

Sample Lesson Group Session Teacher's Notes

God, Light, and the Zero Point Field

Welcome to the Light! This month of June is all about the light. The lightest weeks of the year fall in this month, leading up to and following the summer solstice, in the third week of June. It's hard not to feel the energy of it. Just as the dark of winter leaves some depressed and listless, this time of year is more likely to result in restless energy and sleeplessness as sunlight streams into our bedrooms earlier and earlier each morning.

In homage to this month of light, this week's lesson, too, is all about the light. Light: so pure and primal it's perhaps one of our most-used metaphors. It stands for clarity, goodness, spirituality, and salvation from all things dark and frightening. Light is life-giving and divine. From the world of science, we know that light, energy, and matter are all variations of the same. As quantum science demonstrates that most of reality goes on at a level imperceptible to our human senses, it's also showing the very underpinnings of the universe to consist of a field of light

The Field

In the seventies, the highly distinguished physicist, Hal Puthoff, pioneered study into the mysteries of this energy field, called the Zero Point Field, and he has since been followed by many others. The Zero Point Field essentially is the energy left in a space when all possible matter and energy are removed. This remaining field comprises, literally, a super charged, sea of light backdrop to everything and physicists have theorized that if we learn how to tap it, it could become a limitless energy supply, meeting all our current needs, even enabling Star Trek-like space travel. Well-known physicist Richard Feynman suggested, "the energy in a single cubic meter of space is enough to boil all the oceans of the world."

As physicists are working to explain and tap this incredible ocean of light, another very different glimpse into the light comes from the growing body of research on those who've had near-death experiences. Consistently, people who have clinically died and been revived tell a similar story of coming into contact with a mystical light. These experiences are profoundly transforming, leaving the survivors forever changed, with a measurably higher zest for life than the general population, more apt to have psychic abilities and perhaps even more intelligent.

Could it be that the cessation of life as we think of it in a physical body allowed these individuals to have a perceptual awareness of the Zero Point Field and tap into its unlimited power? And is there something we can learn from their experience to help us tap this energy without physical trauma? Perhaps a key lies in another consistency to their stories: invariably they describe "the Light" as being synonymous with unconditional love. The mystical light that people experience is far from cold or neutral. Rather, it's powerfully benevolent—much like what religions of the world call "God."

Science writer and author of *The Field*, Lynne McTaggart, hinted at this benevolent nature of the universe in the summation of her excellent compilation of cutting edge science. She suggests that new scientific thinking promises to give us back our optimism as we realize that we aren't simply alone in an indifferent universe. "Far from destroying God," she says, "science for the first time was proving His existence..."

Scientists are working on machines to extract energy from the Zero Point Field, but with this blurring of lines between science and mysticism, might there be a more common-place path into the Field—one more accessible to all of us—through mystical experience and unconditional love?

Tapping the Field

In a paradoxical illustration of spiritual law, I often cite Mother Theresa as a role model when I teach classes on prosperity. The connection seems paradoxical because Mother Theresa lived such a simple life among the poor and we tend to remember her for her unconditional giving, not her materialistic "getting." However, Mother Theresa was amazingly good at manifesting material resources. Accounts of her life are filled with stories of last-minute saves where the support she needed to continue her humble work showed up, often in serendipitous and miraculous ways. Her counsel to the rich was "give until it hurts," and, for her, they did. Yet, her priorities and attention remained on caring for the poorest of the poor rather than on how to get what she needed. Just as she manifested easily without it becoming her focus, I believe she gave easily without having to work at it either. As she once put it herself, "When you know how much God is in love with you, then you can only live your life radiating that love." She lived in an awareness of the abundant love of God that so filled her to overflowing, all she could do was share it. Consequently, she wasn't focused on giving or getting. She was simply living in the fullness of God, which made her a powerful giver and getter.

If, as near-death accounts suggest, unconditional love is synonymous with the sea-of-light underpinnings of the universe, and if what religion calls God has some corollary in the Zero Point Field, could it be that Mother Theresa discovered what physicists haven't: how to tap the limitless power of the Field? And might her simple statement be the way? "When you know how much God is in love with you," (When you're cognizant of the benevolent sea of unconditional love/light and your Oneness with it,) "then you can only live your life radiating that love" (then you quite naturally tap the unlimited potential of this sea-of-light Field).

Manifesting

Just as the powerful light of June gives rise to rapid and abundant growth in the natural world, light at the quantum level—or spiritual realm—gives rise to manifestation. The term "Manifestation," as I'm using it here, is a spontaneous movement or appearance of matter and circumstances, not dependent upon physical intervention. It's when something we've thought of shows up through coincidence and synchronicity rather than through our planned physical efforts. The art of "manifesting"—i.e., techniques for intentionally

changing the state of our being to create shifts in the outer world—has been practiced throughout the ages in many metaphysical traditions and is sometimes called "magick." The quantum corollary for this type of movement is the quantum leap, where subatomic particles materialize spontaneously out of the sea-of-light soup, leaping from one point to another without passing through the points in between.

Though still more or less ignored by the bulk of the scientific community, there's a growing body of research documenting the power of consciousness to effect matter. As early as the 1960s, research physicist Helmut Schmidt conducted many experiments on the mind-matter connection, with convincing positive evidence. In spite of the credibility of his research, his work tended to be categorized as parapsychology and dismissed as a fringe science.

In the 1970s, Robert Jahn, dean of Princeton University's school of engineering, became intrigued with Schmidt's work—in spite of his initial skepticism—through one of his undergraduate students. In pursuing his own work in this area, Jahn steered clear of the marginalizing labels of the paranormal, bringing to his research the prestigious backing of Princeton University and a rigorous grounding in traditional science. He partnered with developmental psychologist Brenda Dunne, and the two of them went on to collect years and years worth of data showing irrefutably that human will alone can affect the random movement of machines. Not only human will—they also found that baby chicks and bunnies could call a robotic "mommy" to them once the machine had been imprinted upon them from birth as their "mother." Other interesting results showed that bonded pairs of people could affect the random mechanism of a machine six times more powerfully than single operators, demonstrating the synergy of harmoniously joined consciousness.

Manifestation, however, is something more than telekinesis, which involves moving an object already present. Manifesting is the art of drawing an object or circumstance that isn't present, and this is what we'll practice in this next exercise. While we'll address the techniques of manifesting in greater depth next week, the following is a simple practice exercise to help you demonstrate to yourself your ability to call something to you through synchronicity rather than physical intervention.

A Manifesting Exercise:

Close your eyes, relax, and take a few deep breaths.... As your body relaxes, let your attention turn inward and your mind become quiet.... Think of a material object you would like to manifest, one small enough to fit in your hand. Make it something that has a pleasant feeling to it—something you'd like to have in your hand: a useful object, a beautiful object, something you want, but not something that has a strong emotional charge to it, as with something very rare or precious. Let it be an object you have warm feelings about but not one you feel especially attached to having. Choose something you don't already own or have easy access to.

Now picture this object in your hand. Use your imagination to make it completely real and solid in your hand. See it there, feel it; pass it from one hand to another. Touch it to your tongue; sniff it. Create a feeling of certainty that this imaginary reality is now calling forth the physical reality of this object in your hand. Feel happy and certain about this.

Then, let it go, keeping only a pleasant feeling of well-being and accomplishment. Imagine that when this object shows up in your life, it's a signal that some aspect of your highest good is unfolding. Now, forget about it. Don't give a lot of attention to watching and waiting for it. It will come when the time is right. Complete your visualization with another deep breath and open your eyes.

Some Examples of How it Works

The first time I did this exercise, I imagined a large, polished stone in my hand. I pictured a size and shape of stone I hadn't seen before and I didn't have a lot of faith that it would work. However, within days, I found my stone in a cluttered store. It didn't have a price and when I took it to the register to buy, the proprietress was perplexed as she didn't recall ever seeing the stone before!

The second time I did this exercise was in a workshop I was leading and I immediately pictured an eagle feather in my hand. My mind interfered with my initial instinct, remembering my own instructions not to pick something terribly rare. I couldn't imagine I'd spontaneously happen upon an eagle feather so I changed my object to a sea gull feather.

Immediately following the workshop, I had an appointment to receive a healing session. The healer had a playfully flamboyant style and brought out a number of beautiful and sacred objects in preparation for our healing. When we were nearly ready, almost as an after-thought, she asked, "Do you think we'll need an eagle feather?" I was electrified by her words and said, "I think so!" She brought out a beautiful golden eagle feather, a prized possession gifted to her by a friend. She performed the healing using the feather as a wand and I was delighted. I couldn't imagine coming across an eagle feather at all, let alone within hours of envisioning it, but here it was!

Still another time I did this exercise, I pictured hummingbird feathers. This time it took many months before my feathers came to me, yet when they did, it was as an unexpected gift at the event of the first service I ever led after being ordained. The timing was definitely right.

When I've done this exercise with groups of people in my workshops, I've often seen someone manifest their object before leaving the room. So, have fun with this exercise and be light about it. It may amaze you with its speedy fulfillment or it may require more time for the synchronicity of the message to be exactly right. Either way, trust that it's in process.

[Invite sharing related to the manifesting exercise then go through the instructions for creating a heart's desire list. This was also an assignment in a May lesson; however, if you're just starting this program with summer or have people in your class who weren't there for the May session, going through it again is necessary. It could be a helpful refresher even if your group has already done this, as the lists will be an important part of the summer solstice session (3rd Week of June) on manifesting. You don't need to spend group time working on the lists—this can be an assignment for the week. Let people know, however, to complete their list and bring it, with copies for everyone in the group, in two weeks. It's OK to use an edited-for-group version of the list for this. Include name, phone number and/or email address on the list. This assignment can be optional if your group isn't sufficiently cohesive and trusting to be comfortable with sharing this degree of personal information. You can take a vote on it by show of hands or anonymously by writing yes or no on 3x5 cards (so people don't feel pressured by others). If the majority wants to share lists, you can still make it optional for anyone who'd prefer not to.]

Create a Heart's Desire List

For this list, identify anywhere from one to several heart's desires for all the important areas of life you can think of. Include on this list only your goals, not process steps. A goal is an outcome that would fill us with joy and fulfillment to do, be, or have. A process step is an action that we think will lead to the fulfillment of a goal. For example, if radiant health is the goal, making dietary changes, starting an exercise program, and going to the doctor are process steps that may lead to the outcome of radiant health. If you make these process steps into goals without a clear intention of radiant health behind them, you may successfully accomplish all of these and, in the end, still not have radiant health. What's more, accomplishing these process-step goals won't bring you joy. You'll feel like you worked hard for nothing. When you identify the true goal—that is, the outcome that will fill you with joy at its fulfillment—you may not have to do as many steps as you think. You might find yourself drawn to the right health practice or practitioner that's just what you need, and because it's the right fit, you'll be more motivated to do what you need to do to be healthy. Or, you might find that your attention is drawn away from health altogether and you heal spontaneously, while pursuing a new and gratifying career path.

Process steps do not, in and of themselves, fill us with joy, although when our goals are truly in alignment with our heart, we're more likely to undertake process steps joyfully. For example, I wouldn't enjoy a career in advertising, yet when I'm excited about a new project, I undertake the work of advertising it with enthusiasm.

Create your lists over the next couple of weeks, make copies of it to give out to everyone in group, and bring them to the session in two weeks to use in a special solstice manifesting exercise. The worksheet hand-out has categories to help you get started. As you do this, be aware that simply identifying and writing your goals starts the manifestation process. It's directing unconscious creative power toward your desires, making you more magnetic to them. I often give the assignment in my workshops to create a heart's desire list and can't even count all the folks who've reported back to me in

just a few months that most of their list had already manifested! With that in mind, put all of your joy and excitement into this list! It's what you'll be growing over the next few months as the rising light facilitates the most rapid growth of the year.

[Give out the hand-out on this, take questions as needed and then have people break into groups of three or four for the next part.]

Identify One Important Heart's Desire

With your small group, share some important heart's desire that you'd like to give creative light to this week. As you discuss this together, make sure that everyone has identified the outcome they want rather than a process step they think will lead to it (as in, "I want a new home," rather than, "I want more money so I can buy a new home.")

Meditation and Intuitive Feedback

This exercise begins with a meditation on the light and then, similar to last week's exercise, includes group amplification and intuitive feedback.

[The introduction to intuitive feedback is once again repeated here in case there are people who didn't hear it last week. I repeat this introduction with every intuitive exercise because it's better to be repetitious than set the stage for a strong personality to force information on those less sure of themselves. Hearing this information more than once is a helpful reminder to always heed one's own counsel first when doing this kind of work.]

Introducing Intuitive Feedback Exercises

We're all more intuitive than we think so, even if you've never done anything like this before, you may be surprised at how insightful your "guess" turns out to be. For this exercise it doesn't matter at all if you know each other well or are complete strangers because you're drawing from your intuition rather than from personal experience.

As you do this, just let go of censoring, and don't worry about being right. The more we worry about saying the right thing, the more we shut down our natural intuitive ability. If nothing comes to you, it's OK to pass. It's also OK to say something and be wrong. Even the most experienced professional psychics are off sometimes because we all have our personal filters that can get in the way. We can never be certain that we know the truth for someone else, although when we simply relax and get out of the way, we can often be a conduit for helpful wisdom and insight.

Intuition is different from advice. Advice comes from our personality and we tend to want the person to take it. Intuition just comes through us and we have no personal investment in it. With intuition we often have a feeling of "where did that come from?" whereas advice is sharing what we know and what's worked for us. So, for this exercise, leave out the advice and listen for the intuition. Intuition is usually the first thing that pops into mind, and the more we practice, the more easily it comes.

As you're receiving feedback, know that you're the only one who knows the truth for you. If something is true, it will resonate in some way. It'll feel right, or you'll find yourself hearing the same message again and again. Sometimes we'll get a message that's just what we need and sometimes we'll get one that's off, so use your own intuition to process what you hear.

[Pass around pads and pens for the next part.]

A Meditation on the Light

Close your eyes, relax your body and quiet your thoughts with some deep, slow breaths.... Let your awareness turn inward and direct your attention to your heart. Picture there a beautiful source of light. It might take the form of a flower, a jewel, a flame, a star. Let it appear to you in the perfect way. As you give it attention, it becomes brighter. Feel a softening and opening in the area of your chest. Let the light from your heart softly radiate to your whole body and feel a layer of tension and armor throughout your whole body that you didn't even know was there start to release. The steady pulse of light fills you with peace and a sense of well-being and ripples outward from your body to the world beyond.

Imagine this emanation of light to be so powerful that your whole body is radiating the light of universal love. There's no effort involved in letting this light shine. It happens as naturally as breathing. It ripples further and further into the space around you. See how far it goes.... Let your imagination create a beautiful light show emanating from your heart and take a moment just to enjoy it.

But the light doesn't just flow away from you. It merges into an endless sea of light that exists all around you. This limitless light is more than metaphysical imagery. It's what physicists call the Zero Point Field—a vast and mysterious field of energy that's always present; a super charged, sea of light backdrop to everything.

The more your light ripples out, the more you draw to yourself a beautiful matching ripple from this endless field of light. Feel your own emanation of light being strengthened, enriched and made even more beautiful as it blends with the limitless energy all around you. Breathe it into yourself with every breath and see yourself shine even more brightly. Just as you have an endless interaction with the world through breath, taking life breath into yourself and releasing it outward, so this light of Divine Love is endlessly flowing from you and into you. The more you refine your own vibration of light by simply giving attention to it, the more this limitless source becomes accessible to you. This abundant flow of light forms a natural protection, a charge around you that attracts people and circumstances in harmony with it and repels all that isn't. This light is the substance of your highest good.

Imagine yourself one with the Limitless Light, no longer separate from it. You are the Limitless Light of Divine Love, ever-flowing, abundant, never depleted no matter how much you outflow. Completely full.... Take a moment to be in this peaceful place of

Oneness with the Light then, without breaking the meditative state, move into the group phase of this work.

Whoever would like to be the first receiver, indicate this to your group.... As receiver, remind your group of your heart's desire and then just be silent and hold it in mind, infused with light. Others in your group are to envision this with you, flowing a stream of light to you and imagining your heart's desire, or something better, surrounded in light.

As you project light and love, open to any thoughts, feelings, impressions, guidance or messages that come to you related to this person's heart's desire. Don't censor, just see what pops into mind. When messages come, share them out loud. If nothing does, just pass on verbal feedback and continue to send light.

Those of you receiving feedback, remain silent. Don't respond or process what you hear until later so as not to break the meditative state. You might want to take notes so you can remember each person's feedback.

From here on, continue at your own pace. When one person has finished receiving feedback, go on to the next person and repeat the process in the same way until everyone has had a turn. Then, take some time to share how you feel about your feedback and the process.

[When all the groups have finished, come together in one group for some general sharing before closing.]

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