

How are these pictures like religion?



The answer is...

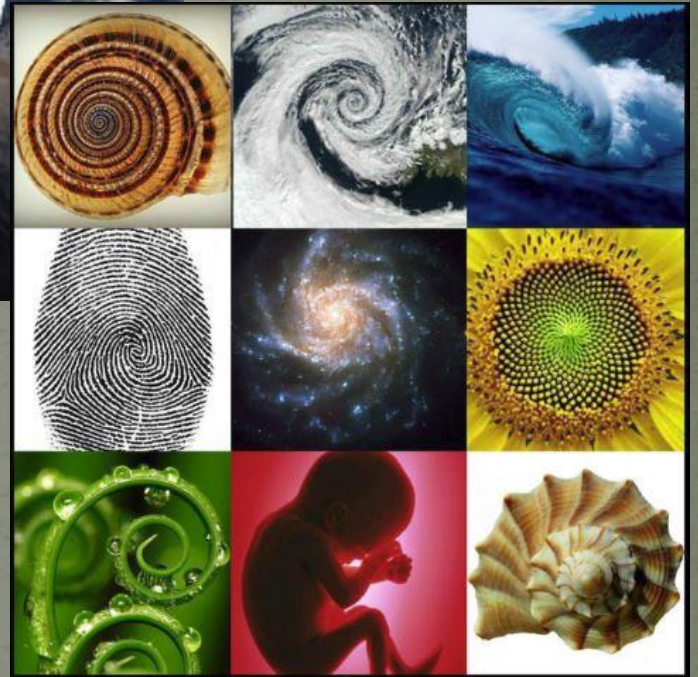
‘Adult life has a way of burying one to varying degrees. Then we each spend the rest of our adult lives trying to dig out from the sand burial, some never make it out of the sand (depression, despair, vanity) states.

How deep will you bury yourself in the sand?’

Tip: There is no getting away from the sand.

"IN THE BEGINNING,
GOD CREATED THE
HEAVENS AND THE EARTH."

GENESIS 1:1



[The Cosmic Christ – Fr's Nolan and Rohr](#)
[The Known Universe – American Museum of Natural History](#)

7 Life Lessons

“Awakening the spark of SPIRIT that endures for a LIFE time 😊”

Group Learning 2 – Life’s Illusions

Sunday Gospel - Matthew 25.31-46

Jesus Teaches the Works of Mercy

- Leader
- Narrator
- Jesus
- ALL

Life Lesson 1

Faith Sharing Cards

- **Brother Chris - I saw a guy in the hallway at school. There was a kid on the ground, clutching his legs. There were these people with stupid smiles on their faces, laughing at him and kicking him. They walked off and the other students and I went to him. We got help, and he was OK. However, I was late to science.**

“The quieter you become ...
the more you can hear”



Life Lesson 1 - Review

3 Ways to connect to the SPIRIT

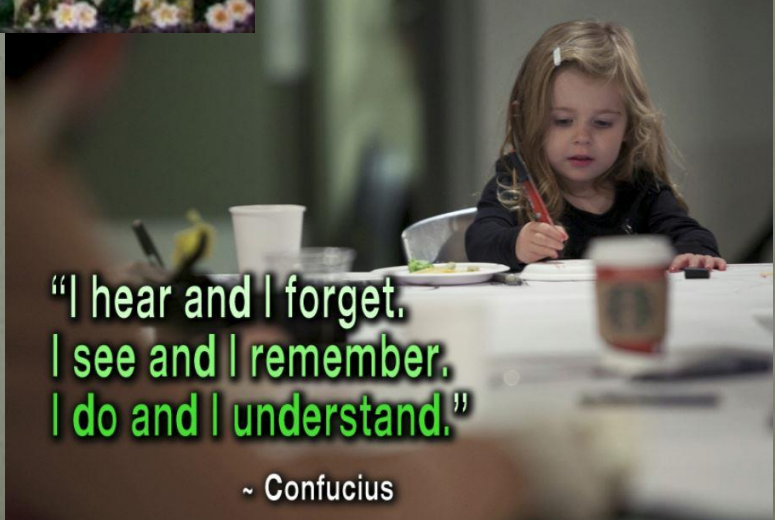
- Do
 - Jesus message was one of action and prayer
We learn best when we 'experience' our actions as opposed to reflecting on our prayer.
- Pray
 - Silence
 - Music
 - Nature - [Video](#)
- Brain
 - Education is NOT Transformation
Too much education limits our capacity for awakening/transformation





One smile,
can start a
friendship.
One word,
can end a fight.
One look,
can save a
relationship.
One person
can change
your life.

**I KNOW as MUCH as
I DO – St FRANCIS**



“I hear and I forget,
I see and I remember,
I do and I understand.”

~ Confucius

How is Religion like riding a bike ?



Once you learn/know...
You never forget 😊

Life Lesson 2 - Review

Life Journey

- 6 Levels of Human Life

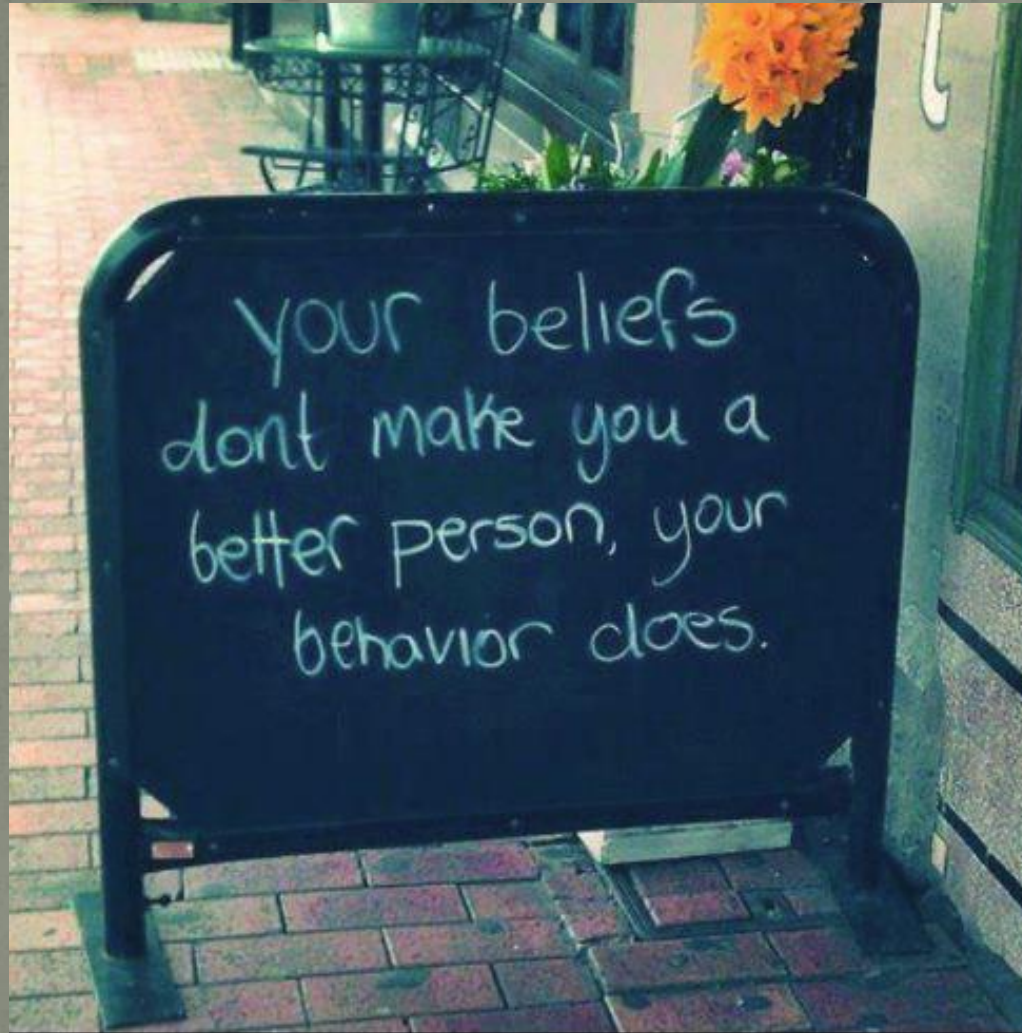
- 0 – Heart/LOVE – Everyone, Everyone, Everyone starts with God’s Grace; your Original Blessing ☺

5 Brain Surges – @ ages 1, 4, 7, 11, **15 – 18**

- 1 - Information
- 2 – Knowledge (I BELIEVE)
- 3 – Intelligence
- -----
- 4 – Understanding/Awakening – Candidates GOAL
- 5 – Wisdom (I KNOW)
- 6 - Transformation



What makes you a better person ?



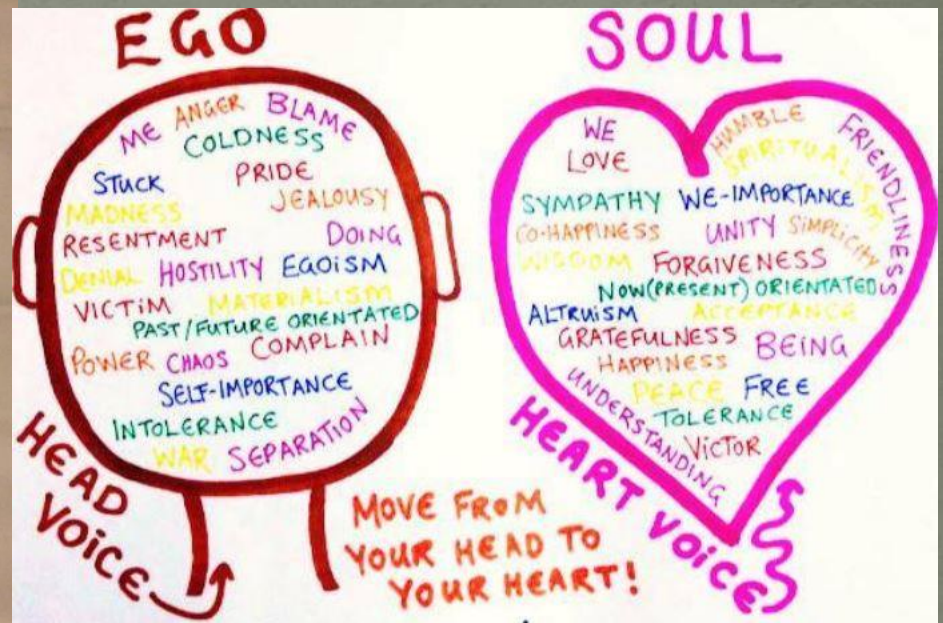
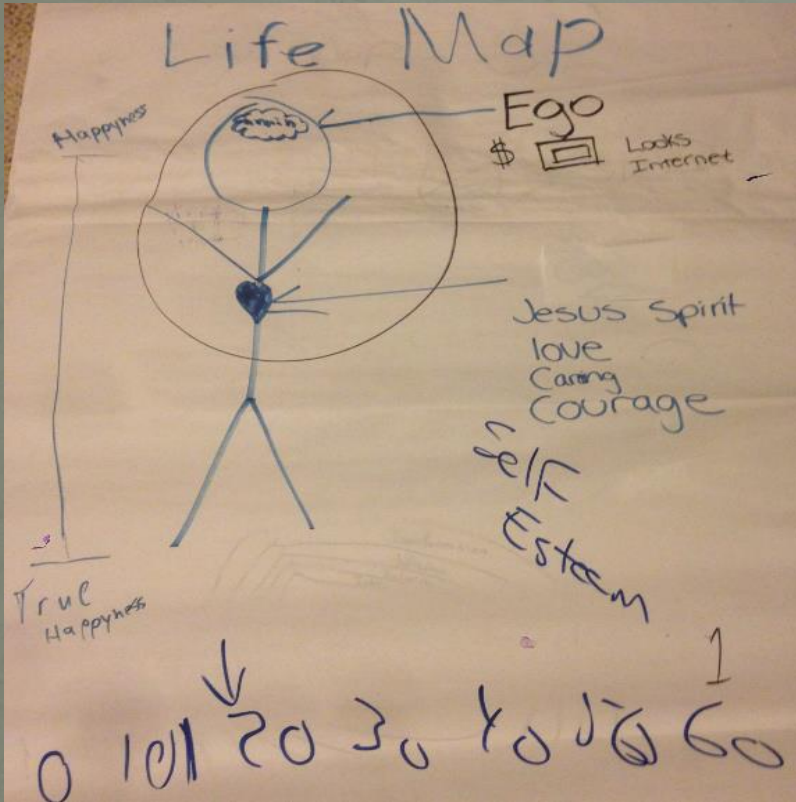
Life Lesson 3

Life Map

- Basic drawing of a body (stick figure) with Heart and Head/Brain
 - **Heart** – Love, Kindness, Empathy, Forgiveness, Compassion ...
 - **Head/Brain** – The Ego/The Flesh – Greed, Power, Envy ...
 - 1 – Chastity (patience) Lust (more)
 - 2 – Temperance (less) Gluttony (more)
 - 3 – Charity (Love) Greed (more)
 - 4 – Diligence (Persistence) Sloth (laziness)
 - 5 – Patience (Peace) Wrath (Anger)
 - 6 – Kindness (Empathy) Envy (more)
 - 7 – Humility (less of Me) Pride (arrogance)
 - **Free-Will** - Humans, all have 'Free-Will' to decide what path/decisions they will take/make on their Life Journey.
 - **Happiness Scale** – **Happiness** (short, not lasting) – Brain
Joy (true happiness) (long term everlasting) – Heart
Where is Sadness ? In your Heart or in your Brain ?
 - Only the **Heart** can *understand* these:
God, Eternity, Death, Love and Suffering

Life Lesson 3

Example Artwork 😊



Life Lesson 3

Bound up Heart activity

Addictions:

Food
Internet
Sex
Gambling
Shopping
Alcohol
Smoking
Drugs
Power
Greed
Money
Technology (NEW)

Tip: Coping skills only get you so far.



Life Lesson 4

The four D's of Religion

- **D**esire to go **D**eep and connect to your Original Blessing
 - *Desire, Curiosity, Motivation* are key to reaching the higher levels of Awakening/Transformation
 - Stay on the surface of anything and you stay disconnected/separate... start to explore the depths and everything begins to clarify...
 - See pic on next slide – Where is the line going?
- **D**ay by **D**ay
 - Jesus' message is one to follow EVERYDAY

How is this 'picture' like religion?





From Friend Fluence...

We are controlling our communication more and more. More time online.. Lowers self-confidence. Heavy users are prone to anxiety, insomnia, depression and stomach aches.

Pendulum is swinging back, Teens are realizing the 'virtual world is not enough'. That we need 'real contact' too.

Maybe just a walk together with a friend...

Group Learning 2

Music

- [Day by Day](#)
- [Souls can not be Fooled](#)

Everybody's tellin' me what to do, and I, I can't choose.
And everybody wants control, to hang me up by their noose.
But if they only knew they'd laugh and dance like fools.
If they only knew souls cannot be fooled.

Power hungry animals, let 'em eat if they want to!
Let my soul now rest in peace,
Because I know the One who holds the Truth

If they only knew, they'd laugh and dance like fools
If they only knew that Souls can not, Souls cannot be fooled.
Souls can not, Souls cannot be fooled!
Souls can not, Souls cannot be fooled!
Souls can not, Souls cannot be fooled!

- [Rob Bell - Nooma - Lump](#)
- [The Church needs YOU - Matt Kelly](#)

