



## Work Group Proposal

From the Bylaws, “The Church of Conscious Harmony exists for the sole purpose of facilitating the spiritual journey for people who want to make God-devotion the center of their lives”. To this end, in addition to the regularly-scheduled core classes (e.g., Lessons in Truth, Simple Explanations of Work Ideas, new member classes, the Gospel & Work class, etc.), a new form of small group spiritual enrichment is encouraged. “Work groups,” are small (generally 7-12 people), self-directed, semester oriented and focused on a particular topic or practice related to the two foundations of the Church: the Christian contemplative tradition and the Work of Inner Christianity.

The aim of Work groups is to provide participants with transforming spiritual enrichment, inspiring love of God and love of neighbor.

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**Work Group Title:** “Universal and Kabbalistic Chakra Meditation on the Lord’s Prayer”

**Meeting day/time:** Monday 11:30am - 1:00pm

**Duration:** Sept 7 - Dec 11

**Purpose or specific aim of Work Group:** Personally experience the resonance of each line of the Lord’s Prayer within our bodies, minds and emotions to powerfully understand this prayer in a new and dynamic way.

**Sources for content or practice:** Universal and Kabbalistic Chakra Meditation on the Lord’s Prayer by Master Choa Kok Sui; optional audio of meditation by the same name.

**Outline and timeline for study and/or practice:**

Week 1	Introduction - group, expectations, meditation, exercises
Week 2	Our Father
Week 3	Who art in heaven
Week 4	Holy be thy name
Week 5	Thy Kingdom come
Week 6	Thy will be done
Week 7	On earth as it is in heaven
Week 8	Give us this day our daily bread
Week 9	And forgive us our trespasses as we forgive those who trespass against us
Week 10	Lead us not into temptation but deliver us from evil
Week 11	For thine is the Kingdom, Power & Glory forever and ever Amen
Week 12	Loving kindness and non-injury
Week 13	Generosity and non-stealing
Week 14	Accurate Perception and Correct expression and non-falsehood

**Prerequisites for participants:**

1. Read the book (short read).
2. The synthesis of the powerful words of the Lord's Prayer with the mysticism of the tree of life from the Kabbalah and the energy centers of the body generates significant amounts of energy; it is difficult to do this work without a consistent daily prayer/meditation practice.

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**Additional comments or considerations:**

This is an experiential Work Group. Meetings consist of light exercise and breathing to facilitate the flow of energy generated by the meditation prior to the meditation, the guided meditation, and then, light exercise to integrate the energy after the meditation. This takes about 50 minutes to an hour. The remainder of the meeting is devoted to sharing our experiences from the weekly inquiries that we explore as a group. Creation and facilitation of the discussion of these inquiries are rotated among the group members based on the weekly topic and reading from the book.