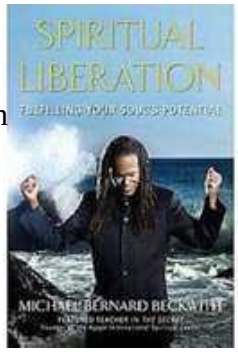
# Foundations I: Growth Work to Be Completed by Week Four




**Part A**

Read: The following three Chapters in *Spiritual Liberation* by Michael Bernard Beckwith

Chapter Eight "*Creatively Maladjusted* "

Chapter Ten "*Don't Get Serious, Get Real*"

Chapter Eleven " *Jesus The Christ: Master of the Existential Encounter*"

As you conclude each chapter, **highlight key points that jump out at you**, that resonate a special meaning for you—try to find at least three key meanings. Again, as you finish each chapter, note the Affirmation Dr. Beckwith has given you to use. **Write out the affirmation on a separate sheet of paper** and create a plan to read it the next day at three times and again at night before going to sleep. Find other creative ways to use these affirmations.

Dr. Beckwith writes a beautiful Embodiment as he closes each chapter. A wonderful way to incorporate the spiritual principles in the Embodiment is to make a point to read it before you go into your daily meditation. Read it aloud three times and then sit in the silence, contemplate the deeper wisdom and insights being revealed to you. **In other words, you want to make this real for you through your own interpretations. You get to go on a journey of deep self discovery.**. Note in your journal the impact the embodiment of the spiritual principles and practices ( meditation, affirmation, etc.) are having on your life,

Pay particular attention to **Chapter Eleven.** See if you can recognize the third level of consciousness operating through your existential encounters as described by Dr. Beckwith.

**Part B**

Each day write **an old habit you are willing to release in your journal, and in its place write the new habit(s) you are willing to take on.** Let your soul be guided. Open to any page in the book *This Thing Called You* by Ernest Holmes. Read the section of the book that you are guided to . Jot down in your journal any revelations that come from that reading.

**Part C**

Witness how Universal Laws have been operating in your life. Observe how an expanded awareness helps you set deliberate intentions for areas of your life knowing that Universal Laws operate at the level of your beliefs, desires, and intentions. In your journal, write how the Presence of God is being revealed to you, and how your intentions are manifesting in your life.

**Part D**

Complete the section on the back of this page.

# Universal Laws in Operation in My Life

Identify a negative belief you have held for a long period of time. It could be about anything related to finances, relationships, family matters, career, livelihood, spiritual practice, etc. Write that belief in the space below.

What is the intensity of this belief? (Circle one)

Mild Intense Extremely Intense

How has that belief out-pictured (shown up in your life as experience) as a result of the operation of Universal Laws? How has your experience matched the belief you been holding? Be specific.

What is the spiritual truth about this belief that you have been holding? A belief that is negative or denies that God is for you, or denies the Love of God, can be reversed, and its negative energy transmuted through affirming the opposite. Affirm what is actual truth about this negative belief.

To transmute the energy of any thought/belief, you have to put in its place a spiritual truth or attribute that changes the energetic vibration you feel when you think about a particular person, situation or circumstance. It may be an attribute of forgiveness, or it may be an attribute of yielding to the All Good of God, it may be a statement of truth about the Absolute Reality that you use in an affirmation which you create for yourself**. All spiritual growth is about letting go of something. What are you willing to let go of so that you can stretch your consciousness to embrace a new vibration? What is your intention around this issue now?**