

6 Week Self-Help Course:

Spoonbenders

Spiritual Development Facilitator: Reverend Arlene Raedel

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Don't try to bend the spoon, because that's impossible. Just realize the truth, that there is no spoon. (From the movie, "The Matrix")

The object of this course is to break down the walls of that box so you can realize a larger concept of who you are. The ultimate goal is not to learn how to bend metal with your mind, but to learn certain tools that will help you bend the whole world toward peace, including your life. Most people believe that neither of these things are possible. It is impossible to apply the energy of one's mind to act upon the physical world in such a manner, they say. Likewise, creating a world of peace in the midst of so much conflict and chaos is also impossible. But what if these two things are related, and dispelling one illusion automatically releases the other?

A Course in Miracles says that there is no degree in difficulty in miracles. In other words, large miracles operate under the same laws as small ones. Learn the technology that allows one, and the other becomes just as possible. Jesus said that if we had sufficient faith that we would be able to move mountains. That's a big miracle. He also said that we would be able to perform greater things than even he performed. Do you think he really meant those words, or was he speaking in metaphors? Your answer to that question will influence how open you are to reaching the goal of this course. Are you capable of allowing miracles into your life?

Lesson 1: There Is No Spoon

Lesson 2: Developing Certainty

Lesson 3: Methods for Bending Spoons

Lesson 4: Spiritual Warrior

Lesson 5: Miracle Mindedness

Lesson 6: The Journey Has Begun

It is suggested that you gather as many silver or silver plated spoons as possible before and during the course. Thrift shops are a good resource. The less amount of decoration on the 'neck' of the spoon the easier it will be on your hands. This will all make sense during the course.

About Reverend Arlene: She believes we each should have all the skills necessary to comfortably develop and enhance our spiritual journey with no fear or anxiety or ego.