I. Read Chapters 1 & 2

Psalms 8:

I. Explain how everything begins in mind.

A. Everything had to first be an idea.

B. The manifest universe is the evidence of what has already taken place in mind.

C. There is no place where Universal Intelligence does not exist.

II. What is the relationship between man and Universal Mind?

A. Man is co-creator with Universal Mind.

1. He has been given the privilege to make choices, the authority to direct his own thoughts and express the ideas that come to him.

2. The creative process of life gives man the authority to direct the events that take place in his experiences.

B. Universal Mind created man in Its own image.

1. The male aspect is the conscious, directive part of us.

2. The female aspect is subconscious, receptive, creative medium of us.
C. The Universal Mind is common to all men and each one is an inlet and outlet to It.

III. Explain the role and function of the subconscious mind.

A. All bodily growth, every function of the body stems from the subconscious mind.

B. It can only reason deductively.

C. It receives directions from the conscious mind and follows them implicitly.

D. By syllogistic reasoning it sets the law of your individual being

LESSON II

Read Chapters 3 & 4

I. What is the effect of our thinking?

A. The thing to which we give our attention is the thing that causes us to react.

B. There is always a continued follow through from the conscious activity into the subconscious and on into visible action.

II. How important is the law in our lives?

A. Every part of life is governed by law.

B. The law used in the study of Psychogenesis is:
“Every thought that one consciously thinks makes an impression on the subconscious mind that will be expressed as action according to the strength and desire contained within the thought.”

III. Why are we prone to reject ourselves?

A. Because we do not realize who we really are.

B. Because we compare ourselves with how others appear to us.

C. Fearful thoughts clutter our thinking obscuring the true self.

IV. How can a person get his life in order?

A. We must take dominion over our thoughts.
   1. Choose the kind of thoughts that we would like to see taking form in our experiences.
   2. Protect our thoughts from race consciousness.
   3. Erase old thought patterns that infringe upon our new thinking.

B. Open our minds to receive ideas from the Universal storehouse.

LESSON III

Read Chapters 5 & 6

I. What are five steps to achieving our goals?

A. Set up for yourself the ideal mental image.
4. No goal is impossible if you accept it as being within the realm of possibility.

5. Believe in yourself and the Power within you.

B. Faith without works is dead.
   1. Take steps toward attaining your goal.
   2. Act upon the Guidance as we receive it.

C. Keep your own counsel.
   1. Do the thing and let the results speak for themselves.
   2. If necessary to expose your idea don’t be swayed by the response.

D. Be flexible; revise the plan when necessary.
   1. Keep your eye on the finished picture. Don’t stop halfway. As we grow we may want to change our goals.
   2. Avoid setting rigid goals.

E. As we grow we may want to change our goals.
   1. If we keep our attention on the goal, our subconscious will fill in the details.
   2. Develop a conscious of actually experiencing the goal.

II. What is intuition and what role does it play?

A. Intuition is knowledge based upon insight or spiritual perception rather than on reasoning.
B. It is the tool used to tap the unlimited source of ideas.

C. It comes through to us when we are able to get the little human self out of the way.

III. List four rules for attaining increased creativity.

A. Pinpoint your thinking; take one idea at a time and live with it.

B. Thoroughly release your project to the subconscious mind.

C. Be prepared to seize the ideas when they come.

D. Evaluate your ideas and use them.

LESSON IV

Read Chapters 7 & 8

I. What is creative imagination? How can we use it?

A. A means by which God creates through man.

B. It forms the mold through which the Creative Process of Life works to produce the manifest universe.

C. God works through prayer using creative imagination for the purpose of disengaging us from old concepts and opening ourselves to the source of all Wisdom.

II. What is self confidence? What causes us to lose it?

A. Confidence is an assurance about life; it is an inward knowing that one can rely on himself in any circumstance.
B. When one is “conscious of self” he tends to lose his self confidence.

III. How can a person build self confidence?
A. Know that everything comes from within.
B. Rely on the Spirit within you.
C. Be obedient to the guidance given by the Spirit.

LESSON V

Read Chapters 9 & 10

I. How does decisiveness or indecisiveness affect the subconscious mind?
A. Subconscious mind responds to the order to the extent that it is believed by conscious mind.
B. Indecisiveness binds the subconscious mind.
C. Decisiveness is a matter of feeling. The subconscious mind responds to feeling.

II. What is true prosperity? What are five basic principles of true prosperity?
A. The unconditional love of God for us. God loves us and wants us to have the best.
B. Our limitation is self-imposed; we can move forward to unlimited goals.
C. Man individualizes the Infinite through the speaking of his word.
D. That which we can conceive of, believe in and confidently expect must become our experience.

E. As we give, life will give back to us; all of Life is one with us.

LESSON VI

Read Chapters 11 & 12

I. What are some positive thoughts we can take when things seem to go wrong?

A. Recognize that the very things that go wrong may actually be a blessing.

B. Realize that it is not what happens but how we react to it that’s important.

C. Know that we are not at the mercy of fate.

    1. Replace negative mental equivalents with positive ones.

    2. Visualize the new concept in our minds; accept it and believe it.

II. Define time and explain its use by the conscious and subconscious mind.

A. Time is man’s measure of eternity. It is the interval that it takes for an object to move from one point in space to another point in space.

B. The conscious mind relates everything according to past experiences.
C. The subconscious is not cognizant of time; it follows the direction of the conscious mind.

1. It always works in the ETERNAL NOW.

2. It knows no limitation of time and space.

LESSON VII

Read Chapters 13 & 14

I. What are four steps to a good memory?

A. Stop – Look – Listen: a sloppy approach is generally responsible for a poor memory.

B. The learning process depends upon association of ideas. Associate one idea with another in sequence.

C. Trust your memory. The ability to recall accurately requires confidence in the subconscious mind.

D. Self direction brings definite results. Your memory is only as good as the direction you give it.

II. Is it necessary to relax? How does one relax?

A. Yes, by relaxing we are able to meditate and commune with God.

B. Through relaxation we learn to conserve our energy releasing it at the right time.

C. Relaxation begins with mental poise.
LESSON VIII

Read Chapters 15 & 16

I. What is worry? How does one deal with it?

   A. It is a “trickle of fear” that runs through the mind.

   B. It is cul-de-sac thinking.

   C. It is a negative use of imagination.

   D. Admits that worry never accomplishes anything.

      1. It is harmful to the worrier.

      2. It blocks the fulfilling of our desires.

      3. It has long range negative effects in our experiences.

   E. Three good ways to stop worrying are:

      1. Realize God is there.

      2. Practice being a positive thinker.

      3. Take positive action after praying for guidance.

II. Discuss the source of fear and how we can deal with it.

   A. Fears are hidden within the subconscious mind.

   B. Fear is an emotion and is not reasonable or rational.

   C. Basically, every fear is a fear of death. Once we cease to fear death we can face life fearlessly.
1. Examine your fears with an open mind.
2. Establish a feeling of love.

LESSON IX

Read Chapters 17 & 18

I. What is a habit? Are all habits bad?
   A. A habit is an action often repeated that becomes a fixed characteristic.
   B. It is not bad unless it deprives a person of his freedom to act creatively.
       1. There are constructive and destructive habits. The subconscious mind never judges.
       2. We give the orders and subconscious honors our commands.

II. How can a person overcome a habit?
   A. He must choose to overcome it.
   B. Give orders to your subconscious in the affirmative.
   C. Set up a new chain reaction.
   D. Accept yourself as being free of the habit.

III. What are some rules for those who would enjoy sound relaxed sleep?
   A. Go to bed to sleep. Expect to sleep.
B. Before going to sleep, rule out all thought of past mistakes and failures.

C. Do not worry about not sleeping.

D. Count your blessings instead of sheep.

E. Look up Biblical quotations on sleep.

LESSON X

Read Chapters 19 & 20

I. What is the difference between disappointment and discouragement?

A. Discourage means to dishearten, to lesson courage, to deprive of confidence.

B. A disappointment is when our hopes or expectations involving people and circumstances are not fulfilled.

II. How can discouragement be overcome?

A. Give all your attention to the things that are encouraging about yourself and your life.

B. Accept low periods but as preparation for renewal.

C. Think of life as an adventure.

III. What is true peace of mind and how does a person attain it?
A. True peace of mind is a state of tranquility; freedom from disturbance or agitation; being in harmony with life and those around us; a sense of calm.

B. Agreement is the key to becoming open to new channels of creativity.

C. Do not resist evil. Agree instead with the Christ within.