



## Work Group Proposal Form

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:** “I Am THAT I Am”

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

**Duration:** January 17-May 23. We will take a week off for spring break. That means there are 18 meetings for this work group.

**Purpose or specific aim of Work Group:** Experience the simple present moment awareness that we are right now.

**Sources for content or practice:** I Am That I Am by Francis Bennett (Please note that this text is supplemental. This work group is not a “book study”).

Achieving Oneness with the Higher Soul-Meditations for Soul Realization by Master Choa Kok Sui (Reference for part of the meditation, not necessary for the work group)

Scripture: “I am that I am” and he said, “Say this to the people of Israel, I am has sent me to you.” Exodus 3-14

“Before Abraham was ever born I am.” John 8:58

“While I am in the world, I am the light of the world.” John 9:5

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

- Week 1 Introduction - group, expectations, meditation, exercises
- Week 2 Are you going to wait until you die to surrender or are you going to do it now?
- Week 3 God is in everything. Everything is in God
- Week 4 The fruits of Awakening
- Week 5 Paying attention to what is already here
- Week 6 Discovering who we always were
- Week 7 Now I am
- Week 8 Living the awakened life
- Week 9 Thinking and the mind
- Week 10 Waking, Dreaming, Dreamless Sleep and the 'Fourth state'
- Week 11 The prayer of simple being

- Week 12 Self Surrender
- Week 13 Self Investigation
- Week 14 How do I become 'more aware'?
- Week 15 Think about what you think about
- Week 16 Awareness, Thinking, Feelings/emotions
- Week 17 The way of the Cross
- Week 18 The purest teaching is silence

**Prerequisites for participants:** It is recommended that participants have a consistent daily meditation/prayer practice.

**Facilitator's Name:** Fred Haas

**Additional comments or considerations:** This work group will use a guided meditation to experience, connect to, and identify with the “I Am” presence within us. There are also weekly inquiries to help us find that experience, connection and identity so we can live it in the physical world.

This is an experiential work group. Meetings consist of light exercise to facilitate the flow of energy generated by the meditation and a breathing exercise to balance and quiet the mind 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. These inquiries are typically experiential in nature as a way of integrating the meditation experience into your daily lives.

The topics for these inquiries will come from the book, I Am That I Am by Francis Bennett. This book is supplemental and not the primary focus of this work group.