

TEACHER'S EDUCATIONAL STUDY GUIDE

Your Self-mastery education has two primary elements: *general mastery knowledge* to help you understand your true Self and master your Ego-Mind, plus *specific mastery action lessons*. The *action lessons* need to be studied, practiced and emotionalized until they become a part of you. I wrote the *teacher's educational study guide* for you to use as a syllabus so that the age-old truths contained within this textbook will take root, and like Gandhi, you'll "be" your message!

FIRST...study, practice, and emotionalize the Self-mastery "Action Lessons" until they become a part of your consciousness. This is a repetitious and sometimes boring assignment, very much like when you had to memorize your multiplication tables in order to master mathematics. Know that these action lessons are vital if you intend to integrate these Self-mastery principles into your life so that you can become master of your Ego-Mind. Your mind will resist this "boring" educational process for two reasons: it's addicted to excitement; and "*your Self-mastery is your ego's ultimate disappointment!*"

SECOND... familiarize your Self with the *teacher's educational study guide* until you know what each element is referring to and why each one is important on your journey home to your Self. You don't have to memorize them or make them a part of your consciousness in order to achieve a 51% or higher daily Self-mastery level; but it is a lot easier for a person of knowledge to attain Self-mastery than it is for a person of ignorance. Just familiarize your Self to the point that you know where to look up the key elements when you need to reference them for your Self or when you are sharing this knowledge with another person.

In order for you to consistently achieve a daily Self-mastery level of 51% or higher (See page 24), you need to study, practice, and emotionalize this textbook and integrate the Action Lessons into your everyday life. When you do so, they will become a part of your spiritual consciousness.

SELF-MASTERY ACTION LESSONS

- ⇒ **Read the Benefits that you will receive for integrating the Self-mastery Disciplinas into your life for 90 days.**
- ⇒ **Read one Self-parenting Affirmation stage per day with passion.**
- ⇒ **Use First-Party Communication whenever possible.**
- ⇒ **Listen to the Self-mastery audiocassettes eight times each within the first 90-days of enrollment.**
- ⇒ **Use the Feelings Chart & Affirmations until you know them by heart.**
- ⇒ **Find ways to integrate the Five *Disciplinas* (Prayer, Healing Feelings, Meditation, Dis-creation and Visualizations) into your daily life, without changing your lifestyle.**
- ⇒ **Read the Seven Spiritual Truths daily until you can recite them.**
- ⇒ **Practice using Responsibility Communication and the eight Helpful Hints for Spiritual Communication with everyone in your life.**

TEACHER'S EDUCATIONAL STUDY GUIDE:

LESSON 1 – What is... *Self-mastery*?

- Definitions of Self, Mastery, & Self-mastery (p. 23)
- One Deep Well Process (p. 24)
- *One Deep Well* vs. Being a Spiritual Sampler (p. 25)
- Enlightenment/Empowerment Process (p. 26)
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TEACHER’S STUDY GUIDE SMA

Whether you are an HLC Spiritual Life Coach or a home-study student, the syllabus listed about and the lesson summaries in Lesson Sixteen are educational tools that were written to help you focus on the most important information in each Self-mastery lesson.

A Universal Law states, “What you don’t use you lose” so begin today to integrate the Action Lessons into your daily life using the Self-mastery training mantra... Study, Practice, Internalize and Emotionalize... until it becomes a part of your “*consciousness.*” This is a repetitious and sometimes boring assignment, very much like when you had to memorize your multiplication tables in order to master mathematics. Know that these action lessons are vital if you are to integrate these Self-mastery principles into your life so that you can become “master” of your Ego-Mind. Your mind will resist this “boring” educational process because not only is your ego addicted to excitement, but “*your Self-mastery is your ego’s ultimate disappointment!*”

Familiarize your Self with the study guide until you know what each element is referring to conceptually. You don’t have to memorize them, just familiarize your Self enough so that you know where to look when you need to reference them for your Self, or when you are coaching or guiding your students.

1. List seven ways how can you use the syllabus listed above and the lesson summaries in Lesson Sixteen as educational tools to help you (and/or your students) master the most important information in each Self-mastery lesson.
2. Why are Action Lessons even more important for an awakened student than enlightenment studies?
3. Why are the Action Lessons boring, boring, boring compared to enlightenment studies?
4. List three benefits that you can expect to receive for reading the Self-parenting affirmations for 100 days.
5. What is the primary reason that you committed to read the 100+ *Disciplina* Benefits daily for 90 days?
6. What is the secondary reason that you committed to read the 100+ *Disciplina* Benefits daily for 90 days?
7. What is the primary benefit that you will receive for making communicating in First Party a habit?
8. What is the secondary benefit for communicating in First Party?
9. Name seven things that you will gain by listening to the Self-mastery tapes eight times in the first 90 days of enrollment.
10. Name three ways that you can integrate the Spiritual Distinction Meditation into your daily life...*without changing your lifestyle.*

11. Name seven ways that the Seven Spiritual Truths will help you to navigate this mental ego maze we call life, just like a compass, anytime life confuses you so much that you don't know what to do.
12. Why is Responsibility Communication an essential element of a spiritually awakened life?
13. Name three ways that the Eight Hints for Spiritual Communication will help you to improve your skills to "respond with ability" when communicating with your friends, family and co-workers.
14. Why is taping the Action Lessons one of the simplest ways to make the Action Lessons a part of your consciousness?
15. Surface seven answers to this sentence completion: "*What I learned by doing this SMA is...*"