

**The Samaritan Institute
at
The Sunshine Cathedral**

**Mind Power &
Positive Prayer**

**A Six Week Course
*Designed by Rev. Dr. Durrell Watkins***

*"Here at the Sunshine Cathedral, we are
seekers and students of Truth, empowered
by Spirit, sharing the Light with the World"*

Sunshine Cathedral
is
A Metropolitan Community Church
Affiliated with The Center for Progressive Christianity

TSI is the educational arm of the Sunshine Cathedral

The Samaritan Institute
Mind Power & Positive Prayer
Independent Study Option

This is an introductory and experiential course. The student will learn how sustained thoughts and feelings create the conditions of one's life and how by using specific prayer techniques s/he can change his/her thoughts and feelings to produce more desired results in life. The student will also read the works of at least 4 positive thinking authors and commit to daily prayer practices. There are short writing assignments.

Required Texts:

The Power of Your Subconscious Mind (Joseph Murphy, Bantam Books)
The Power of Decision (Raymond Charles Barker, Devorss)
Handbook of Positive Prayer (Hypatia Hasbrouck, Unity Press)
The Secret (Rhonda Byrne, Atria Books) - There is also a DVD one can watch rather than or along with reading the book.

Recommended Texts: *A Treatment a Day* (Durrell Watkins, Lulu Press); *Fairy Dust: Using Affirmations to Unlock the Magic of Life* (Durrell Watkins, Lulu Press); *Optimism & Gratitude: Prayers for Every Day of the Year* (Durrell Watkins, Lulu Press); *Progressive, Positive, & Practical: New Thought Reflections* (Durrell Watkins, Lulu Press)

DAILY EXERCISE FOR THE DURATION OF THE CLASS: Spend at least five minutes a day in Silence, quieting your thoughts. Just be quiet – not remembering old things, worrying about present things, or planning future things. Just sit still and quiet, allowing your mind and body simply to “be.” Focus on your breathing, not forcing it, but simply noticing it as it happens. This is called “Centering Prayer” or “Meditation.” This form of silent prayer is about simply being in the divine presence and feeling our unity with It. End the prayer session by saying an affirmation, a bible verse, or the Lord’s Prayer. Journal about how this Centering Prayer exercise feels to you.

LECTIO DIVINA: Replace your centering prayer exercise about once a week with Lectio Divina (another contemplative exercise). Take a sacred reading (such as a passage of scripture) and practice the 4 R’s with it – (1) Read the text slowly, noticing each word as you read it. (2) Reflect on the text...focus on a word or phrase that grabbed your attention and simply meditate on that word/phrase for a minute or two. (3) Respond to the word/phrase by asking God if what you think it is saying to you is the message that is right for you, or you can simply offer the word/phrase to God as a form of praise. (4)finally, Relax – just sit in the Silence (as with centering prayer) and just “be.” After several minutes of Quiet time, voice a simple prayer and release it. Journal about how this Lectio Divina exercise feels to you.

Week 1

Read first four chapters of Barker. Write a 300 word reflection paper (about one page) discussing initial questions, impressions, insights, etc.

In a class setting hand in paper, and be prepared to make a comment or two to the class about your initial responses to the reading. If taking this as an independent study, email your paper to your instructor and also email your initial responses to the reading (a sentence or two) to the instructor.

Week 2

Read the rest of Barker. Write a 300 word reflection paper (about a page) discussing either chapter 5, chapter 6, or chapter 7.

In a class setting hand in paper, and be prepared to make a comment or two to the class about your initial responses to the reading. If taking this as an independent study, email your paper to your instructor and also email your initial responses to the reading (a sentence or two) to the instructor.

Week 3

Read chapters 2, 3, 5, & 6 of Murphy. Write a 300 word reflection paper discussing any topic from the reading.

In a class setting hand in paper, and be prepared to make a comment or two to the class about your initial responses to the reading. If taking this as an independent study, email your paper to your instructor and also email your initial responses to the reading (a sentence or two) to the instructor.

Week 4

Read chapters 11, 15, & 16 of Murphy. Write a 300 word reflection paper discussing any topic from the reading.

In a class setting hand in paper, and be prepared to make a comment or two to the class about your initial responses to the reading. If taking this as an independent study, email your paper to your instructor and also email your initial responses to the reading (a sentence or two) to the instructor.

Week 5

Read chapters 1, 2, & 3 of Hasbrouck.

Spend 15 minutes every day praying for the people on the Cathedral's prayer list (or another prayer list). Be sure to use affirmations as part of the prayer work. Record how you feel doing this prayer work. Notice how the feelings change (or don't) over the week. Write 100 words or so

reflecting on your prayer work and share your reflection with the class (or instructor if taking the course as an independent study).

Week 6

Read the rest of Hasbrouck.

1. Practice the denials and affirmations in chapter 4, creating your denials as the exercises lead you.
2. Write a prayer letter each day for at least three days.
3. Practice the 7 step prayer technique once each during the week (or, as an alternative, try the Science of Mind technique called "Spiritual Mind Treatment": Begin by stating clearly the desire for which you are doing your prayer work/treatment. Then follow these steps - 1. Recognize the divine Presence/God. 2. Realize your unity with this divine Presence. 3. Affirm Good for yourself or others, stating the desired thing as if it were at hand, already realized or experienced or received. 4. Give thanks. 5. Release the treatment, aka "Let go and let God.")
4. Send an email to instructor (a page or so) detailing your experience of the three prayer exercises.

Final Assignment

Final Assignment: Read "The Secret" or watch the film version and write a 2 page paper about what you learned from it and how you can use its insights to improve your life. Email paper to the instructor.