INTRODUCTION AND OVERVIEW

1. Why are we here?
2. Galatians 4:4 states: …But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, “Abba! Father”. It is the fullness of time for us.
3. You may think it is for some material demonstration, but the truth is your soul is hungry for a spiritual demonstration.
4. What does the UFBL mean and what is its purpose?
5. Universal Foundation for Better Living. Its’ purpose is to teach people how to live a better life.
6. What is New Thought?
7. A term used to cover a wide range of approaches to God, the world, life and problems. New Thought is the Christ thought made new by being applied and proved in everyday affairs. The Christ thought is made new by practicing and putting into operation in our everyday affairs what Jesus taught. Many people have given up on orthodox religion because they are looking for something better. You need something to help you live a better life. New thought approaches religion from a philosophical, theological, psychological, and practical point of view.
8. Does New Thought teach Biblical principles?
9. Yes. Christ thought made new by applying and proving the principles in everyday affairs.
10. What approach does New Thought take regarding the Bible?
11. Metaphysical. The Bible is the book of man’s deliverance; in order to get the inner meaning it must be interpreted metaphysically. Deliverance from sickness, poverty, sorrow, uncertainty and death.
12. What is metaphysics?
13. Beyond (meta) appearance (physical), interested in the order of the universe. The systematic study of the science of Being, that which transcends the physical. There are three (3) approaches to metaphysics: (1) epistemology – study of knowledge, (2) ontology – study of the nature of things, (3) cosmology – study of the arrangements of the world and the universe.
14. What are the 5 Basic Truth Principles upon which all JCTS classes are based?
15. Omnipresence of God
16. Divinity of Man
17. Practicing the Presence
18. Power and value of thought
19. Law of Demonstration
20. What is the nature of God? Absolute Good.
21. Why do we suffer?
22. The primary cause of suffering is:

(1) We have forgotten that as spiritual beings, we have dominion over our thoughts and feelings;

(2) We have forgotten that it is not God’s will for us to suffer;

1. The secondary cause of suffering is: Wrong thinking that causes man to have a belief of being separated from God, plus our unwillingness, because of fear, indifference, to make an effort to let go of these wrong beliefs that bind us.
2. What is the remedy for suffering?
3. To realize that we are spiritual beings.
4. Watch every thought and base every thought and feeling on Truth.
5. **Transformation =** **Change (Romans 12:2, 2 Cor. 3:18, Phil. 3:21) The mind is used to turning to the outer (external) in pursuit of satisfaction and enjoyment. We have believed that all our joy comes from external sources (mate, cars, houses, clothes, etc., poor-rich, single-married, sick-healthy)**
6. **Renewing of the mind – Renew means to begin again, start over. To give new spiritual strength to. We use denials and affirmations to renew our mind. Denials have an erasive or dissolving tendency. Affirmations build up, and give strength, courage, and power. Persons who remember vividly, and are inclined to dwell in their thoughts on the pains, sorrows, and troubles of the past or present, need to deny a great deal; for denials cleanse the mind and blot out of memory all seeming evil and unhappiness. Affirmations should be used by the timid and by those who have a feeling of their own inefficiency; those who stand in fear of other minds; those who “give in” easily; those who are subject to anxiety or doubt, and those who are in positions of responsibility.**
7. **Denials – the tools with which we erase, cleanse, and release from consciousness all beliefs, thoughts and concepts contrary to Truth. –** **We have believed wrong about God and about ourselves. Denials declare things not to be true that seem true. John 7:24 – Judge not according to appearance, but judge righteous judgment. The appearances are that our bodies and our circumstances control our thoughts, but the opposite is true. Our thoughts control our bodies and our circumstances. We can by persistent effort of the will change our beliefs and thereby change our life, world and affairs. We do not change God’s attitude toward us by denials and affirmations, we only change our attitude toward God. We put ourselves in harmony with divine law. The saying over and over of any denial or affirmation is a necessary training of the mind that has lived so long in error and false belief that it needs the constant repletion of Truth to transform (change) its beliefs.**
8. **Four Basic Denials used:**
9. **There is no evil. – There is but one power in the universe, and that is God – good. God is good and God is omnipresent. Apparent evils are not entities or things of themselves. They are simply apparent absence of the good, just as darkness is an absence of light. God, or good, is omnipresent, so the apparent absence of good (evil) is unreal.**
10. **There is no absence of life, substance, or intelligence anywhere – 2 Cor. 4:18 – “The things which are seen are temporal, but the things which are not seen are eternal,” so, the real is the spiritual not the physical.**
11. **Pain, sickness, poverty, old age and death cannot master me, for they are not real.**
12. **There is nothing in all the universe for me to fear, for greater is He that is within me than he that is in the world.**
13. **Affirmations – Firm statements of Truth used to establish in our consciousness the Truth about God, man and the universe. – There is power in our word of faith to bring all good things right into our everyday life. We speak the word, we confidently affirm, but we have nothing to do with the “establishing” of the word, or bringing it to pass, Job 22:28, “Thou shalt also decree a thing, and it shall be established unto thee.” Our affirming, backed by faith, is the link that connects our conscious human need with God’s power and supply.**
14. **Four Basic Affirmations used:**
15. **God is life, love, intelligence, substance, omnipotence, omniscience, omnipresence. – We have to keep in mind that every particle of life, love, intelligence, power, or of real substance in the universe, is simply a certain degree, or, so to speak, a quantity of God made manifest or visible through a form. Try to think what it means to say God is omnipresence (everywhere evenly present), and God is good. Then why fear evil? He is omnipotence (all powerful). Then what other power can prevail?**
16. **I am a child or manifestation of God and every moment His life, love, wisdom, power flow into and through me. I am one with God, and am governed by his law. – Nothing, no circumstance, no person or set of persons can get between you and the Source of life, wisdom, or power. It is all hid with Christ (the innermost Christ of Spirit of your being). Nothing but your own ignorance of how to receive or your willfulness, can stop you from receiving your unlimited supply.**
17. **I am Spirit, perfect, holy, harmonious. Nothing can hurt me or make me sick or afraid, for Spirit is God and God cannot be sick or hurt or afraid. I manifest my real self through this body now.**
18. **God works with me to will and to do whatsoever He wishes me to do, and He cannot fail.**
19. **Become consciously aware of your spiritual makeup and potential.**
20. **Spirit – The eternal complete being of man. It is unchanging and indestructible.**
21. **Soul – Sum total of man’s awareness of spirit. It expresses in different degrees through the process of thinking and feeling. The soul has its own structure: conscious intellect (aware of thinking process); subconscious “seat” of man’s feeling nature (container of past thinking or memories); and superconscious (Christ Mind).**
22. **Body – Vehicle through which spirit-soul expresses. Spiritual substance in shape and form.**
23. **Become MAD**
24. ***M*astery**
25. ***A*uthority**
26. ***D*ominion**
27. **Freedom of Choice**
28. **“Of our own free will we will have to remain within the natural law of our being.”**
29. **There are two freedoms: “the false, where a man is free to do what he likes; the true, where a man is free to do what he ought.”**
30. **“The greatest freedom known to man is freedom of an unchained soul. With the knowledge of God’s lawful direction of the universe you are free to sail to the greatest heights of human achievement.”**
31. **“No man is free who cannot give orders to his own habits. Freedom rests, and always will, on individual responsibility, individual integrity, and individual effort, individual courage, and individual religious faith.”**
32. An Idea Whose Time Has Come
33. The experiences human beings have created by their thoughts have created the world we live in.
34. Practical Christianity
35. “Science without religion is lame; religion without science is blind.”
36. Ideas are taught that can be used by everyone in the world, regardless of geographical location, to change lives.
37. 5 Basic ideas of Unity’s teachings
38. God is absolute good, everywhere present.
39. Human beings have a spark of divinity within them, the Christ spirit within. Their very essence is of God, and therefore they are also inherently good.
40. Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.
41. Prayer is creative thinking that heightens the connection with God-Mind and therefore brings forth wisdom, healing, prosperity, and everything good.
42. Knowing and understanding the laws of life, also called Truth, are not enough. A person must also live the truth that he or she knows.
43. A Student of Truth
44. What is a New Thought Metaphysician?
45. A person who looks beyond literal fundamental Christian beliefs
46. An explorer of self and the universe rather than a dogmatic believer.
47. “One skilled in the science of being; a student and teacher of laws of Spirit.” (Charles Fillmore)

**PART ONE: THE NATURE OF GOD**

1. Absolute Good, everywhere present.
2. God is Spirit – Animating force of life is the source of all energy.
3. Concepts of God – God is revealed to us according to our level of Understanding.
4. Evolution of God idea:
5. Force
6. Person
7. Law
8. Love
9. Attributes of God:
10. God is Life – Wholeness, oneness.
11. God is omnipresence – that which permeates, enfolds, supports, sustains, and maintains all things, every moment.
12. God is Principle – foundation on which everything rests.
13. God is Law – action of the principle working in and throughout all visible creation.
14. God is substance – that which stands under everything.
15. God is intelligence – that which through orderly processes produces things.
16. God is Love – harmonizes, cements, equalizes.
17. Relating to God Nature
18. Father – Son – Image-Likeness of God, A Child Of God.
19. Indwelling Presence – Christ, I Am, Divine Pattern, Spiritual Man, Breath of Man.
20. Freedom of Choice – We have the responsibility to think positive, uplifting thoughts.
21. Practicing the Presence – Prayer and meditation.

**PART TWO: THE ORIGINAL VIRTUE OF HUMANKIND**

**Weedin’ Eden**

1. Divinity of Man
2. Created in image-likeness of God (Gen 1:27).
3. Spiritual Being – living in a Spiritual Universe, governed by Spiritual Laws, run by Spiritual Forces.
4. Capable of spiritual overcoming and mastery.
5. Conceived in original virtue not sin.
6. Garden of Eden – “The Fall”
7. “Dimview” – Negative attitude.
8. Poetic rendition of man’s beginning.
9. Ignorance – root of sin – Sin is anything in our consciousness that brings about a negative result.
10. Purpose of Religion
11. Liberty
12. “Champion the highest ideals”
13. Fulfill divine destiny – Grow spiritually
14. Release divine potential – in the process of becoming
15. Self-Awareness
16. Allegory of Adam and Eve – birth of conscience and accepting responsibility.
17. “Reflective Consciousness” – Critical thinking of ourselves.
18. Man’s Responsibility
19. Truth of the basic goodness in all situations.
20. Partnership in God’s Creative Process.
21. Keep minds and heart clean – free from “weeds” and negative beliefs.
22. Watch thoughts, words, feelings, actions and reactions.
23. Follow Jesus
24. Principles or Stages of Existence
25. “Tree of Life” – Natural level of instinct
26. “Tree of the Knowledge of Good and Evil” – Creative realm of abstract thought.
27. “Tree of the Knowledge of the Loving Forgiveness of God” – God is never against us. God is always for us.

Definitions:

**Allegory** – “A story in which people, things, and happenings have a hidden or symbolic meaning. Allegories are used for teaching or explaining ideas, and moral principles.”

**Parable** – “A fictitious narrative, usually something that might naturally occur, for which a moral may be drawn.”

**What’s Right with You? / Spirit to Spirit**

***“Go not abroad; retire into thyself, for truth dwells in the inner man.”* – St Augustine**

***“Finally, be strong in the Lord and in the strength of his power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil.*  (Ephesians 6:10-11)**

1. What’s Right With You?
2. To know oneself is the most inspiring thing in the world.
3. We need to work into our pattern of life positive images of ourselves.
4. You are the handiwork of the Infinite Creator of all (you must recognize your Real Self to be a Spiritual Being all the way through).
5. What’s right with you will never change (Your mind is Spirit invisible, and your body is Spirit materialized).
6. Spirit to Spirit
7. Common union with God.
8. Practicing the Presence.
9. Unfoldment of the Divine Plan for your life (Matthew 6:25-34).
10. The Real Teacher is within.
11. Practice Exercises
12. Group
13. One on One
14. Alone

**PART THREE: MIND POWER - The Mind / God’s Will for Us**

Mind Power

1. The Law of Mind Action (Prov. 23:7 and Prov. 4:23)
2. “Thoughts held in mind produce after their kind.”
3. We create our experiences by the activity of our thinking.
4. God as Mind
5. Connecting link between God and man.
6. Foundation upon which principle stands.
7. Energy
8. Matter becomes energy and energy becomes matter (Mind creates matter).
9. Everything is in a state of transformation.
10. Man has state of consciousness in Divine Mind.
11. Mind is pivotal.
12. We are individualized in God-mind.
13. “We are one in mind with the one Mind, out of which grows all good.”

God’s Will for Us

1. Divine Perfection (Absolute Good).
2. The key to life is consciousness.
3. Prayer and meditation.

**PART FOUR: PRAYER**

1. What is Prayer?
2. “Prayer is creative thinking that heightens the connection with God-Mind and therefore brings forth wisdom, healing, prosperity and everything good.
3. Prayer is communion with God.
4. “Pray constantly” – maintaining an awareness of God’s eternal presence – I Thess. 5:17.
5. True prater is creative, active and forceful.
6. Prayer Techniques
7. Don’t Be a hypocrite (Matt. 6:5) – Be sincere.
8. Set a specific time to be alone with God (Matt. 6:6) in order to become consciously aware of the indwelling Spirit.
9. Be diligent – not an on and off process.
10. Speak words with feeling backed by faith (Matt. 6:7).
11. Know that the answer to every need is already supplied (Matt. 6:8).
12. Why Pray?
13. Prayer raises our consciousness.
14. Releases the powerful energy of God.
15. Prayer Dynamics
16. Make an appointment with God each day.
17. Concentrate on the Truth that your good is already established and that all the good that is God is already in the universe.
18. Decree this good for yourself. Speak powerful words of joy, trust and enthusiasm.
19. Concentrate all your mental powers on this Truth that you are speaking.
20. Give expression to a tremendous sense of gratitude for faith, love, security, peace, health, and real progress in all the affairs of your life.

**PART FIVE: ACTION**

1. “If you know these things, blessed are you if you do them.” (John 13:17)
2. You must live the Truth that you know.
3. Growth is made with consistent use of Truth.
4. Move in the direction you want to go.
5. Patterns of Preparation
6. Patience, service and faith.
7. Inner strengthening.
8. Opportunities for the development of faith.
9. Serve in a gracious manner.
10. Divine Design
11. Cooperate with the Divine Design.
12. Allow God to work in, through, and as you.

**Assignment: Make a list of the conditions in your life that you wish to eliminate and of the new conditions that you wish to bring in.**

**Take an impersonal look at your thoughts and actions, and make a list of those that you think should be dropped and those that should be cultivated. Do you see any relationship between the lists? (This is for your own personal growth—not to be handed in).**