

Lesson Plan: Lesson 4. Mechanics of your Being

Lesson Introduction

In this lesson you will learn how we as human beings' function and how our thoughts influence our emotions and actions. Understanding how this all fits together, with the introduction of a 4th body, which Einstein calls 'Truth', we will very quickly see what is stopping each of us from reaching our full potential, being happy and fulfilled, and performing at the highest level.

In this lesson we will cover the following:

1. How the mental, emotional, physical, and spiritual (Truth) work together in bringing forth empowerment.
2. 'Truth' as a guiding force.
3. Emotional Monitoring.

This lesson provides a foundation to learning the SEJ process.

Learning Aims:

You will learn:

- Why we experience mental, emotional, and physical breakdown.
- The SEJ model the 'Mechanics of your Being' understanding how the mental, emotional, physical, and spiritual (Truth) work together in bringing forth empowerment.
- The range of emotions you can experience in any one day.

Learning Objectives:

You will be able to:

- Become aware of a range of emotions and their link to realising potential.
- Become more conscious to your mind (thoughts), bodily sensations, emotional reactions, and 'Truth'.
- Understand your own limiting thoughts and how these determine your behaviours.

Key Message for lesson 4

"The body, mind and emotions are simply 'tools' within which Truth (You) expresses its SELF. Once you know this deeply the need to self-manage becomes irrelevant".