

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, that 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 work in bringing forth empowerment.
2. How our past influences our present and future.
3. 'Truth' as a guiding force.
4. Emotional Monitoring.

This lesson provides a foundation to learning the SEJ process.

Learning Objectives:

Students 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 work in bringing forth empowerment.
- Explore a range of emotions.

Learning Outcomes:

Students will be able to:

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