

❖ **Welcome and Invocation**

❖ **Reading from Sunday service on “Be the Change”**

❖ **Sharing on experiences of the week.**

Did you have any insights from the reading, theme, Sunday talk?
What is your understanding and/or thoughts on “nonviolence”?
How did you do with the process and the Journaling?

❖ **Meditation on Nonviolence (see below)**

❖ **Thoughts or ideas on nonviolence.**

Basic principles?

Why nonviolence – why not just use the word “peace”?

Ways to practice nonviolence –

With Self, with others, at home, at work, on the roads, in the stores, etc. – brainstorm ideas.

❖ **Conscious Giving**

❖ **I Choose** - Non-violence action or quality for the week

Each person speaks their commitment, choice into the circle

(or High-T prayer)

❖ **Benediction (or end with High-T prayer)**

Meditation for Nonviolence

Let us offer the world the best flowers and fruits of our practice: lucidity, solidity, brotherhood, understanding, and compassion. Let us give rise to the determination to look deeply into the nature of fear, anger, hatred, and violence and to give rise to the eyes of compassion.

Breathing in, I am aware of violence within myself and within the world.

Breathing out, I am determined to look with the eyes of compassion at the violence within myself and within the world.

In this very moment, we invoke all of our spiritual teachers to be with us, to help us embrace the suffering of our nation. We ask them to embrace the entire world as one nation, to embrace humanity as a family. We ask their help as we become lucid and calm, so that we know exactly what to do and what not to do.

We know that many people at this very moment are trying to rescue others, to support them, to ease their suffering. Let us be there for all of them and embrace them tenderly with all our compassion, understanding, and awareness. We know that with the energy of mindfulness, concentration, and awakened wisdom, we can practice to lessen violence every day. We know that responding to violence with compassion is our only path.

Let us bring our attention to our in breath and our out breath. We are aware of the presence of all our spiritual ancestors within us, supporting and guiding us to go on the path of nonviolence, understanding, and compassion.

Breathing in, I feel this compassion wash over my being. I feel the compassion of the great teachers infuse my very being, allowing me to embody this compassion in every cell of my body.

I inhale – compassion.

I exhale compassion.

I am compassion.

High T – PRAYER PROCESS

High T was created by Rev. Sunday Cote, at that time Minister of the Celebration Center, along with other members of the original group in October, 1995. The T stands for Treatment, as in "Spiritual Mind Treatment," also called affirmative prayer.

High T is a powerful process that supports those who wish to experience meditation and Spiritual Mind Treatment in a safe group atmosphere. If you are not familiar with treatment, don't worry. No previous experience is necessary. All that is needed is an open heart and a willingness to speak your own word. You might get a little nervous about praying out loud. Just remember that the power comes not from speaking eloquently or using the right words, but when the words are spoken from the heart with true intent. Don't try to sound like someone else. Use your own words, the words that feel most comfortable to you. You can't do it wrong. You will be speaking only the 3rd step of Treatment, called "Realization." The facilitator will speak the other 4 steps.

The realization step is much like an affirmation. This is where you say what it is you want to draw into your life experience.

A few points to remember when speaking the Realization step:

Follow the three P's: Present, Positive and Personal!

Present: Always speak in the present tense, as if what you want is already here. Instead of saying, "I want to be prosperous," say, "I am now prosperous."

Positive: Always speak in the positive. Instead of saying, "I am no longer in debt," say, "I am prosperous."

Personal: Always make it personal. Use personal words that are related to you, like I am, I have, I do.

During High T, you will have the opportunity to speak the realization step for yourself and one other person - the person who is sitting to your right. For this reason, it is a good idea to sit in different places each meeting, so that you will get the benefit of treating for different people each week.

When speaking the Realization step for someone else, speak about them in the third person. Instead of, "You are prosperous," say, "Jane is prosperous."

The structure of the High T process is as follows:

Invocation: given by the facilitator.

Sharing Time: Each participant share the areas for which he or she would like support and treatment, and demonstrations from previous treatments. The other participants are there to listen and support. Remember, this is not a counseling session. The healing takes place through the process of sharing, meditation and treatment. Do not give your opinions or advice to the person sharing. Also, it is

very important that each member agrees to confidentiality -- anything shared in this group is not discussed outside the group.

Meditation: After all have shared, there will be 5-15 minutes of silent mediation. The facilitator will begin with a short centering before going into the silence. After allocated minutes, the facilitator will bring everyone's awareness back to the room, and begin the Treatment.

Treatment: The facilitator will begin the treatment with the first two steps. Recognition is recognizing the Allness of Spirit, and Unification is knowing we are all part of Spirit.

The facilitator will then speak the third step, Realization, for him or herself, and pass to the person on the left. Below is a sample dialog from the third step: Realization.

Facilitator: "I speak my word for myself, Gloria, knowing that perfect employment is now mine. I now pass to Hank (the person on the left.)"

Hank then says, "I speak my word for Gloria, knowing the perfect job is hers, right now!"

Then Hank speaks the third step for himself, "I know that I am in perfect health, and I have lots of energy. I pass to Trudy (on my left.)"

Trudy speaks her word for Hank and for herself. "I know that Hank is in perfect health and feels exuberant vitality. I know for myself that my briefing at work tomorrow flows easily, and I feel confident and secure. I now pass to (the person on the left) Max."

The group continues around until the last person passes to the facilitator. The facilitator then speaks the third step for the last person, and closes with the final two steps of treatment, Thanksgiving and Release.

After the treatment, there will be a short time for comments about your experience in meditation and treatment.

The main intention of this group is to share a deeper experience of treatment and meditation with a group who supports each other's goals and desires. It is a simple process, but has been found to be very powerful and effective.

The time you devote to this practice will change your life for the better. It is a most loving thing you can do for yourself and for those who share your life.

Enjoy!