**Gentle Healing Group Curriculum:**

**Facilitator Guide**

(Note: This guide can also be used to direct self-study.)

**General Instructions**

* **Participants** will need copies of ACIM & NTI for this class. The Foundation for Inner Peace version of ACIM is recommended.
* **Self-Study participants** will need the previous books plus *The Untethered Soul* by Michael Singer.
* **Facilitators** will need the previous books mentioned plus *The Way of Mastery* (best price at [CMC bookstore](https://www.miracles-course.org/Merchant2/merchant.mvc?Session_ID=ea118c99784d3df986efdea5c3d66605&Screen=PROD&Product_Code=Otr0031)*)*, *The Teachings of Inner Ramana* by Regina Dawn Akers, *The Direct Means to Eternal Bliss* by Michael Langford, and *In the World But Not of It* by Gina Lake
* **Facilitators** can listen to [archived RDA teachings](https://awakening-together.org/interact/gentle-healing-group/audios-homework/) for each week as preparation to facilitate, if desired. (Note: Some assignments have changed since the first time this curriculum was offered in order to simplify the curriculum.)
* **Self-Study participants** can ignore the comments for the Facilitator in this book. Complete all segments designated as “Self-Study” or “Homework.”
* **Optional: Facilitators & Self-Study** **participants** can read Regina’s Gentle Healing Journal for Weeks 1-6 as preparation to facilitate those weeks, if desired. (Her journal for weeks 1-6 is at the bottom of the [Year 1 Tips page](https://awakening-together.org/interact/gentle-healing-group/reginas-tips/).)

**Week One**

***Facilitator Materials Needed:***

*The Way of Mastery*

*A Course in Miracles Workbook for Students (ACIM Workbook)*

1. **Facilitator: Bismallah***We begin by remembering the sound and feeling of the One Being, the wellspring of love. We affirm that the next thing we experience shimmers with the light of the whole universe.*
2. **Facilitator: Read The Way of Mastery, Lesson One**. Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Facilitator: Participant Sharing from the Reading**.This serves two purposes: It gets participants actively involved, which is a necessary component of this group. It also reemphasizes some main points and serves as a participant-centered summary of the reading.
4. **Facilitator: Ground Rules for the Group**:
	1. Honesty
	2. “It’s always about me.” No blaming.
	3. No advice giving.
	4. If you didn’t do the homework, don’t participate in the discussion.
	5. Keep a homework journal.
	6. Follow your own guidance for additional homework.
5. **Facilitator & Self-Study: Read Introduction to the ACIM Workbook**
6. **Homework Assignment A**: ACIM Workbook Lessons 1-7
	1. First read the lesson all the way through and then practice the lesson according to its instructions
	2. If you have done the ACIM workbook before, you may add what you hear and feel to the exercises for Lessons 1-3
	3. As you do exercises 1-3, you may notice the meaning you have given to things. Just notice and continue with the exercise
	4. Tip for Lesson 4: Sometimes people have trouble remembering to do the workbook lesson when it is to be done more than twice per day. They get on with their day and forget all about the lesson. Here's a tip: When you finish the workbook lesson 4 in the morning, make a decision about when you will do it next. After you do the lesson the second time, make a decision about when to do it again. After the third time, make a decision about when to do it for the fourth time. If you make a conscious decision about when you will do the exercise next, you are less likely to forget to do it.
7. **Homework Assignment B**: Read NTI Luke, Chapters 12 (p151-155) and Chapters 16-17 (p161-167).
	1. Do not read all at once. Read a little each day contemplatively.
	2. Explore the reading through journaling. Journal clarity, questions, confusion, resistance, willingness, etc.
	3. If there is a Bible icon before a verse reference, read those verses from the Bible before reading that interpretation from NTI

**Week Two**

***Facilitator Materials Needed:***

*NTI*

*The Teachings of Inner Ramana (Inner Ramana)*

*ACIM Workbook*

1. **Facilitator: Review Ground Rules for the Group**:

	1. Honesty
	2. “It’s always about me.” No blaming.
	3. No advice giving.
	4. If you didn’t do the homework, don’t participate in the discussion.
	5. Keep a homework journal.
	6. Follow your own guidance for additional homework.
2. **Participant Sharing:** Go over participant’s journals, questions & insights. Review NTI Luke 12, 16-17.
3. **Facilitator & Self-Study: How to Reprogram the Brain** *(change/undo conditioning)***:**
	1. Open-heart increases efficacy. Joy, willingness, positive desire. Note: If your goal is negative (such as stop suffering) consider a positive goal (such as freedom or happiness).
	2. Repetition & practice with new programming such as resting the mind, remembering the daily lesson, thinking of your spiritual aspiration, etc.
	3. Visualization. For example, imagine yourself resting the mind, imagine yourself remembering to do the workbook lessons, imagine yourself wanting awakening/truth more than anything else, etc. The brain cannot tell the difference between something real and imagined. Research shows that anytime you are thinking, you are engaged in conditioning neural pathways.
	4. Meditation. Concentrated rest away from mental activity. (Meditation will be introduced into our daily practice later.)
	5. Observe/watch old programming without feeding it. Be aware of it, but don’t believe it or fight against it. As you watch, become familiar with your triggers. For example, what does it feel like in your body just before and old neuro-pathway begins to fire?
	6. Discover how you can stay motivated to stick with gentle healing because *you want to*. (Positive motivation.)
4. **Facilitator: Read Inner Ramana, *The Commentary on Mind***. Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
5. **Homework Assignment A**: ACIM Workbook Lessons 8-14
6. **Homework Assignment B**: Read NTI Romans Chapters 1-7 (p261-270.)

	1. Do not read all at once. Read a little each day contemplatively. No need to read the Bible.
	2. Explore the reading through journaling. Journal clarity, questions, confusion, resistance, willingness, etc.

**Week Three**

***Facilitator Materials Needed:***

*The Way of Mastery*

*NTI*

*ACIM Workbook*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review from workbook lessons 8-14 and NTI Romans 1-7.
2. **Facilitator: Read The Way of Mastery, Lesson Two.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** ACIM Workbook Lessons 15-21

	1. Note: Lesson 20 asks us to repeat the lesson to ourselves twice per hour, preferably on the half-hour. One can set an alarm to remind one’s self, but it is generally better if one remembers because of the desire to remember. Recommend ending each 30-minute practice with a heart-felt intention to remember again in 30 minutes. Whenever you notice that you forgot, remind yourself how important this is to you and begin again in that moment.
4. **Homework Assignment B**: Read NTI Ephesians (p. 339-347)

**Week Four**

***Facilitator Materials Needed:***

*NTI*

*ACIM Workbook*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review from workbook lessons 15-21 and NTI Ephesians.
2. **Facilitator: Teach ‘What I think, I see’**: What you think, you see. What you see, you experience. What you experience, you think. This is why reversal is needed. Be willing to think apart from what you experience, and you think apart from fear. You think apart from guilt. You think apart from division. In this way, you think in alignment with truth, and that which is not truth, can be undone.

After teaching the general idea including examples (listen to the audio from [Week 4](https://awakening-together.org/gentle-healing-group-with-regina-dawn-akers-1-31-17/) with Regina’s teaching), make the following points:

	1. The “think” part of this recurring loop is ongoing attack/defense, which are ultimately the same thing.
	2. In ACIM, attack/defense is sometimes called vengeance. Vengeance is something done ‘in retaliation’ for something else that has been done. (Because of the previous perception & experience, this thought is given attention.)
	3. Retaliation is returning “like for like,” which means you get more of the same thing. This is why reversal/change is needed.
3. **Homework Assignment A**: ACIM Workbook Lessons 22-28
4. **Homework Assignment B**: Read NTI Luke, Chapter 5 – 6 (p134-140)
5. **Homework Assignment C**: Listen to Regina Dawn Akers Classic Audio #7, *What I think, I see*. This audio is found at awakening-together.org under Audios & Videos, Regina Dawn Akers, Oldies and Classics. Direct link: <https://awakening-together.org/interact/regina-dawn-akers/oldies-classics/>.

**Week Five**

***Facilitator Materials Needed:***

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review from workbook lessons 22-28, NTI Luke 5-6, and the RDA audio, “What I think, I see.”
2. **Facilitator & Self-Study: Read ACIM Chapter 14.II, The Happy Learner.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 29-35.
4. **Homework Assignment B:** Read NTI Colossians, p. 355-362.
5. **Homework Assignment C:** Nondual Awakening Meditation – Who am I? by Gary Weber, which is a video in the Awakening Together [Gentle Healing Playlist](https://www.youtube.com/playlist?list=PLcCb8qlmwtFl_BX3iwEAih3yAGE4jqZLz) in YouTube.

*Note: There is also a meditation called “Where am I?” That is not this week’s assignment.*

**Week Six**

***Facilitator Materials Needed:***

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review workbook lessons 29-35, NTI Colossians and experiences with the ‘Who am I?’ meditation.
2. **Facilitator & Self-Study: Read ACIM, Chapter 17.VI, Setting the Goal** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook Lessons 36-42.
4. **Homework Assignment B:** Read NTI Luke, Chapter 9 (p 144-146) and NTI Galatians (p 327-338).
5. **Homework Assignment C:** Nondual Awakening Meditation – Where am I? by Gary Weber, which is a video in the [Gentle Healing Playlist](https://www.youtube.com/playlist?list=PLcCb8qlmwtFl_BX3iwEAih3yAGE4jqZLz).

**Week Seven**

***Facilitator Materials Needed:***

*The Direct Means to Eternal Bliss by Michael Langford*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review lessons 36-42, NTI Luke Chapter 9, NTI Galatians and experiences with “Where Am I?” Meditation.
2. **Facilitator: Read The Direct Means to Eternal Bliss, p. 54, 55 & the first paragraph on 56. Also, p. 63-68.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 43-46. **Practice lesson 44 for 3 days in a row; practice lesson 45 for 2 days in a row.** These are not intended as ‘breaks’ from the workbook lessons. Practice the lesson fully each day that it is assigned.
4. **Homework Assignment B:** Read Regina’s tips for Lessons 43-46. The tip should be read after reading the lesson on your own. The tips can be found at awakening-together.org, Gentle Healing, Gentle Healing Tips, Regina’s Tips – Year 1. Here is a direct link: <https://awakening-together.org/interact/gentle-healing-group/reginas-tips/>
5. **Homework Assignment C:** Read NTI Acts, Chapters 5-7, p 222-228.
6. **Homework Assignment D:** Read ACIM, Chapter 9.VII, The Two Evaluations

**Week Eight**

***Facilitator Materials Needed:***

*The Way of Mastery*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review lessons 43-46 including Regina’s tips, NTI Acts 5-7 and The Two Evaluations.
2. **Facilitator: Read The Way of Mastery, Lesson 5 from beginning through the 4th key, ending on page 64.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 47-52. **Practice lesson 47 for 2 days in a row.**
4. **Homework Assignment B:** Read Regina’s tips for Lessons 47-52. The tip should be read after reading the lesson on your own. The tips can be found at awakening-together.org, Gentle Healing, Gentle Healing Tips, Regina’s Tips – Year 1. Here is a direct link: <https://awakening-together.org/interact/gentle-healing-group/reginas-tips/>
5. **Homework Assignment C:** Read NTI James, pgs 419-426.

**Week Nine**

***Facilitator Materials Needed:***

*Inner Ramana*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review lessons 47-52 including Regina’s tips and NTI James.
2. **Facilitator: Read The Teachings of Inner Ramana, The Love of Discipline.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 53-59.
4. **Homework Assignment B:** Read Regina’s tips for Lessons 53-59. The tip should be read after reading the lesson on your own. The tips can be found at awakening-together.org, Gentle Healing, Gentle Healing Tips, Regina’s Tips – Year 1. Here is a direct link: <https://awakening-together.org/interact/gentle-healing-group/reginas-tips/>
5. **Homework Assignment C:** Read NTI Romans, Chapter 8 – 16 (pgs. 270-285)

**Week Ten**

***Facilitator Materials Needed:***

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review lessons 53-59 including Regina’s tips and NTI Romans 8-16.
2. **Facilitator & Self-Study: Read ACIM, The Rules for Decision (Chapter 30.I)** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 60-65. **Spend 2 days with lesson 65.**
4. **Homework Assignment B:** Read Regina’s tips for Lessons 60-65. The tip should be read after reading the lesson on your own. The tips can be found at awakening-together.org, Gentle Healing, Gentle Healing Tips, Regina’s Tips – Year 1. Here is a direct link: <https://awakening-together.org/interact/gentle-healing-group/reginas-tips/>
5. **Homework Assignment C:** Listen to Regina’s teachings of The Code, Part 1, Part 2 & *Bonus: The Code Taught Again in 2014*. Read and contemplate The Code written message on your own. The Code is Classic Audio, #9. It can be found at awakening-together.org, Audios & Videos, Regina Dawn Akers, Oldies & Classics. Here is a direct link: <https://awakening-together.org/interact/regina-dawn-akers/oldies-classics/>

**Week Eleven**

***Facilitator Materials Needed:***

*The Way of Mastery*

*ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review lessons 60-65 including Regina’s tips and The Code.
2. **Facilitator: The Way of Mastery, The Importance of Humility, beginning on page 64.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 66-72.
4. **Homework Assignment B:** Read Regina’s tips for Lessons 66-72. The tip should be read after reading the lesson on your own. The tips can be found at awakening-together.org, Gentle Healing, Gentle Healing Tips, Regina’s Tips – Year 1. Here is a direct link: <https://awakening-together.org/interact/gentle-healing-group/reginas-tips/>
5. **Homework Assignment C:** Watch “What the Bleep Do We Know.” You may be able to find this movie on YouTube. However, you may find better quality with a movie download provider.

**Week Twelve**

***Facilitator Materials Needed:***

*The Way of Mastery*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review lessons 66-72 including Regina’s tips and “What the Bleep Do We Know.”
2. **Facilitator: Read Way of Mastery, Chapter 8.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 73-79. Practice daily awareness-watching-awareness meditation for 10 – 15 minutes each day.
4. **Homework Assignment B:** Read Regina’s tips for Lessons 73-79. The tip should be read after reading the lesson on your own. The tips can be found at awakening-together.org, Gentle Healing, Gentle Healing Tips, Regina’s Tips – Year 1. Here is a direct link: <https://awakening-together.org/interact/gentle-healing-group/reginas-tips/>
5. **Homework Assignment C:** Read NTI 1 Thessalonians, Chapters 1-5 (pgs 363-368).

**Week Thirteen**

***Facilitator Materials Needed:***

*The Way of Mastery*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Review lessons 73-79 including the tips and NTI 1 Thessalonians.
2. **Facilitator: Read Way of Mastery, Chapter 9.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 80-86. Practice daily awareness-watching-awareness meditation for 10 – 15 minutes each day.
4. **Homework Assignment B:** Read Regina’s tips for Lessons 80-86. The tip should be read after reading the lesson on your own. The tips can be found at awakening-together.org, Gentle Healing, Gentle Healing Tips, Regina’s Tips – Year 1. Here is a direct link: <https://awakening-together.org/interact/gentle-healing-group/reginas-tips/>
5. **Homework Assignment C:** Read NTI 2 Timothy, Chapters 1-4 (pgs 383-389)
6. **Homework Assignment D:** Listen to Awakening at Home, Part 1 of 6. It can be found at awakening-together.org, Audios & Videos, Featured Speakers, Guest Mini-Series. Here is a direct link: <https://awakening-together.org/common-ground-mini-series-awakening-at-home-rev-regina-dawn-akers-11-13-16/>

**Week Fourteen**

***Facilitator Materials Needed:***

*The Way of Mastery*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 80-86 including tips, NTI 2 Timothy and the Awakening at Home Audio.
2. **Facilitator: Read Way of Mastery, Chapter 10.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 87-93 including Regina’s tips for those lessons. Practice daily awareness-watching-awareness meditation for 10 – 15 minutes each day.
4. **Homework Assignment B:** First, **contemplate your spiritual aspiration**. Next, watch either “The Secret” or “The MetaPhysical Secret – The Law of Attraction.” Listen for teachings in this video that will help you realize/achieve your spiritual aspiration. Take notes on the things that will help you realize/achieve your spiritual aspiration. (You may be able to find on of these movies on YouTube. You may find better quality with a movie download provider.)
5. **Homework Assignment C:** Listen to RDA teaching, “The Secret Holy Spirit Style,” parts 1 & 2. They are audio #3 at: <https://awakening-together.org/interact/regina-dawn-akers/oldies-classics/>
6. **Homework Assignment D:** Create a visualization plan that promotes your spiritual aspiration.

**Additional instructions**: Be sure to do assignments, B, C and D in that order. To create your visualization plan, simply ask within and then write what feels right for you now. The idea is that your plan will take you beyond where you are now. However, it should be written in present tense as if you are already there.

For example, if you feel in your heart that it would be really good if you could learn to pause and look at your mind before responding to others, your plan might include, "I always pause and feel for what to say before I respond to another person." Or, if you would like to be more peaceful than you are now, you might write, "I embrace peace in every moment and I am not affected by circumstances that arise." Your plan should probably include about 3 – 8 visualization statements. Each statement may have further clarification or stand on its own.

**Week Fifteen**

***Facilitator Materials Needed:***

*The Way of Mastery, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 87-93 including the tips, notes from the movie and The Secret Holy Spirit Style. If people need help with their visualization plans, go over the “Additional Instructions” included with last week’s homework.
2. **Faciliator: Read The Way of Mastery, Chapter 13.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 94-100 including Regina’s tips for those lessons. Review your visualization plan daily.
4. **Homework Assignment B:** Read NTI Matthew, Chapter 13 (pgs 27-31).
5. **Homework Assignment C:** Read NTI Philippians, Chapters 1-4 (pgs 349-354).

**Week Sixteen**

***Facilitator Materials Needed:***

*The Untethered Soul, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 94-100 including the tips, NTI Matthew 13 & NTI Philippians.
2. **Facilitator & Self-Study: Read The Untethered Soul, Chapter 15.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 101-107 including Regina’s tips. Review your visualization plan daily.
4. **Homework Assignment B:** Read The Loving All Method, which can be found in *The Direct Means to Eternal Bliss*, Chapter 12 or at this link:
[**http://www.albigen.com/uarelove/most\_rapid/chapter12.htm**](http://www.albigen.com/uarelove/most_rapid/chapter12.htm)

**Week Seventeen**

***Facilitator Materials Needed:***

*The Untethered Soul, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 101-107 including the tips and The Loving All Method.
2. **Facilitator & Self-Study: Read The Untethered Soul, Chapter 3.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 108-114 including Regina’s tips. Review your visualization plan daily. Practice the “Loving All” Method.
4. **Homework Assignment B:** Adyashanti Guided Meditation – The Art of Listening, which can be found in the Gentle Healing Playlist.

**Week Eighteen**

***Facilitator Materials Needed:***

*The Direct Means to Eternal Bliss, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 108-114 including the tips and the The Adyashanti Meditation.
2. **Facilitator & Self-Study: Read ACIM, Chapter 6.V.C. Be Vigilant Only for God and His Kingdom.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 115-121 including the tips. Review your visualization plan daily. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read The Direct Means to Eternal Bliss, Chapter 4, The Desire for Freedom. It can be found online at: <http://albigen.com/uarelove/most_rapid/chapter04.htm>

**Week Nineteen**

***Facilitator Materials Needed:***

*The Untethered Soul, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 115-121 including tips and Chapter 4 from The Direct Means to Eternal Bliss.
2. **Facilitator & Self-Study: Read The Untethered Soul, Chapter 1.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 122-128 including the tips. Review your visualization plan daily. Practice the “Loving All” Method.
4. **Homework Assignment B:** Watch the Ellie Roozdar Video called Meditation with Open Eyes. It can be found in the Gentle Healing Playlist.
5. **Homework Assignment C:** Read NTI Hebrews, Chapters 1-7 (pgs 399-408)

**Week Twenty**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 122-128 including tips, the Ellie Roozdar video and NTI Hebrews 1-7.
2. **Facilitator & Self-Study: Read The Untethered Soul, Chapter 2.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 129-135 including the tips. Practice daily Open Eyed meditation for 5-10 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI Hebrews, Chapters 8-13 (pages 408-417)
5. **Homework Assignment C:** With your eyes closed & without thinking, listen to “Michael Langford defines Awareness and thought for the purposes of Awareness Watching Awareness.” This audio can be found at awakening-together.org under Audios, Meditation Audios, Direct Path Meditation. Here is a direct link: <https://awakening-together.org/michael-langford-defines-awareness-and-thought-for-the-purposes-of-awareness-watching-awareness/>

**Week Twenty-One**

***Facilitator Materials Needed:***

*The Teachings of Inner Ramana,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 129-135 including tips, the Michael Langford audio and NTI Hebrews 8-13.
2. **Facilitator: Read s/Self Inquiry from the Teachings of Inner Ramana.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 136-140 including the tips. **Stay with Lesson 139 for two days and stay with Lesson 140 for two days.** Practice daily Open Eyed meditation for 5-10 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** NTI 2 Peter, Chapters 1-3, pages 437-441.
5. **Homework Assignment C:** Read sentences 10-52 from the Awareness Watching Awareness practice instructions at: <https://albigen.com/uarelove/most_rapid/chapter07.htm>

**Week Twenty-Two**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 136-140 including tips and NTI 2 Peter 1-3.
2. **Facilitator and Self-Study: Read Chapter 4 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 141-147 including the tips. Practice daily awareness-watching-awareness meditation for 5-10 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** NTI 1 Timothy, Chapters 1-6, pages 373-381.
5. **Homework Assignment C:** Practice the 30-minute ‘Self-Inquiry Meditation’ at least once. You will find it at [www.awakening-together.org](http://www.awakening-together.org) under Audios & Videos, Meditation Audios, Devotional Meditation. Scroll down in that list until you find the meditation we are practicing this week. Here is a direct link: <https://awakening-together.org/self-inquiry-meditation-with-rev-regina-dawn-akers/>

**Week Twenty-Three**

***Facilitator Materials Needed:***

*The Most Direct Means to Eternal Bliss,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 141-147 including tips, NTI 1 Timothy, Chapters 1-6, and the ‘Self-Inquiry’ meditation.
2. **Facilitator & Self-Study: Read Paragraphs 84-93 from Chapter 14 in The Most Direct Means to Eternal Bliss or play this audio of Regina reading those paragraphs:** <https://www.youtube.com/watch?v=VlayCcouNNU>
Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 148-152 including the tips. **Stay with Lesson 151 for two days and stay with Lesson 152 for two days.** Practice daily awareness-watching-awareness meditation for 10-15 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** NTI Acts, Chapters 19 – 28, pages 246-260. When there is a bible icon before a paragraph, read the annotated verses from the Bible along with NTI.
5. **Homework Assignment C:** Practice the 30-minute ‘Recalling Attention’ meditation at least once. You will find it at [www.awakening-together.org](http://www.awakening-together.org) under Audios & Videos, Meditation Audios, Devotional Meditation. Scroll down in that list until you find the meditation we are practicing this week. Here is a direct link: <https://awakening-together.org/recalling-attention-meditation-by-rev-regina-dawn-akers/>

**Week Twenty-Four**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 148-152 including tips, NTI Acts, Chapters 19-28, and the ‘Recalling Attention’ meditation.
2. **Facilitator and Self-Study: Read Chapter 5 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 153-159 including the tips. Practice daily awareness-watching-awareness meditation for 10-15 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Watch the enlightenment scene from the movie “Little Buddha.” The clip is available here: <https://www.youtube.com/watch?v=hdM6XRRUgno>

**Week Twenty-Five**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 153-159 including tips and ‘Little Buddha’.
2. **Facilitator Self-Study: Read Chapter 6 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 160-166 including the tips. Practice daily awareness-watching-awareness meditation for 15-20 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Listen to ‘Cultivating Intuition’. It is audio #11 at awakening-together.org, Audios & Videos, Regina Dawn Akers, Oldies & Classics. Here is a direct link: <https://awakening-together.org/interact/regina-dawn-akers/oldies-classics/>

**Week Twenty-Six**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 160-166 including tips and ‘Cultivating Intuition’.
2. **Facilitator and Self-Study: Read Chapter 7 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 167-173 including the tips. Practice daily awareness-watching-awareness meditation for 15-20 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Listen to ‘Root Cause Inquiry. It is audio #12 at awakening-together.org, Audios & Videos, Regina Dawn Akers, Oldies & Classics. Here is a direct link: <https://awakening-together.org/interact/regina-dawn-akers/oldies-classics/>

**Week Twenty-Seven**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 167-173 including tips and ‘Root Cause Inquiry’.
2. **Facilitator and Self-Study: Read Chapter 8 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 174-180 including the tips. Practice daily awareness-watching-awareness meditation for 15-20 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Listen to ‘Letting Go of the I Am Bad Belief’. It is audio #13 at awakening-together.org, Audios & Videos, Regina Dawn Akers, Oldies & Classics. Here is a direct link: <https://awakening-together.org/interact/regina-dawn-akers/oldies-classics/>

**Week Twenty-Eight**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 174-180 including tips and ‘Letting Go of the I Am Bad Belief’.
2. **Facilitator & Self-Study: Read Chapter 9 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 181-187 including the tips. Practice daily awareness-watching-awareness meditation for 15-20 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI John, Chapters 1-7, pages 187-197.
5. **Homework Assignment C:** Practice the 30-minute ‘Introduction to Loving Consciousness Meditation’ at least once. You will find it at [www.awakening-together.org](http://www.awakening-together.org) under Audios & Videos, Meditation Audios, Devotional Meditation. Here is a direct link: <https://awakening-together.org/introduction-to-loving-consciousness-meditation-with-rev-regina-dawn-akers/>

**Week Twenty-Nine**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 181-187 including tips, NTI John 1-7 and ‘Introduction to Loving Consciousness Meditation’.
2. **Facilitator and Self-Study: Read Chapter 10 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 188-194 including the tips. Practice daily awareness-watching-awareness or Loving Consciousness meditation for 15-20 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI John, Chapters 8-14, pages 197-205.

**Week Thirty**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 188-194 including tips and NTI John 8-14.
2. **Facilitator and Self-Study: Read Chapter 11 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 195-200 including the tips. **Spend 2 days with lesson 200.** Practice daily awareness-watching-awareness or Loving Consciousness meditation for 15-20 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI John, Chapters 15-21, pages 205-213.
5. **Homework Assignment C:** Watch ‘The Work: The Power of Self-Inquiry with Byron Katie.’ It can be found in the [Gentle Healing Playlist](https://awakening-together.org/introduction-to-loving-consciousness-meditation-with-rev-regina-dawn-akers/) in YouTube.

**Week Thirty-One**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*NTI, ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 195-200 including tips, NTI John 15-21 and the Byron Katie video.
2. **Facilitator and Self-Study: Read Chapter 12 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 201-207 including the tips. Practice daily awareness-watching-awareness or Loving Consciousness meditation for 15-20 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read ‘The Most Direct Means to Eternal Bliss,’ Chapter 7, sentences 10 – 52 and all of Chapter 8. You will find them at this link: <http://albigen.com/uarelove/most_rapid/contents.htm>

**Week Thirty-Two**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*The Most Direct Means to Eternal Bliss,*

*ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 201-207 including tips and The Most Direct Means 7 & 8.
2. **Facilitator and Self-Study: Read Chapter 13 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 208-214 including the tips. Practice daily awareness-watching-awareness or Loving Consciousness meditation for 15-20 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read ‘The Most Direct Means to Eternal Bliss,’ Chapter 9. You will find it at this link: <http://albigen.com/uarelove/most_rapid/contents.htm>
5. **Homework Assignment C:** Watch any Byron Katie video from the ‘Always in the Now’ playlist. There are dozens upon dozens of videos to choose from. Scan the list and listen to one that attracts you personally. Here is a link to the playlist: <https://www.youtube.com/user/alwaysinthenow>

**Week Thirty-Three**

***Facilitator Materials Needed:***

*The Untethered Soul,*

*The Most Direct Means to Eternal Bliss,*

*ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 208-214 including tips, The Most Direct Means 9 and selected Byron Katie videos from the Always in the Now playlist.
2. **Facilitator and Self-Study: Read Chapter 14 from The Untethered Soul.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 215-221 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 15-20 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read ‘The Most Direct Means to Eternal Bliss,’ Chapters 4, 5 & 12. You will find it at this link: <http://albigen.com/uarelove/most_rapid/contents.htm>

**Week Thirty-Four**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 215-221, the tips, and The Most Direct Means 4 & 5 and 12.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 3-11** *(Stop at “Thoughts that Uphold the False Self)***.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 222-228 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Watch the following videos, which you will find in the [Gentle Healing YouTube Playlist](https://www.youtube.com/playlist?list=PLcCb8qlmwtFl_BX3iwEAih3yAGE4jqZLz):
	1. Choose Again Six Steps
	2. Nosara Video Part 1
	3. Nosara Video Part 2

**Week Thirty-Five**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 222-228, the tips and the Choose Again Videos.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 11-18** *(Stop “Degrees of Identification.”)***.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 229-235 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read Chapter 1 from The Most Direct Means to Eternal Bliss: <http://albigen.com/uarelove/most_rapid/chapter01.htm>

**Week Thirty-Six**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 229-235, the tips and Chapter 1 from *The Most Direct Means to Eternal Bliss*.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 18-27** *(Stop at the end of Chapter 1)***.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 236-242 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Listen to Awakening at Home, Part 2 of 6. It can be found at awakening-together.org, Audios & Videos, Featured Speakers, Guest Mini-Series. Here is a direct link:: <https://awakening-together.org/common-ground-mini-series-awakening-at-home-rev-regina-dawn-akers-11-20-16-part-2-of-6/>

**Week Thirty-Seven**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 236-242, the tips and Awakening at Home, Part 2 of 6.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 29-43.** *(Stop at “Transcending Dualities.”)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 243-249 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Listen to Awakening at Home, Part 3 of 6. It can be found at awakening-together.org, Audios & Videos, Featured Speakers, Guest Mini-Series. Here is a direct link: <https://awakening-together.org/common-ground-mini-series-awakening-at-home-rev-regina-dawn-akers-11-27-16-part-3-of-6/>

**Week Thirty-Eight**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 243-249, the tips and Awakening at Home, part 3.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 43-49.** *(Stop at the end of the chapter.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 250-256 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Listen to Awakening at Home, Part 4 of 6. It can be found at awakening-together.org, Audios & Videos, Featured Speakers, Guest Mini-Series. Here is a direct link: <https://awakening-together.org/common-ground-mini-series-awakening-at-home-rev-regina-dawn-akers-12-4-16-part-4-of-6/>

**Week Thirty-Nine**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 250-256, the tips and Awakening at Home, part 4.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 51-56.** *(Stop at “Moving Into Presence”.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 257-263 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Listen to Awakening at Home, Part 5 of 6. It can be found at awakening-together.org, Audios & Videos, Featured Speakers, Guest Mini-Series. Here is a direct link: <https://awakening-together.org/common-ground-mini-series-awakening-at-home-rev-regina-dawn-akers-12-11-16-part-5-of-6/>

**Week Forty**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 257-263, the tips and Awakening at Home, part 5.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 56-64.** *(Stop at “Staying in Presence”.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 264-270 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Listen to Awakening at Home, part 6 of 6. It can be found at awakening-together.org, Audios & Videos, Featured Speakers, Guest Mini-Series. Here is a direct link: <https://awakening-together.org/common-ground-mini-series-awakening-at-home-rev-regina-dawn-akers-12-18-16-part-6-of-6/>

**Week Forty-One**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 264-270, the tips and Awakening at Home, part 6.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 65-72.** *(Stop at “Overcoming Challenges to Being Present in the World”.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 271-277 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI 1 Corinthians, Chapters 1-8 (pgs 287-297.)

**Week Forty-Two**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 271-277, the tips and NTI 1 Corinthians, Chapters 1-8.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 72-83.** *(Stop at the end of the chapter.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 278-284 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI 1 Corinthians, Chapters 9 – 16, pgs 297-307.

**Week Forty-Three**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 278-284, the tips and NTI 1 Corinthians, Chapters 9-16.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 85-96.** *(Stop at “The Impersonal Nature of Thoughts”.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 285-291 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI 2 Corinthians, Chapters 1-6, pgs 309-316.

**Week Forty-Four**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 285-291, the tips and NTI 2 Corinthians, Chapters 1-6.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 96-102.** *(Stop at “Working with Feelings”.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 292-298 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI 2 Corinthians, Chapters 7-13, pgs 316-325.

**Week Forty-Five**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 292-298, the tips and NTI 2 Corinthians, Chapters 7-13.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 102-112.** *(Stop at the end of the chapter.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 299-305 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI 1 Peter, Chapters 1-5, pgs 427-435.

**Week Forty-Six**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 299-305, the tips and NTI 1 Peter.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 113-118.** *(Stop at “Following Your Heart”.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 306-312 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI 1 John, Chapters 1-5, pgs 443-451.

**Week Forty-Seven**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 306-312, the tips and NTI 1 John.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 118-125.** *(Stop at “The Purified Personality”.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 313-319 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI 2 John, 3 John and Jude, pgs 453-459.

**Week Forty-Eight**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 313-319, the tips and NTI 2 John, 3 John & Jude.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 126-138.** *(Stop at “Overcoming Habits & Addictions”.)* Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 320-326 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI Revelation, Chapters 1-6, pgs 453-459. Read the Bible whenever a Bible icon is provided.

**Week Forty-Nine**

***Facilitator Materials Needed:***

*In the World But Not of It, by Gina Lake
ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 320-326, the tips and NTI Revelation 1-6.
2. **Facilitator: Read *In the World But Not of It* by Gina Lake, pgs 138-147 & Conclusion.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** Workbook lessons 327-333 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B:** Read NTI Revelation, Chapters 7, 16, 19-22. These chapters are found within pages 470-490. Read the Bible whenever a Bible icon is provided.

**Week Fifty**

***Facilitator Materials Needed:***

*The Transparency of Things*

*ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 327-333, the tips and NTI Revelation 7, 16, 19-22.
2. **Facilitator: Read The Transparency of Things by Rupert Spira, Foreward & p 1-3, The Garden of Unknowing.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment:** Workbook lessons 334-340 including the tips. Practice daily awareness-watching-awareness, Loving Consciousness or Abandon Release Method meditation for 20-30 minutes each day. Practice the “Loving All” Method.

**Week Fifty-One**

***Facilitator Materials Needed:***

*The Transparency of Things*

*ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 334-340, and the tips.
2. **Facilitator: Read The Transparency of Things by Rupert Spira, p.4-8, Clear Seeing.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment:** Workbook lessons 341-347. Practice daily meditation for 20-30 minutes each day. Practice the “Loving All” Method.

**Week Fifty-Two**

***Facilitator Materials Needed:***

*The Transparency of Things*

*ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 341-347 and the tips.
2. **Facilitator: Read The Transparency of Things by Rupert Spira, p.9-16, What Truly Is.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment:** Workbook lessons 348-354. Practice daily meditation for 20-30 minutes each day. Practice the “Loving All” Method.

**Week Fifty-Three**

***Facilitator Materials Needed:***

*The Transparency of Things*

*ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 348-354 and the tips.
2. **Facilitator: Read The Transparency of Things by Rupert Spira, p.17-24, Everything Falls Into Place.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment:** Workbook lessons 355-360. **After finishing Lesson 360, there will be one day off without a workbook lesson**. Practice daily meditation for 20-30 minutes each day. Practice the “Loving All” Method.

**Week Fifty-Four**

***Facilitator Materials Needed:***

*The Transparency of Things*

*ACIM, NTI*

1. **Participant Sharing**: Go over participant’s journals, questions & insights. Workbook lessons 355-360 and the tips.
2. **Facilitator: Read The Transparency of Things by Rupert Spira, p.25-33, Abide As You Are & The Drop of Milk.** Ask participants to listen to the reading and take notes on anything their heart prompts them to take notes on. Let them know they will be invited to share from their notes after the reading. As you read, feel free to pause and comment as you feel prompted.
3. **Homework Assignment A:** **Final Lessons & Epilogue**. **After finishing the Epilogue, there will be one day off without a workbook lesson**. Practice daily meditation for 20-30 minutes each day. Practice the “Loving All” Method.
4. **Homework Assignment B**: Watch: *Jar of Life*. It can be found in the Gentle Healing Playlist on the YouTube Awakening Together Channel.