds me
The power of God protects me
The presence of God watches over me
Wherever I am, God is*

- James Dillet Freeman

