

THE SHADOWS OF YOUR MIND

CHAPTER 1

- I. What is the cause of all of our experiences?**
 - A. The cause is always our own Self.**
 - B. Everything and every person in our lives are only the shadows of our use of Mind.**
 - C. We see and hear through our own beliefs.**
 - D. In our self-awareness there cannot be Self and something else.**
- II. How does Love function through us?**
 - A. We are able to release those whom we love to be themselves.**
 - B. We appreciate their point of view and demand that their needs be met.**
 - C. The love we give to someone else is really directed to our own Self.**
 - D. Love does not demand agreement.**
 - 1. When we try to impose our beliefs upon others, we are acting out of inner insecurity.**
 - 2. People are to us what we are to ourselves.**
- III. Define and explain an important mental law.**
 - A. “What I think, believe, feel and express Mind accepts and acts upon. It always creates the form and the experience of that belief, feeling and expression.”**
 - B. We need to put our attention upon Who and What we really are and not upon what we want from someone else.**

- C. The more we live and release into expression our unique SELF, the more we will have just those things that are required to help us live freely.
- D. When we are busy giving, there is always action instead of reaction.

CHAPTER 2

Stand on Principle

- I. What is Principle? How can we stand on it?
 - A. Principle is the conscious use of the Law of our being at the level of our highest Self.
 - 1. Our Self has sufficiency to live and to prove.
 - 2. The Law of our Self is in action regardless of where we are.
 - B. We stand on Principle when we are outgoing, expressing love no matter who is in the picture.
 - C. We stand on Principle when we let Spiritual Power use us.
- II. Why do upheavals appear to challenge us?
 - A. Upheavals are there because we have based our peace of mind, harmony, and good upon the material aspects of law and order.
 - B. They come to cause us to look within and dedicate ourselves to Truth.
 - C. New and greater challenges cause us to move forward.
 - D. Upheaval is our letting go of looking to anyone or anything for our good.

III. If we sit and wait will our answers come to us?

- A. No, we experience the answer only as we move, as we express.**
- B. Our good is what we are now giving, sharing and revealing. Receiving is automatic.**
- C. Mind gives us the answers as we go along, but Mind needs to know our intent.**

CHAPTER 3

Assume Responsibility

I. How should we deal with challenges?

- A. Never run from them. They are only our Self becoming form.**
- B. We must do something about our own patterns of thought.**
- C. We must assume the responsibility for our own livelihood, happiness, health and security.**
- D. We must work on ourselves always to be free of all boundaries, opinions, judgments and memories of previous experiences.**
- E. We must actively identify with the Ideal of God as Me, God as all.**

II. Why do our prayers so often fail?

- A. They fail because we try to bring God down to the problem.**
- B. We can only experience what we can understand. We can only understand what we are.**

C. Whatever we try to change, even in the way of prayer is our point of attention and must be maintained.

D. Prayer for the most part, is the action of trying to get something. Trying to get something takes from us even that which we have.

III. Where should our attention be directed?

A. Center it on knowing Who and What we really are.

B. Our purpose should be to reveal the nature of God in all we do.

IV. How can we live out of our own “Self-authority?”

A. We must become aware of the genius within and express it.

B. We should not worry about tomorrow.

C. We must explore the uniqueness that we are.

D. We must let go of results and concentrate on revealing God qualities.

CHAPTER 4

Go Further

I. How can we go further?

A. We can go further by realizing Who and What we really are.

B. We must also look at ourselves in a new and greater way.

C. Venture out with Self-authority to experiment, to take chances, and to do something different.

1. Experimenting is letting go of that which was and permitting the new to come forth.

2. We must let go of imitating others.
- II. How can we develop True Power?
 - A. True Power is in giving, being and in living, not in getting.
 1. We then no longer have to preserve our good at the expense of others, for our good automatically is.
 2. We realize that what we express at any given time always comes back to us.
 - B. In living the Presence of God we actively express our Self-belief and our Self-esteem.
 - C. The concept of “God as me” is forever full, it is always complete.
- III. How do we deal with the influences of others?
 - A. As we cease begging and beseeching and make demands on our own Self.
 - B. We teach others how to behave to us, how to react to us, by our own degree of Self-acceptance.
 - C. We must learn to think for ourselves out of ourselves.
- IV. How should we influence others?
 - A. We should influence them to be self-sufficient.
 - B. We should direct their attention to their inner Source.

CHAPTER 5

Learn To Love

I. What is Love?

- A. It is the creative basis for any relationship.**
- B. It is the eternal giving of the highest of one's self to each and every moment.**
- C. It expresses for the sake of expressing.**
- D. It is that which creates an ongoing, joyous, challenging and exciting relationship.**
- E. It must be learned, developed and expressed.**

II. Can expressing love eliminate procrastination?

- A. Yes, when we express love through all we do, we accomplish each task as it comes along.**
- B. When we are living in this fashion we are free of the debt of yesterday and never have the problem of forgetting.**

III. What are the effects of insecurity? How can we deal with it?

- A. When we are insecure we try to get others to agree with us. We also try to make sure that no one gets away with anything.**
- B. In dealing with insecurity we must always agree with our adversary because one of our purposes is to help others think for themselves.**
 - 1. Agreement is what we give to others, not what we demand of them.**

2. The moment we begin to defend ourselves we have lost our freedom.

IV. Discuss the use of affirmations.

- A. It is not the purpose of affirmations to make something happen.
- B. An affirmation acknowledges a particular good and we then move it into expression.

CHAPTER 6

We Are Universal

- I. What does it mean to be universal?
 - A. Our Self functions in Consciousness. Consciousness is in Mind and Mind is everywhere present. Therefore, we are also everywhere present.
 - B. If someone should come into our thought, they have come because our consciousness has attracted him or her.
 1. It is not for us to be involved with them at the level of their problem.
 2. It is for them to be at one with the Truth that we ourselves are knowing and living.
 - C. There is One Mind and that Mind is Universal. All people and all things reside within that One Mind.
 1. Universal Mind is a means for us to communicate and be at one with each other.

2. We touch the universe through this magnificent instrument of Mind.
 3. Others are not meant to stay in our thought. When they stay there, we are, in essence mentally manipulating them.
- II. How can we be effective in living life fully and joyously?
- A. We must clear our consciousness of the debris of yesterday.
 - B. We must release the problem and live the answer.
 1. Every time that we talk about our problems we are maintaining them in our experience.
 2. To be free of the problem we must transcend it and actively be at one with the Truth.
 - C. We must be about the business of revealing the greatness of Self.
 - D. Our awareness of the Presence is absolutely vital. Our awareness of the sufficiency of others is also necessary.

CHAPTER 7

Success is Individual

- I. List some of the temptations that face us.
 - A. We are tempted to believe we can help others.
 1. Each person must do their own work.
 2. Each person has their own lessons to learn.
 - B. We are tempted to believe that there is something to overcome.

1. There is only one Power and that Power is God.
 2. There is something to know and something to do.
 - C. We are tempted to label something as being good or bad.
- II. What are the factors we should be aware of in setting goals?
- A. Each goal restricts our degree of living the Truth.
 - B. What we seek always brings with it a price to pay.
 - C. The goal itself has within it the means to accomplish its own ends.
- III. Is there a better approach to life than setting goals?
- A. Yes, is called living the Purpose, and it results in giving, sharing, revealing and being.
 - B. Purpose causes us to give the highest of our Self at all times to whatever we are doing in every moment.
 - C. Purpose helps us to experience balance.
- IV. Discuss the differences in true humility and shyness.
- A. True humility is the realization that we are only complete through living the Presence.
 - B. Humility is acknowledging that our answers come from inner intelligence.
 - C. Humility is letting go of outlining how our good is to come to us.
 - D. A shy person lives at the level of ego.

CHAPTER 8

Spiritual Integrity

- I. What does it mean to live with Spiritual Integrity?**
 - A. It means that we have surrendered our desire to look to the world for our good.**
 - B. It means that we have given up our desire and need to get something my means of mental treatment.**
 - C. Spiritual Integrity tells us that we are here to live spiritually.**
 - 1. We are here to select ideas of greatness.**
 - 2. We realize that we do not need anything from anyone.**
 - 3. We are here to KNOW.**
 - D. It does not permit us to live at the level of effect but at the level of pure cause.**
- II. How can we live fully and completely at all times?**
 - A. We must be true to the integrity of our Being.**
 - B. When we are guided to move forward, we must move.**
 - C. We must be grateful for the cause instead of the effect.**
- III. How does Spiritual Integrity affect our relations with others?**
 - A. We understand that people behave according to their own level of consciousness.**
 - B. We mind our own business. Spiritual Integrity has to do with the building of our own consciousness, nor someone else's.**

The Shadows of Your Mind—Tom Johnson

- 1. Every time we give advice we are saying that they have no intelligence.**
- 2. We no longer need to defend ourselves or try to convince others that they are wrong and we are right.**