

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

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### SPIRITUAL GROWTH

A course in transforming the potential of consciousness: This transformation is “Spiritual Growth”.

The Purpose of the course is to become aware of your higher self and becoming one with your higher self.

Section I: Reaching Upward

Section II: Opening Inward

Section III: Expanding Outward

Introduction.

### SECTION I

#### Reaching Upward

##### Chapter 1

##### BEING YOUR HIGHER SELF

- I. Is spiritual growth a journey in consciousness?
  - A. Spiritual growth is a journey of self-discovery.
  - B. It is growth in consciousness.
  - C. It is growth through connecting with your higher self and to God.
  
- II. Will spiritual growth assist us in creating loving relationships? Spiritual growth is similar to personal growth with one big difference. Discuss the difference.
  - A. Your growth will allow you to trust more.
  - B. Assists you in creating loving relationships.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

- C. You will have deeper and more meaningful connections with loved ones.
  - D. Connecting with a higher power and the employment of the connection to empower growth.
- III. There is no limit to growth and expansion. The growth is a process.
- A. Enlightenment
  - B. There must be a willingness to grow and let go of any preconceived ideas.
  - C. Your higher self heals and evolves you through intuition and contact.

HOMEWORK: Meditation, pages 15-17

## Chapter 2

### CREATING WITH LIGHT

- I. You might think of light as a living presence everywhere at once.
- A. Light is a potent force of transformation.
  - B. Light strengthens your connection to your higher self.
  - C. Light responds to your thoughts.
- II. We can draw and radiate light.
- A. The light will transform us into a higher vibration with things around us.
  - B. It will create a feeling of strength, harmony and love within us.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

- III. Light is a powerful source of healing.
  - A. We can heal our bodies.
  - B. We can heal others.
- IV. All the light we send to others will return to us multiplied.

HOMEWORK: Meditation, pages 24-26

### **Chapter 3**

### **CONNECTING WITH THE UNIVERSAL MIND**

- I. Everything around you exists as part of the Universal Mind, God. Discuss the following:
  - A. How best to use your connection.
  - B. How we are a part of this Infinite Intelligence.
  - C. How can we receive what we want and what we do not want.
- II. Imagine that your reality is in truth only a dream you are having.
- III. You are always linked with Universal Mind. What is “energy work”? How do we use it to create miracles? Discuss.
- IV. Creativity and Imagination.
  - A. You can learn to be creative.
  - B. Learn to use your imagination.
  - C. Use affirmations.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

- V. God can create for you only what it can create through you.
  - A. You are a co-creative force with God.

### Chapter 4

#### LINKING WITH THE HIGHER WILL

- I. There is a divine plan to the universe. How does the will play a part in the plan? Does the plan have guidelines? What is the Higher Will about?
  - A. The plan does not exist in the form of guidelines but as spiritual energies.
  - B. We have free will to react to these energies.
  - C. The Higher Will is an aspect of God.
  - D. The use of energies will assist you, but we must be willing to take our life on a higher order.
  - E. The Higher Will is all about creating good for everyone.
- II. What is our purpose in life?

Part of our reason for being is to evolve ourselves and to serve others in some way.
- III. You can know the Higher Will by listening within.
  - A. Messages from within are loving and gentle.
  - B. There is a difference between messages from God and your intellect.
  - C. Take time to relax and listen to your inner messages.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

### Chapter 5

#### RECEIVING REVELATIONS

- I. Seeing the bigger picture.
  - A. Spiritual growth comes as a series of revelations.
  - B. Knowledge and wisdom comes through revelations.
  - C. Seeing the bigger picture will show you the perfection of the universe and give you inner peace.
- II. As you grow spiritually you will understand your purpose.
  - A. Revelations are given as to what to do and how to carry them out.
  - B. Revelations often come when relaxed.
  - C. Revelations can be simple or complex.
  - D. Revelations challenge you to believe in the ideas you receive.
  - E. We must learn to trust what we receive.

### Chapters 6 & 7

#### OPENING AWARENESS OF THE INNER PLANES

- I. We should be inner directed rather than outer directed.
  - A. Meditation is a powerful tool.
  - B. Meditation increases your sensitivity to ideas, concepts and images.
- II. The senses develop as awareness increases.
  - A. As we grow, we discover more about our personal energy systems.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

- B. All abilities should be used with the highest integrity.

### Section II

#### Opening Inward

#### Chapter 8

#### RAISING YOUR VIBRATION

- I. Love is the doorway to enlightenment.
  - A. Raising your vibration comes from opening your heart.
  - B. You can open your heart more by loving yourself.
  - C. Love your humanity as well as your divinity.
- II. Love creates healing. How do most healings take place by healers?
  - A. Illness is created by a contraction of energy.
  - B. Most healings take when there is a high vibration of love on energy.
  - C. You strengthen people as you surround them with loving thoughts.
- III. You attract things and people.
  - A. Love regenerates the cells in your body.
  - B. Your vibrations draw or drive others and things to you.
  - C. Every time you are loving, kind, forgiving, and compassionate to yourself and others, you are being your higher self.

Class exercise or homework: The Meditation

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

### Chapter 9

#### CALMING YOUR EMOTIONS

- I. Are our emotions the fuel that bring thoughts into manifestation? Yes.
  - A. Your feelings make it easier to bring your desire to you.
  - B. Part of your journey is to learn to hear and act upon guidance.
- II. Love people for who they are, not for who you want them to be. Discuss.

### Chapter 10

#### ALLOWING YOUR HIGHER GOAL

- I. Do we need to learn how to receive? Do we deserve to have a good life?
- II. Why is the principle of allowing important?
  - A. You can allow things into your life easily when you let any form work.
  - B. Give permission for good to come into your life.
  - C. The ability to allow good to come accelerates our growth.
- III. Everything happens for your higher good. Discuss.
- IV. Should we allow people to give to us? Yes!
  - A. Be open to receive.
  - B. Give others permission to be who they are.
  - C. Allow them to share.

# **JOHNNIE COLEMON THEOLOGICAL SEMINARY**

## **SPIRITUAL GROWTH**

---

### **Chapter 11**

#### **ACCELERATING YOUR GROWTH**

- I. Does growth ever end? No.
  - A. We should examine our beliefs about growth.
  - B. We must have flexible belief, an open mind, and trust in the universe.
  - C. Our everyday work is important in spiritual growth.
  - D. Your spiritual growth is the greatest contribution you can make to yourself.

### **Chapter 12**

#### **CREATING PROBABLE FUTURES**

- I. Everything in our lives comes from our thoughts or feelings.
- II. What you accept as true will create your reality. Discuss.

### **Chapter 13**

#### **GOING THROUGH THE VOID**

- I. What is “The Void”?
  - A. A state of consciousness.
  - B. A state of transition and change.
  - C. An opportunity for new possibilities.
- II. Not knowing can be the doorway to true knowing.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

- A. The void is a time of not knowing, but waiting and listening.
- B. A time to be still and know.
- C. A time to grow.

### **Chapter 14**

#### **EXPANDING AND CONTRACTING TIME**

- I. In the higher dimensions, all that exists is NOW.
  - A. Do things that create a higher purpose and have more time to do other things in your life.
  - B. Save time, get in order.
  - C. Follow inner guidance and get things done easily and joyfully.
  - D. Follow your feelings and intuition.
- II. Being in a higher state of consciousness allows you to use time more effectively.
  - A. Learn to be fully present, aware, and focused on what you are doing.
  - B. Watch your words, “I never have enough time.”
  - C. Affirm: “I have all the time I need.”
  - D. Act as if you already have it and save time.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

### SECTION III

#### Expanding Outward

##### **Chapter 15**

##### **BECOMING A SOURCE OF LIGHT**

- I. As we grow spiritually, do we awaken the inner light within us?

Discuss.

##### **Chapter 16**

##### **ENLIGHTENMENT THROUGH SERVICE**

- I. Can serving and teaching others enhance our spiritual growth? Yes.
- A. As we teach others, we empower ourselves.
  - B. As we create space for others to grow spiritually, we grow also.
  - C. As we serve others, we create opportunities of good.
- II. Is it important to know when to assist people and when not to? Yes.  
Discuss

##### **Chapter 17**

##### **LIFTING THE VEILS OF ILLUSION**

- I. Should we have a clear vision of our purpose? Yes.
- A. We should know what actions to take to accomplish our purpose in life.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

- B. We should remove self doubts.
  - C. You should be able to look beyond personalities to the higher self.
  - D. We should let go of judgments.
- II. What is integrity?
- A. It is an important aspect of spiritual growth.
  - B. It is acting, talking, and behaving honorably to ourselves and others.
  - C. It is doing only what you know to be good and true.

Homework: Meditation

### **Chapter 18**

#### **COMMUNICATING AS YOUR HIGHER SELF**

- I. All higher self communication begins in the heart! Discuss.
- A. Speak from your heart.
  - B. Speak with looks.
  - C. Words create what they mean.
  - D. Learn to speak positively.
- II. We should speak those things that serve people in some way.
- A. All things can be said to lift.
  - B. All things can be said in a way that is empowering and loving.
  - C. All things can be said in a way love can be felt.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

### Chapter 19

#### THE RIGHT USE OF WILL

- I.     What is the will? Do we have free will? Yes.
  - A.     The will is a spiritual gift.
  - B.     It is our executive power.
  - C.     The will sees to it that we are self-determining and self directing.
  
- II.    Your will is much wiser than you think.
  - A.     The wise will will survey.
  - B.     The wise will will wait upon god.
  - C.     The wise will is confident.
  - D.     The wise will is patient.
  - E.     The wise will will guide you to do things you love to do.

### Chapter 20

#### NON-ATTACHMENT

- I.     Learning to let God.
  - A.     We must learn when to let go.
  - B.     One of the greatest causes of suffering is attachment.
  - C.     Change is good.
  
- II.    Letting go means letting go of old viewpoints, beliefs, and judgments.
  - A.     We are always challenged to think in new and expansive ways.
  - B.     Let go of strong preferences and opinions.

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## SPIRITUAL GROWTH

---

- C. Let go of strong emotions and situations that drain our being.
- III. Some people confuse attachment with love. Discuss.
- IV. Are we responsible for making other people's lives work? No.  
The need to save people from their mistakes is an attachment that will slow our own growth.
- V. As you give freedom to others, you become more free yourself!
  - A. Give people the freedom to go on their own way.
  - B. People will either grow and stay in your life or leave.
  - C. Be open to changes in others.
- VI. When you are free of what others think of you, you are already free.

## **Chapter 21**

### **BECOMING TRANSPARENT**

- I. How do we become “transparent”?
- II. Sending love transforms the energy around you. You have the ability to feel any way you want at all times.