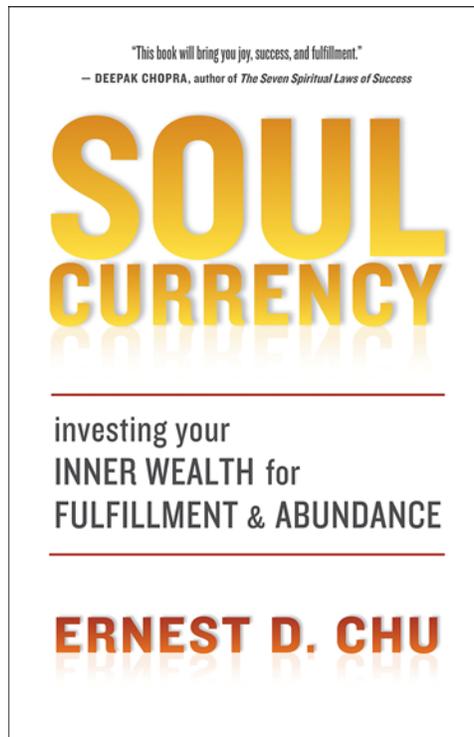


SOUL CURRENCY®

HANDOUTS FOR CLASS 6

October 2, 2008



“Remember, living in the flow of soul currency is not simply an act of faith but also involves a synergy of purpose and intention. Flow is living from a sense of grand sufficiency, but it’s not about having. It’s about connecting to, and *being*, the source energy in the universe: love. The greatest rewards come to us when we function as an integral element in Spirit’s circulatory system.”

-- Rev. Ernest Chu

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I Create My Life From A Higher Purpose

I acknowledge and celebrate the Infinite Power
That is All Loving, and All Present,
Expressing Itself Through Me and Supporting
Me in Creating from Love,
Joy, Prosperity, Growth and Clarity of Thought.

I create my Life as the higher purpose of Spirit,
Knowing that, as Spirit, I live and create from Love.
My thoughts are loving, and they flow into
A celebration of Life by creating
What I am passionate about,
Activities with a higher purpose that remind me
That I am an eternal being that is timeless,
Activities that are whole, perfect and complete.

I know these are financially wholesome and
Support my every need and desire
By allowing me to invest in my further growth
And expansion of what I stand for.

I live my Life ever mindful of the indwelling Spirit
Of God within – loving and supporting all
That I wish to become.
I affirm that my Life's Work is always done from
A higher purpose, assuring that financial prosperity,
Satisfaction and greater opportunities
Always flow my way.

I give great thanks, for I know gratitude is Love
And I know my Words have already started to work
In my Life – I declare them to be so.

And so it is.

Rev. Ernest D. Chu

CLASS SCHEDULE
Oct. 2, 2008

7 pm – 9:45 pm

Welcome

Opening Affirmative Prayer

Sharing

Living Soul Currency Magic: Review of Key Concepts

Break

Small Group Exercise:
Putting Your Soul Currency Into Action
Part II

Sharing

Closing Circle and Treatment

Exercises for Co-Creating with Spirit

Begin Each Day:

As you wake up, start the day off with a prayer. This is an opportunity to set the vibration of the day. Be mindful that this is an opportunity to “create” the day, so prayer creates the “to be” list rather than the “to do” list. Give your greatest dreams over to Spirit and envision them as complete. There is no task too great or too small for Spirit.

During the Day:

Remember that we create our physical world from the inside out. Notice the great visions that others have created, ranging from communities to museums and schools and companies. Affirm that you easily create from the invisible of substance of Spirit and direct it with thought.

How Big is Your Bucket?

How big is your prosperity bucket? Allow yourself to feel how clear you are about your own deserving. Are you caught up in details and hold beliefs about the difficulty or other obstacles that may be in the way? Do you find routine more comfortable, and find it difficult to change outside your comfort zone? Do something today that allows you to stretch, outside your comfort zone.

Speaking:

Be conscious of what you say, not only of the use of such words as “I want” or “I need,” but of expressions of judgment and negative limiting thought, as well. Give a friend or loved one permission to point out whenever that occurs, and write it down and review it at the end of each day.

Your Relationship with Spirit:

Take time out to do spiritual mind treatment at least twice each day. Focus the treatment on your intention, and do it with a faith that Spirit provides. If you have doubts, treat for clarity and openness to receive.

The Bible says we are created in the image of the Father, and indeed it is the energy imprint of the greatest divine qualities that we treasure and celebrate in others but don't value nearly as much in ourselves. The infinite cosmic plan has been designed to respond to our thought, intention and belief, and follows divine laws in reordering itself in both the physical and non-physical world.

Living in Prosperity and Abundance

Your Inner Critic

- Watch any tendencies to see only obstacles.
- Be aware that when you judge, you often judge those qualities that you either like or dislike.
- Retire your “critics” committee (may include parental figure, etc.).
- Create your internal dialogue so light (highest empowering emotions) ALWAYS triumphs over dark, or the negative.
- Put your positive energy toward things you can change; don’t indulge the ego’s negative fantasy, worry.
- Rein in personal doubt about outcome.
- Remember, the Titanic was built by experts; Noah’s Ark was built by novices.
- Affirm abundance and life.

Value Spiritual Assets

- See massive monetary value in each one of your Spiritual Assets.
- Feel yourself rich and empowered with Spiritual Capital – the sum total of your Spiritual Assets.
- Value and honor those Spiritual Assets, which are your strengths.
- Know that other Spiritual Assets, even those which you think you never use, are available to you.
- Sprinkle the benefits (results) of your Spiritual Assets liberally on anything you do. Don’t do it for the return.

Your Mind’s Focus

- If you seek additional money, then focus on liquidity.
- Liquidity is part of God. Energy given is never lost – it returns enhanced.
- Make prayer and spiritual focus the prime directive in your life.
- Allow “Divine Love” to Pour into Your Life.
- See apparent setbacks as “positive feedback,” rejection as opportunity for something better.
- Guide your internal dialog so that you believe all of the above.

Beliefs and Thoughts

- Replace and transmute fear with love.
- Replace uncertainty with trust and faith.

- Replace limitation with a larger and larger vision.
- Affirm that everything gets completed with ease and grace.
- Envision and imagine clearly.
- Know that the invisible world creates the visible.

Friends and Family

- Participate in positive, empowering discussions.
- Be aware of old patterns and behavior and do not indulge them.
- Spend time with friends who support your new interests.
- Be aware of co-dependencies that sap your energy.
- Practice being loving, no matter what the situation.
- Build new conscious friendships and support networks.

Life Styles

- Establish time for spiritual practice, especially prayer.
- At important times of the day, take a moment to center yourself.
- Create harmonious and tranquil living environments.
- Avoid getting caught up in “news” and “violence.”
- Use and practice “conscious language.”
- Take care of unresolved matters or issues whenever you can.
- Give energy to your future – not to the past in thought and conversation.

Ten Truths to Transform Your Life

Sarah Ban Breathnach lists ten simple truths that can start to transform your life now. When we have proactive gratitude, these truths live within us.

1. Gratitude is the most transformative force in the cosmos, because gratitude is love. When our hearts are broken, we don't think we have much to be thankful for. We don't have to be smiling when we say "Thank you."
2. Your happiness increases the happiness of everyone who knows you. "We have so much. All we have is all we need. All we need is the awareness of how blessed we really are."
3. Whether we live passionately or not is a choice we make. When writers write, the most important emotion is conveyed between the lines. "I want to live in between the lines, where the depth is."
4. Those who live passionately teach us how to love. Those who love passionately teach us how to live.
5. Big changes come with small choices. "Little changes [and] little choices add up to be revolutionary changes in your life."
6. The more risks you take, the luckier you become.
7. Nothing hurts you more than your expectations. "If you trust life and learn to embrace it and try not to control everything, then life can be more wondrous than you thought it would be."
8. Our relationships with others are only as emotionally healthy, happy, holy and content as our relationships with ourselves.
9. The only wound your soul never recovers from is regret. "What I know for sure is that we don't have the luxury of regret any more. The past only asks to be remembered."
10. Cherish each morning and give thanks for each evening. "I think the

greatest gift September 11 can give us would be that we learn to cherish our imperfect lives.”

My Promise To Myself

Who I AM:

**Each Day I Commit to Center myself in Love.
(List Three Specific Ways of Being:)**

**I Commit to Open to My Soul Currency
(List three Spiritual Commitments You Will Make:)**

6. Did 6 weeks feel too short, long or just right?

7. Would you recommend this class and the *Soul Currency* book to a friend, associate or relative?

8. (Optional) There are many people who visit the Soul Currency website that would benefit from your sharing your experience of this class. If you benefited from the class, can you take a moment and write two or three sentences we can share on the website:

9. Would you attend another prosperity or spiritual class series with new material, given by the same instructor?

10. Would you be interested in participating in a *Soul Currency* book study group?

11. Any other comments:

Thank you for your support and comments!