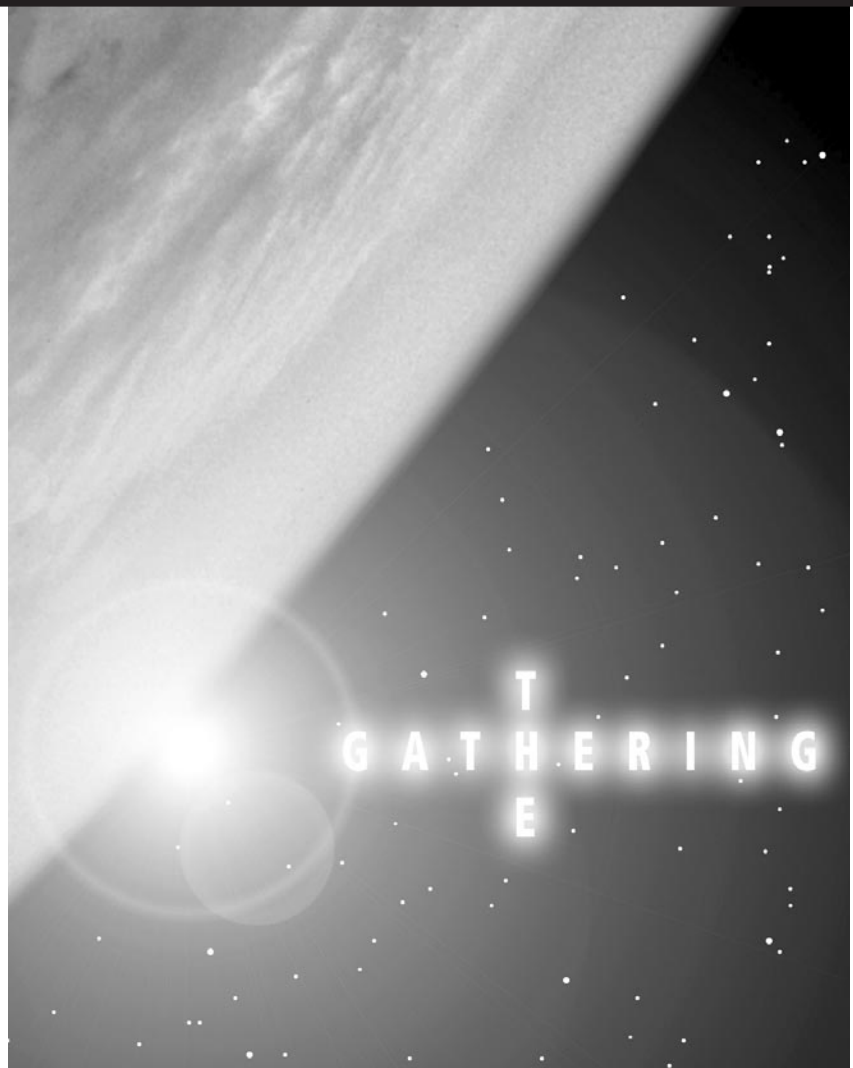




Breakout



New Spirituality Study Groups Taking the First Step

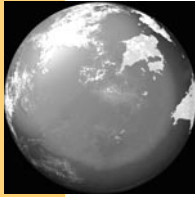
By Alyse A. Rynor
New Spirituality Groups Coordinator

New Spirituality Study Groups Taking the First Step

Written By
Alyse A. Rynor
New Spirituality Groups Coordinator

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Welcome!

STARTING A STUDY GROUP

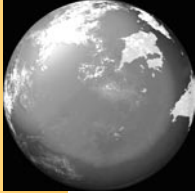
Congratulations on your interest in facilitating a New Spirituality Study Group. Running a Study Group is a wonderful way to share the messages found in the many spiritual books available today with others in your community. Whether you are just beginning or have been doing this for a while, it is my belief that you will receive as much, if not more, from the study group experience as you give to your members. However, there are a few important things to know when running a group of this type.

I hope that you'll find the following suggestions helpful in offering you guidance for setting up and successfully maintaining your New Spirituality Study Group.

As you read through this material, please be aware that these are only SUGGESTIONS. Remember that there is no 'right or wrong' way to run a New Spirituality Study Group. In fact, there are many different styles used by groups around the world. Trust your own inner guidance and create a format that seems right for you and your group. This packet was created simply as a guide. Please note that the CwG Foundation has neither affiliation nor regulation over any of these independent groups.

As the coordinator of these independent study groups, I am available should you have questions as you develop your role as a New Spirituality Study Group Facilitator. I may be reached at . Blessings to you as you enter this new phase in your journey,

Alyse A. Rynor
New Spirituality Groups Coordinator



What is a New Spirituality Study Group?

A New Spirituality Study Group is made up of people who have been touched by the material presented in many of the books and tapes on New Thought subjects, including the Conversations with God material. These people meet regularly, in hometowns around the world, to read, discuss, share, & further explore the many New Thought concepts. These groups often start simply, for the purpose of connecting with other like-minded people around this incredible material.

Study Groups are open-ended groups, meaning that new participants can enter at any time. It also means that there is no planned stopping date, the group is on-going.

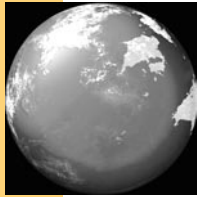
It is important to understand that a Study Group is about just that - studying the material - not to be confused with a support group, encounter group, or psychotherapy group of any nature. It is about reading the books and/or listening to the tapes or watching a video on the Conversations with God material and other books written by authors interested in a New Spirituality for today's world.

Do I have what it takes to be a
Study Group Facilitator?

The only thing you need to start a group is your desire. You may organize this yourself or ask others to help you.

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You may organize this yourself or ask others to help you.



Study Group

It has been our experience that your desire and enthusiasm are the most important factors in both starting and maintaining a study group. Too often, potential group leaders hesitate to begin a study group for fear of not knowing enough. Remember that you, too, are in the group to connect with others around the study of rich New Spirituality material. There is no need to impress anyone with knowledge. "Honesty is the highest form of love." BE yourself. The purpose of this pamphlet is to offer you numerous suggestions on starting and running a group that works...read through it carefully.

You will find a listing of suggested books to be read in your New Spirituality Study Group. However, you may find that starting with the Conversations with God books will give your group a solid foundation for beginning a comprehensive study of New Thought material.

With so many wonderful New Thought books available, it may be helpful to study a book for about 4 – 6 weeks before moving onto another book. An important purpose of the New Spirituality Study Groups is to study a variety of spiritual authors and not to limit their study to just one or two. That is why we are suggesting a different book be started every several weeks or quarterly. Remember, you may always return to a book later for further in-depth study.

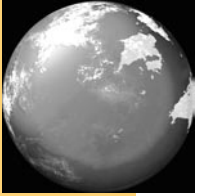
Choose a day & time that works for YOU

This is one of those times when you want to be sure to think of yourself first and choose what fits into your schedule. Most interested people will work it out so they can attend meetings. You are the one who will be attending regularly, and feeling comfortable about the day and time can help you to feel positively about facilitating your group.

Deciding how often to meet

When running a group, consistency is a key to making it successful. New Spirituality Study Groups can be offered weekly, bi-monthly or monthly. Quarterly meetings probably don't offer enough frequency. Experience shows that the drop out rate for members increases when there is a lot of time between meetings. Most groups meet weekly, however there are some groups, especially those offered on a weekend, that meet bi-weekly.

If you are running your group weekly and notice frequent absences due to other commitments, talk with your group members about a possible cause. However, don't make a decision that doesn't feel right to YOU. Sometimes, people just aren't committed to attending no matter what the format is. Always trust your inner voice at this time.



Time, Size, Space, & Materials to Use.

Most groups seem to work best within a 1½'5f-hour time limit. Some groups allot two hours and that is okay, too, especially if you choose to become a Wisdom Circle in the future. (See more about Wisdom Circles under Format for a Successful Group.)

You and a friend or two are enough to start a group. More people will be attracted to you if you place flyers or ads in free local or New Age publications. If you outgrow your meeting place, you may have to find another location in which to meet.

Groups of 6 - 20 seem to work best, allowing for personal interaction and sharing. If your group is small when you begin...hang in there, sometimes it just takes awhile for word to get out there! If your group is larger than 20, on a regular basis, you may want to consider adding another time slot. Again, choose a number that feels comfortable for you & allows people to feel they are a part of the discussion.

Selecting a Location

Groups meet in a variety of locations. You can meet anywhere you choose – in your home, a business office, a church, a Grange Hall, a local bookstore, or even in a restaurant or coffee shop.

Consider costs, accessibility & convenience when selecting your space.

Advertising Your Group

Please don't be shy with this part of the start up process, for this is what brings interested people to your group.

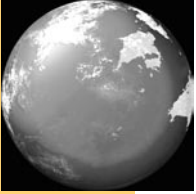
You can write a small classified ad for a local and/or New Age type of publication. Many of these offer free ads... or a free listing in your local newspaper's schedule of happenings around town. Flyers work well, too. Post them in bookstores, health food stores or laundromats; ask to leave several in the office of a holistic practitioner; place in New Thought, Unity, Religious Science or other churches, or wherever you can.

After your group is up and running, please notify us and we will see that you are listed on the New Spirituality Study Groups page on our website.

Contact with Potential Group Members

Once people discover you are holding a group, you may start receiving many calls and/or e-mails inquiring about your group. However, it is common for a relatively small percentage of those who inquire to actually attend a meeting. Be careful not to take this personally. It is all a part of the process.

When people have seen your advertisement and call, a helpful response can be to briefly explain how often your group meets, where, etc...& which book is being discussed. Most importantly, reassure them that you are always welcoming of newcomers. Many times, people hesitate to join a group, once it has started, because they are afraid of feeling like an outsider.



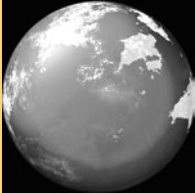
Some Basic Guidelines

A few helpful reminders to review out loud with group members before beginning each meeting:

1. Establish that everyone is here voluntarily and because they have found value in these New Thought books and want to explore and study them in depth with others who wish to do the same.
2. Because you will be sharing personal insights, interpretations & beliefs, a study group of this nature demands the highest level of integrity and confidentiality on the part of the participants in order to create a safe and orderly space for learning.
 - a. When speaking, participants will do so honestly and openly & when listening, they will be attentive and compassionate.
 - b. Participants will not reveal to anyone, or mention outside the study group, anything that another person expresses or experiences within the group.

The purpose of the group is to study New Thought spiritual books. Please refrain from the desire to “fix” another person. Everyone is on their own path and is exactly where they need to be. People may share their experiences and insights about how the book(s) affect them personally. This sharing can stimulate healthy discussion between members. However, caution is advised about turning the group into a therapy session. Even if you are a therapist, the purpose of this group is not to offer professional services. The purpose is to study the material.

Understand that each person is discussing his or her interpretation of the material—and that one person’s interpretation is not necessarily “better than” someone else’s. An open discussion and acceptance of differences in opinion can create a deeper understanding of each other, leading ultimately to a realization that we are, indeed, all one.



Format for a Successful Group

Creating Ritual & Routine

People feel safe with predictability. Develop a routine that works for you and the group. If you try a format that doesn't fit for a particular group, be transparent about it and try something else. Feeling a nice flow to your meeting will let you know when you have found something that works. In my experience facilitating groups, I have often taken up to six weeks to find a format that worked. Hang in there.

Suggested Format

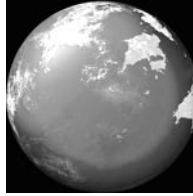
Starting on time
Opening
Group Business
Group Check In
Reading Aloud
Taking a Tithe
ReMINDER Cards
Group Closing
Ending on Time

Starting on Time

This task may sound simple...but it isn't always easy to do. There is often a tendency to 'wait for a few more people' before starting. However, when you start on time you make a very grand statement about Who You Are as a facilitator.

Starting on time:

1. Encourages people to show up to the group at the beginning because they will discover they are missing important things when not present;
2. Shows that you value your group members. Those who made the effort to arrive on time deserve to be respected for that, instead of being made to wait for latecomers;
3. Displays consistency;
4. Offers a feeling of safety and predictability to your group (one of the most important components of a continuing group).



Opening

How do you want to start your group? Do you want to just jump right in and start reading? Or, would you like to provide an introduction to get people out of their day and more fully present into the moment? One of the ways to do this is to have an opening prayer. Another suggestion is to read something that may be inspirational to the group, sing a song.... have a brief meditation time, or any number of things.

I have opened with a group prayer, which I call a Share Prayer. To do this, I have the group members all hold hands together as I start a prayer. When I am finished, I squeeze the hand of the person on my left who may add to the prayer, then they squeeze the next hand and so on....

Of course not all people like to speak aloud. That's okay, they may take a moment to be silent or just squeeze along to the next person. Share Prayer is a nice way to open as it encourages immediate participation, which shows that you facilitate not lead.

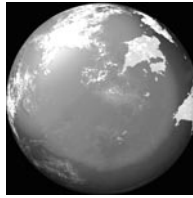
Another possible opening is to have each person give their first name and then share something in their life for which they are grateful. This creates a positive atmosphere and sets the mood for the rest of the meeting.

Group Business

This is a time in which you, the facilitator, may speak about things related to meetings; any agenda, group activities, or other group concerns. You can create your own Group Guidelines or read those suggested on page 7. Reading guidelines aloud, at this point, provides for a feeling of safety in a group. People like to know what is expected of them.

Group Check In

These few moments give group members time to follow up with something that has happened in-between meetings or to share where they are right now. This can be useful in allowing participants to share - Maybe they've have had a difficult day & don't feel like themselves as the group begins. Because some people may have a tendency to share their entire life story, you may want to consider limiting the time for sharing to around one minute per person. The trick here, for the facilitator, can be holding to it. People appreciate it when you do.



Reading the Material

You are always at choice in how you handle the reading and/or discussion portion of your study group. Below are some options:

- a. Use the Guidebook for Conversations with God Book 1 or any other book on spirituality you are reading, if there is one available. Oftentimes, guidebooks offer wonderful weekly exercises to help you through each meeting, fostering thought and discussion.
- b. Read the book aloud together as a group, with each person reading one page at a time. Take some time after each page for questions and/or discussion.
- c. You may also choose for each person to read an entire chapter ahead of the meeting and come prepared to hold discussion. However, people get busy during the week and may frequently come to the group unprepared. Therefore, some groups read an entire chapter aloud together during the group meeting and discuss the material after the reading is completed.
- d. Groups that use tapes or videos may play a portion and hold discussion around what they have heard, or perhaps play the whole tape before discussing it.

Whichever method you use, if the group does not spontaneously start talking together, asking some leading questions can be helpful. For stimulating discussion, be careful to ask open-ended questions rather than ones that can be simply answered with a “yes” or “no.”

If you do choose to read aloud together, know that some people feel uncomfortable with that and may sit back and listen or daydream. The group will usually wait until a person has finished reading before asking questions or talking about the material. However, an open door policy is helpful in that if something feels relevant to the moment, the reader may be asked to pause while that question or topic is clarified & discussed.

In a group of this nature, as with any group, there may be times of silence. My suggestion to you, as facilitator, is to get comfortable with it. Sometimes there is nothing to be shared, people don't understand what was read, or they have no comment on the material. However, it can often happen after something 'heavy' is read or discussed. At times there may be silence around a more difficult topic, such as transparency, truth telling, or death & dying. As facilitator, you may wish to address the silence to help develop a level of comfort suitable to discussion. Always feel free to speak to the silence. If it is happening frequently, contact your New Spirituality Groups Coordinator at for support.

There may be times when discussion moves far away from the topic. People may start sharing about other events, books and movies they have seen, telling the stories of their lives, etc... This is an important time for the facilitator, that's you, to watch the group members facial expressions and body language. Decide if the discussion is relevant. Watch to see if others are enjoying the discussion, or if it has turned into a one-person dissertation. If this has happened, you may need to gently guide the group back to the material. Also, a word of caution about general discussions that are getting far off the topic – the participants may be enjoying themselves, but listeners may feel frustrated when the subject strays too often, too far away from the book being studied. One of the most important roles of the facilitator is to take charge when the discussions go awry.

Collecting an Offering \$\$\$

You may choose to suggest an offering at the end of each meeting. This process may stimulate your own thoughts about money and spirituality. Check and see where you are with your own consciousness on this topic. It is okay to take money for the work that you do, even if it is spiritual and even if you enjoy it.

A collection can be taken for many reasons: To defray the cost of room rental, to tithe to a Church or organization, to collect for a group event, to send a group member to a spiritual retreat, or to receive payment yourself for the work you are doing in facilitating this group. Many groups send 10% of what they receive to the CwG Foundation or to another not-for-profit organization of their choice.

ReMINDER Cards

A nice touch to a group is sending people home with something in their hand, as a reminder of the experience. I use ReMINDER Cards. (Hampton Road Publishing, ISBN 1-57174-118-6) when my group is studying the With God series of books. These are little cards printed with quotes taken from CwG Book 1. They may be purchased through the CwG Foundation or at most places where you can buy Conversations with God.

During or after the collection basket is passed around, (if you choose to do that) send around the box of ReMINDER Cards. There are other cards available from various spiritual books, angel cards, etc. at local bookstores. People enjoy pulling one out and reading their message for that week. They may hold onto the card throughout the week, focusing on the message. This serves as a great way to encourage people to come back next time as they are asked to return the cards at the next meeting, when again they will select a new one. Many participants find this a very special exercise. You can certainly incorporate the idea of going around the room and having each person share their particular quote. It's usually a perfect fit, and is enjoyed by all.

Closing

Endings are often avoided in our Western culture. I am a believer that they are very important. Providing a closing to signify the ending of the meeting can be useful tool. As the facilitator you may develop a closing to use each week or you can ask your group for a volunteer to come prepared to lead one at the conclusion of the next meeting.

Closings, for example, can consist of a prayer, song, poetry reading, or brief participatory exercise. I have experienced a Namasté ritual, in which members go around & take turns looking into each other's eyes and saying "namasté" to each partner, until all the group members have been so honored.

Other closings could consist of a 'circle of healing light' for a person or the planet, gratitude sharing, holding hands and passing a squeeze, or even a moment of silence. BE CREATIVE & have fun with this!

Group Dynamics

Setting the Norms for Your Group

Creating structure within your group allows members to feel a sense of safety. Predictability creates feelings of safety. Safety in a group assists participants in being more open to sharing, discussion and group bonding. A group that bonds can become a lasting group. The norms for your group will consist of predictable ways of doing things, both spoken and unspoken, that make your group unique from other groups. An example of a group norm is knowing that in this particular group, personal sharing is kept to more superficial topics, such as a person making a decision to make a job change, rather than deep personal stories about one's personal issues.

Suggestions for creating norms:

The guidelines, which should be reviewed at the beginning of each meeting, should serve to clarify the personal boundaries for all members.

Deciding if you wish to serve food or not can give participants either a more casual feel to the group or one more conducive to study. The use of food in an ongoing group can become a distraction and a source of unnecessary worry for participants. The last thing you would want is for someone to feel stressed because they forgot to bring food that week. I don't usually find it helpful to the flow of the meeting, but some folks do. The choice is yours!

Handling newcomers. Help your group to create a routine around newcomers, so they will feel welcomed & not like an outsider. Many facilitators lose potential group members by being overly invested in others enjoying the particular spiritual message they are studying. Remember, "Ours is not a better way, it is merely another way."

Sign in. Have a clipboard handy to collect names, addresses, and information from newcomers so you can create your own New Spirituality Study Group database. You may wish to contact members through e-mail, snail mail, or by phone to update them of meeting changes or other New Spirituality events you may be sponsoring. It's also a nice gesture to make some type of follow up contact with a newcomer after their first meeting. Please use this database only for spiritually sponsored events.

Absences in an open group are normal. Most people will attend as often as possible, but at times will miss. Unless your group is having an excessive number of absences, in which case you would want to evaluate what was or wasn't happening, absences aren't anything to be too concerned about.

Unspoken norms will develop naturally, on their own. Keep an eye out for them as your group progresses. Speak to those that you feel may need voicing.

Challenging Moments in the Life of a Facilitator

As a facilitator, people will naturally test your limits. You may, at times, find yourself in situations in which you must make a choice around sticking to one of the group norms or becoming more flexible around it. For example, a few members may ask you if they can talk about another topic that day, or they may wish to read several pages before stopping to have their discussion. I have actually had times where I have chosen the flexible option, only to find many group members upset & displeased with that particular meeting. I was able to share, transparently, the next time we met and we all spent some time talking about what had happened.

In your group, as in life, another challenge may come in the form of group members who are not as easy to work with as you had hoped. (Remember, you created them for your own growth & everything is perfect). The following are a few of the types of challenging participants you may come across from time to time:

People that ramble can regularly go off on tangents. You can choose to gently bring them back onto the topic at hand.

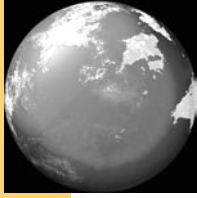
People that dominate the group and constantly share can sometimes prevent others from speaking up. You may have to be more blunt with them and let them know they will need to give others a chance to speak. (I recommend speaking privately to the person first unless you can be very gentle.)

Hostile Visitors – those people that are coming with their own agenda & a negative attitude. They may not like the particular spiritual material you are studying and may be there to prove you ‘wrong’. Let them have their beliefs, they can provide an opportunity for practicing acceptance. These people often stay for one visit and don’t return.

Those who want you to prove it to them. Most often these people are having difficulty ‘thinking outside the box’. In this instance, it is best to “Allow each soul to walk its path” and not get caught up in a fundamentalist type of argument.

Novices

Many times you will have a person join your group who has never read a book on New Thought in their life. Or, they may have read one and are seeking others with whom they may share their experiences. Questions from a novice can be very refreshing for the group. They can be a great source of discussion and thought. Questions that may sound so basic to some can offer a wonderful opportunity for explanation. I have yet to meet a group that didn’t enjoy finding out how much they have grasped in the process of answering a novice’s questions. Some other people may not choose to read the books, but may come just to learn from and enjoy the discussions.



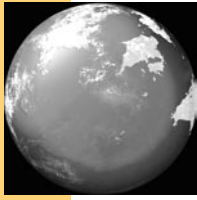
Mentally challenged people may show up in your group. These individuals offer an opportunity for all present to look at possible prejudices and call for a willingness to practice patience and acceptance.

A person who is properly medicated should do well in the group. If you notice a change in self-care and/or behavior that is becoming disruptive to the group, ask if they are taking their medications. You may need to encourage this person to seek help. It is also possible that the mentally challenged individual may be more sensitive to things that are said in the group than others.

In addition, these people can require a bit more effort in that they often respond best to clear boundaries and can't always create them for themselves. It's been my experience that the mentally challenged have offered some of most profound understandings of the material to the rest of the study group.

Know it alls – At times these people can feel provoking. Be careful not to get caught up in negative feelings. Simply, thank them for sharing...often.

Fixers – will try to fix people often without realizing it. They will tell others how they can improve themselves or solve their problems. Reminding the fixer to use "I" statements can be an easy solution to the problem.



Your Role as Facilitator

Before beginning your New Spirituality Study Group, it might be helpful to ask yourself the following questions:

How much should I share about myself?

It is best not to share your life story, but to keep on a more superficial level. Participants will look to you to be an example of what type of sharing is allowed in the group.

What if I don't have the answer?

You don't need to and no one expects you to have all of the answers. This isn't a classroom setting anyway. So, be transparent and say those three important words, "I don't know." Become comfortable with not knowing & encourage other group members to seek the answers.

What if I will be absent?

Before you find you'll be unable to facilitate one of the meetings, think about how you would like to handle your absence. Some options are to cancel your group meeting or ask someone to volunteer to facilitate for you. Groups that continue to meet during a facilitator's absence tend to feel a greater sense of autonomy. Whatever you decide, make sure you let the group know how your absence will be handled.

Your own unfinished business

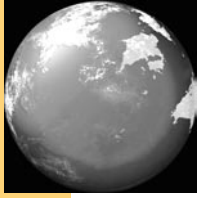
Like most people, you probably have some issues that have not yet been healed. They may show up when dealing with people during your group meetings. Look within, be transparent with yourself and with others and know that you are growing from stepping into this experience.

Some examples of unfinished business can be around:

- a need to control,
- a fear of abandonment,
- issues around money,
- self esteem,
- a need to please, and so on...

Dealing with another's painful emotions.

It's possible this may happen in your group. If it does, become aware of your own usual response. Resist the urge to rescue or to run. An emotion that is painful is okay. Just provide the space. Sometimes silence is a good place for the group to sit for a moment. Become comfortable with silence.



Control Issues

You may see yourself wanting to control everything & feeling impatient. Breathe deeply & observe yourself. Being a take-charge type of person can be an asset in moving things along in your group. However, it will be most helpful for you to become aware of the times when it isn't.

Fear of Abandonment

If you have a fear of people not staying in your group, try to become aware of that. The first few losses of group members can trigger old feelings of abandonment in some people. Don't take it personally. You will learn, in time, that people will come and go in your study group.

Fear of Failure

Yes, you will do things that don't work – know this ahead of time. You can't fail, you're not in this alone. God is always with you! Again, it won't help to take losses personally, some things are happening for a variety of reasons.

Pleasers

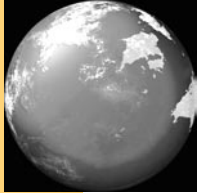
Some facilitators may have a history of being 'pleasers'. If you feel you are 'giving in' to participants at your expense, you may be operating in a 'pleaser' mode. This may happen as a way to avoid dealing with angry feelings or because of feelings of low self-esteem. If facilitating your study group alone is difficult, consider taking on a co-leader.

In Conclusion

There are many ways to facilitate a New Spirituality Study Group. Remember that your own enthusiasm and openness are the most important factors in both starting and continuing a well-functioning study group.

On the following page you will find some additional suggestions for facilitating your group meetings. Finally, there is a listing of suggested books that you may be interested in reading in your study group.

I wish you an enjoyable experience as facilitator of a New Spirituality Study Group. Have fun with it. Know that you are in the right and perfect place in your life and that you are making a difference in our world.



GENERAL SUGGESTIONS FOR STUDY GROUP DISCUSSIONS

from Rose Wolfenbarger

If you are planning to use the Conversations with God Book 1 Guidebook, you will find all of your planning for each weekly session will be done for you! If you are studying another one of Neale's books, or choose not to use the guidebook, the following suggestions may be helpful.

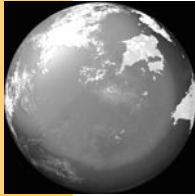
You can read CwG aloud or assign a certain section to be read silently by everyone, either in the group, or at home before arriving. Then everyone can discuss it, page by page, paragraph by paragraph, or even sentence by sentence wherever the words inspire you to do so. Discuss what God's words mean to each of you. Share your feelings about the words and ideas that are presented - and make every effort to keep out of the "head trips" and intellectual garbage that many of us have been feeding ourselves and each other throughout the years.

Try on the concept of a living, non-judgmental God who will never stop loving us. One who watches with some sorrow when we create our own lives in ways that cause us pain and suffering, but One who does not judge us. One who has no expectations for us, and who knows that we have only chosen to "take the long way home" when we create those events in our lives that cause us anything less than pure joy. He knows that we will get home, despite our lengthy journey throughout many lifetimes. It is up to each of us to determine how we want to present ourselves to the rest of the world, how to be the "grandest version of the greatest vision we ever had about ourselves." In this manner we determine the length of time we spend in suffering with our anger or resentment or... It is all up to each one of us.

Aim for transparency in your group discussions. Be as honest with each other as you can possibly be. Create a "safe" place for this by agreeing beforehand to never put anyone down for their expressed feelings, and then live by this rule. Realize that any expressed feelings are just that, expressed feelings. They are not statements of fact about anyone else. They do not need to call forth defenses from others in the group. Accept them for what they are, just an honest statement of how the person speaking is feeling at that moment. It does not mean, however, that those feelings are cast in stone and will never change.

Rebuttal is never necessary, or even desirable, as the spoken words are only indicative of what is going on inside the speaker, and those words do not necessarily have much of anything to do with the facts of the situation, only with the speaker's perception of that reality. And, of course, each of us will have a different perception, as we each look at every event through lenses colored by our own past experiences. Practice and learn to be curious about each other, and just observe how others think and feel. Strive to come from a place of loving acceptance of What Is. No person's feeling or thought is any "better than"

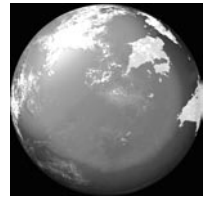
anyone else's. It is simply different.



Express your fears, angers, guilts, and pains, as well as your loves, joys, passions, and celebrations openly by claiming them as your own. Use "I" statements: "I feel angry, hurt..." rather than, "You make me so mad"... or "I don't like that because..." rather than "That's awful!" As you become more and more aware of when you are blaming or praising others for that which you create, you will find your negative feelings and expectations of others very slowly begin to disappear. At first, you may only notice that these feelings don't last quite as long as they used to, or don't occur as often as they did before you started becoming aware that you do, indeed, create your own reality.

As you continue working on yourself, you will naturally become more at peace within yourself and thus will be more able not only to listen, but also to hear the words from that part of you which is the God within. In Conversations with God Book 1, on pages 44 and 116, God refers directly to this experience: "If I do not go within, I go without."

Suggested Readings



The Healing of America Marianne Williamson.
The Last Hours of Ancient Sunlight Thom Hartmann.
Conscious Evolution Barbara Marx Hubbard.
Reworking Success Robert Theobald
The Celestine Vision James Redfield
The Politics of Meaning Michael Lerner 1.
The Future of Love Daphne Rose Kingma
Diet for a New America John Robbins
The Four Agreements Don Miguel Ruiz
The Power of Now Eckhart Tolle
When Bad Things Happen to Good People Rabbi Harold Kushner;
Anatomy of an Illness Norman Cousins;
The Power of Positive Thinking Dr. Norman Vincent Peale
Transforming Pain into Power Dr. Doris Helge
Autobiography of a Yogi Paramahansa Yogananda
The Nature of Personal Reality Jane Roberts
Anatomy of the Spirit Carolyn Myss
Practical Spirituality John Randolph Price
Illusions Richard Bach
Love is Letting Go of Fear Gerald Jampolsky
Handbook to Higher Consciousness Ken Keyes Jr.
Return to Love Marianne Williamson
A Course in Miracles Foundation for Inner Peace
The Celestine Prophecy James Redfield
What You Think of Me is None of My Business Terry Cole-Whitaker
Stephen Lives Anne Puryear
The Universe is a Green Dragon Brian Swimme
The Unimaginable Life Kenny and Julia Loggins
As a Man Thinketh James Allen
Life After Life Dr. Raymond Moody
The Way of the Peaceful Warrior Dan Millman
The Holographic Universe Michael Talbot
2150 AD Thea Alexander
Paths to Love Deepak Chopra
Many Lives, Many Masters Dr. Brian Weiss
All is You Kermit Kuczola
Seat of the Soul Gary Zukav
You Can Heal Your Life Louise Hay
Creative Visualization Shakti Gawain
Stranger in a Strange Land Robert Heinlein