

Lesson 5 - Exercise support and tips

Methods to assess learning in this lesson is tutor observation, completed exercises and questions and answers. Plenary includes oral assessment with show of hands in relation to the lesson key message and understanding of the lesson.

Exercise 1 The SEJ Worksheet Step 1

Full instructions are given on the exercise worksheets, if you require further support, you can email enquiries@thesej.co.uk or contact your SEJ Facilitator.

1. Hand out exercise sheet Lesson 5 exercise 1 The SEJ Worksheet Step 1 Template with The SEJ Worksheet Step 1 Example. Students can refer to the example worksheet to remind them of how to complete each section.
2. Situation: Ask students to complete the situation with an area of concern in their life. We recommend they do not choose anything too distressing for the exercise. The situation should be one or two lines maximum, anymore and they will have gone into the 'story' too early.
3. Story: Ask the students to complete their story in relation to the situation. Remind the students not to censor their thoughts and to write their story in their own words. Tell the students that nobody else will see their worksheets and they can destroy it after completing the full training if they wish to.
4. Take as much time as is needed to write the story, get everything out on paper. When the student believes they have finished the story ask them to check, are there more thoughts?
5. List your thoughts: Ask students to list the thoughts that grab their attention consider they may:
 - a. Have a strong emotion attached to them.
 - b. Think this thought often in other situations.
 - c. Have repeated the thought several times in this situation.
6. Use a highlighter to highlight the thoughts.
7. Once done, students are to choose just one thought, ensure they understand they cannot choose a wrong thought, as all thoughts listed will be limiting. Simply pick the one they are most drawn to.
8. Four bodies: Ask the students to put their chosen thought through the 4 bodies, they can refer to the worksheet in Lesson 4. Four Bodies Examples to support them.
9. It is essential the students notice (be the observer of) their emotions and physical sensations. Otherwise, they will try to think about what they are feeling emotionally and physically.

Tips:

1. Encourage students to always hand write the worksheets do not use a laptop or other device.
2. Remember the rule: 'one thought one worksheet'.
3. Remember the emotions change for each individual thought within the story and the story as a whole.

4. Only when you believe a thought do you have physiological and psychological reactions.
5. The mind does not know whether a thought is true or not, therefore we do the SEJ.

Exercise 2 The SEJ Worksheet Step 2

1. Hand out exercise sheet Lesson 5 exercise 2 The SEJ Worksheet Step 2 Template with The SEJ Worksheet Step 2 Example. Students can refer to the example worksheet to remind them of how to complete each section.
2. Encourage students to sit in silence with the chosen thought from Step 1. You can talk the whole class through the sitting in silence practice when they have completed Step 1 if required, play the Sitting in Silence Verbal Instruction Video, or simply allow the students to try step 2 for themselves.
3. If any students are struggling, they can Climb the ladder of Truth, remind them it is simply a game of opposites.
4. Ensure the TRUTH RESONATES! Before the student moves onto the next section.
5. Complete again the four bodies as in Step 1, by asking the students to simply notice what is happening in their 4 bodies, not what they think is happening.
6. NOTICING IS KEY TO GOING BEYOND THOUGHTS.
7. **Encourage the students to see how all 4 bodies have completely changed in the positive at Step 2 compared to Step 1, and how empowering this is.**
8. **If the emotional, physical, and spiritual have not changed it is because the student has not accessed Truth, the student needs to do this step again.**

Tips:

1. Step 2 is about creating a space for thoughts to be seen.
2. Don't be afraid of your thoughts.
3. Remember when a thought changes so do the emotions, physical sensations, and behaviours/actions.
4. Remember 'The Truth ALWAYS feels good'.
5. Remember we are looking for Truth NOT a positive thought, because we are going beyond the mind.
6. Every thought is up for questioning.

Students' Exercises for Different Abilities

Exercise 1 Step 1

1. Advancing: Students must complete all parts of Step 1 in full.
2. Developing: Students must complete all parts of Step 1 in full. A fellow student or educator may be able to give additional support.

Exercise 2 Step 2

1. Advancing: Students must complete all parts of Step 2 in full.
2. Developing: Students must complete all parts of Step 2 in full. A fellow student or educator may be able to give additional support.