

An Education In Love Series

Group 1 - Developing My Will To Love

Session 1		Description
My Desire To Love & Change	An Education In Love & Developing My Will To Love	Purpose of these series of assistance groups How humankind defines love How God defines love What does gaining an education in love mean? Why gaining an education in love is essential Am I here for the right reasons? Am I sincere about God, Love and change? How do I use my time & resources? How do I use my will? Do I live in truth?
	How Do I Feel About Love?	How do I truly feel about: God? God's Love? Unconditional human love? Do I want to: Let go of my own arrogance? Let go of my definitions of "love"? Feel my own lack of love? Desire God's way of Love?
	How Do I Feel About Change?	How do I truly feel about: Changing my current beliefs? Changing my current attitudes? Changing my current behaviour? Changing everything about myself? Changing everything about my life?
	How & Why I Remain Unloving	Examine how I remain unloving by: using fear as an excuse excusing & justifying fear based false beliefs excusing & justifying fear based actions The causes of resistance to positive change
	Personal & Group Feedback	Jesus & Mary give personal truth about: facing what my current life tells me facing that I do not want to love facing that I do not want to change
	Homework	Examine my own: fear excuses justifications of fear based false beliefs justifications of fear based actions

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Session 2		Description
My Fears Of Love & Change	Session 1 Review & Homework	Examine my own: fear excuses justifications of fear based false beliefs justifications of fear based actions
	Facing My Lack of Faith	In order to change, lack of faith must be experienced emotionally Experiencing my lack of faith in: God God's Love God's Laws Myself and my abilities
	Facing My Fear of Emotion	In order to change, false beliefs about emotion must be experienced emotionally Experiencing my false emotional beliefs about: Holding onto my current life Being emotional & overwhelmed Changing
	Facing My Fear of Action	In order to change, we must learn to act even though we are afraid Experiencing my fear of action means: Feeling fear rather than honouring fear Refusing to act in harmony with false beliefs
	Facing My Resistance To Truth	In order to change, false beliefs about truth must be experienced emotionally Experiencing my resistance to: Hearing God's Truth Having God's Truth enter me Living in God's Truth constantly
	Personal & Group Feedback	Jesus & Mary give personal truth about: facing my lack of faith facing my fear of emotion facing my fear of action facing my fear of God's Truth
	Homework	What practical ways can I: Feel my false beliefs about faith? Become more willing to feel emotions? Take action even when afraid? Feel my resistance to truth?

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Session 3		Description
My Will To Love & Change	Session 2 Review & Homework	What practical ways can I: Feel my false beliefs about faith? Become more willing to feel emotions? Take action even when afraid? Feel my resistance to truth?
	Understanding My Will	Understanding: Where my will comes from What influences my will Will vs "will power" How changes to my will occur
	Pleasure, Pain & My Will	What is a soul based understanding of the causes of pain and pleasure? How is pain caused by the use of my will out of harmony with God's definition of love How to become honest with myself about the true causes of pain How addictions and façade only increase pain How pleasure is caused by the use of my will in harmony with God's definition of love
	Developing the Will 'Muscle'	How emotions effect my will How my true will comes from within What destroys my will to love What builds my will to love
	Rewards of Developing My Will to Love	Rewards of a developed will to love: The reduction of my pain The increase of my pleasure The quality of my personal life A relationship with God
	Using My Will To Love In The World	Conclusion to Group 1 "Developing The Will To Love" Encouragement to exercise my desire to love and change while living in the world

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Group Format		
8¼ Day Format	Friday	Arrival in evening Welcome presentation at 7:00pm
	Saturday	Session 1 - Day 1 Theme: My Desire To Love & Change Start time: 10:30am End Time: 4:10pm
	Sunday	Session 1 - Day 2 Theme: My Desire To Love & Change Start time: 11:00am End Time: 3:40pm
	Monday	Rest and reflection day
	Tuesday	Session 2 - Day 1 Theme: My Fear Of Love & Change Start time: 10:30am End Time: 4:10pm
	Wednesday	Session 2 - Day 2 Theme: My Fear Of Love & Change Start time: 11:00am End Time: 3:40pm
	Thursday	Rest and reflection day
	Friday	Session 3 - Day 1 Theme: My Will To Love & Change Start time: 10:30am End Time: 4:10pm
	Saturday	Session 3 - Day 2 Theme: My Will To Love & Change Start time: 11:00am End Time: 3:40pm
	Sunday	Departure