

Program Outline For “You Can be Happy No Matter What” - Workshop
by Vertical Dimensions Inc
Thursday evenings 6:30-8:30

First Series-4 sessions: Note there is no class October, 22nd

- Oct 1 Overview of first two series
-Discovering need of participants
Talking about Sydney Bank and the origin of the work
Creating the bridge between secular and spiritual understanding(even though they are of course the same)
Innate health (both mental and physical), Wisdom and perfection
- Oct. 8 - The First Gift (Principle)- Thought
Understanding it works
Distinguishing between Thought as power and thought as content
The nature of thought/Divine Thought
- Oct 15 -The Second Gift (principle)-Consciousness
Consciousness and Awareness - are they the same
Levels of Consciousness-checking your altimeter
Divine Consciousness-understanding the formless
- Oct 29 -The Third Gift (principle)- Intelligence (Mind)
Mind as energy, source, God
Knowing versus knowledge and experiencing versus belief
Putting the three gifts together -moving into life

Series Two-4 Sessions :

Applying the Three Gifts and Working with them

- Nov. 5 -Review of the Three Gifts- Stories about how they work together to create our experience of Life
Selecting focus areas for the 4 weeks (examples include parenting, financial wealth building, career wisdom, health and vitality, spirituality (participants select)
- Nov 12 -How to work with apparent obstacles to complete wisdom
There are no problems
First of three methods we will work with in course (catching the feeling and moving to neutral)
- Dec. 3 - Second method - pruning your tree
Catching the feeling and letting go
Handling the 4 wants (wanting control, approval, security, separation)
- Dec. 10 -Third Method - Working with the heart
Bank in the bank - not in your head
The Freeze Frame
The one moment meditation
Summary

Series 3- From the Three Divine Gifts to knowing who you really are
Commences in January 2010