

Lesson Plan: Lesson 2. Breaking the Cycle of Suffering - Happiness is the Key to Life

Lesson Introduction

When we believe our stressful thoughts, we suffer! This lesson shows us that what we choose to think about daily will define our level of happiness and success. How we unconsciously replay thoughts that cause us to live a limited version of ourselves. In this lesson we will share with you why we unconsciously react when we believe a thought, and how the SEJ can break the cycle of suffering enabling you to live an empowered life.

In this lesson we will cover the following:

1. What is your goal, happiness, or suffering?
2. What takes us away from happiness?
3. Why we identify with our thoughts.
4. What happens physiologically and psychologically when we believe our thoughts.

This lesson provides a foundation to learning the SEJ process.

Learning Aims:

You will learn:

- How and why our thoughts about life events cause us to suffer.
- Why we identify with our thoughts.
- What happens physiologically and psychologically when we believe our thoughts.
- The cycle of suffering.

Learning Objectives:

You will be able to:

- Gain awareness of your limiting thoughts.
- Begin the journey of self-enquiry.
- Experience how your thoughts and emotions determine the choices you make.
- See how Einstein broke the 'cycle of suffering'.

Key Message for Lesson 2

"What we choose to think about daily will define our level of happiness and success."