

Lesson Plan: Lesson 6. The SEJ Worksheet Part 2

Lesson Introduction

Now that you have learnt the 4 core lessons this lesson will provide you with the final step in realising the SEJ Process for yourself. The lesson explains how to complete the SEJ worksheet Step 3 and 4 by way of a true-life example, including tips and explanations for each step and the importance of your commitment in the practice of the SEJ Process.

In this lesson we will cover the following:

1. Step 3. SELF Confidence – gaining confidence in the True Self
2. Step 4. SELF Empowerment – testing the original thought believed, becoming SELF Empowered
3. The difference between the internal and external experiences of life
4. When to practice the SEJ
5. The practitioner's commitment

Learning Objectives:

Students will learn:

- The four SEJ Steps to reach SELF Empowerment.
- How the mental, emotional, and physical 'bodies' change when self-enquiry begins.
- The difference between the internal and external experience of life.
- When to practice the SEJ.

Learning Outcomes:

Students will be able to:

- Complete Step 3. of the SEJ Process - gain confidence in their new empowering truth.
- Complete Step 4. of the SEJ Process – test to see if their original limiting thought is still an issue for them.
- Reach SELF empowerment and live to their full potential in every moment.
- End their suffering of fearful thoughts and painful emotions.
- Take personal responsibility for their own mental health and wellbeing enabling them to 'stay mentally healthy'.
- Use the SEJ as a transferrable skill.

Key Message for lesson 6

'You have got to have a successful internal experience to have a successful external experience'.