# Title: Power of the Mind

**Key Questions:**

Do we ever stop and evaluate our lives?

When and why do the followers of T\* take time out to be reflective?

What are the benefits of reflecting on my life?

When can looking back be a negative thing to do?

Is there more to life than we experience in the physical world?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

Why is it of benefit to me to develop my spiritual or attentive nature?

Are there times when it is important to concentrate on the physical world?

Do we ever reflect on the things that have gone badly in our lives?

In what ways are followers of T\* critical of their lives or T\*?

When is it necessary to think critically about my own actions and how should I respond to what I notice?

When is self-criticism a damaging thing to do?

**Is** there a God worth listening to?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

How can following teaching and guidance of T\* improve society?

How do I respond when following the will of God or views held precious by my tradition conflict with society’s views?

**Key Concepts:** mind, contemplation, silence, knowledge, mental health, power, positive

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| **Learning objectives** | **Activities** | **Resources** |
| LO: to consider the power of the mind and the importance of keeping it healthy. | Question: what is a human being worth?  Do the maths! Add up the cost of each of these items – does this give you the value of a human being?  The average human body contains enough potassium to fire a toy cannon, phosphorus to make 2,200 match heads, carbon to make 900 pencils, fat to make 7 bars of soap or 75 candles, iron (0.01% of body mass) to make a 7.5 cm nail, water (70% of your body) to fill a ten-gallon tank, and enough sulphur to kill all fleas on an average dog.  Look at the information. Question:  What if we sold you to the illegal organ trade!  Is this all a human is worth?  Question: What makes us worth more than this? Discuss in groups.  Feedback  Some people believe that humans are worth more than this because we are made up of three dimensions – body, mind and spirit. In this unit we are going to focus on the value and importance of our minds.  Brainstorm – what is the mind?  Feedback  The human mind is the most complex machine on Earth. It is the source of all thought and behaviour – watch the clip.  Question: How does our mind work?  Discuss in pairs  Feedback  Imagine you have a lemon in front of you. You cut it in half and then bite into it. You taste the btterness as you suck the juice out of it.  Does thinking this have a reaction on your body? Does your mouth fill with saliva?  What does this experience say about the power the mind has over our body?  Read the story of the Golden Eagle  What is Anthony De Mello trying to teach with this story? Do you ever fall into this trap?  Read these teachings.  Christianity - "For as a person thinks within themselves, so they are."  Buddhism - "What we are today comes from our thoughts of yesterday and our present thoughts build our life of tomorrow: our life is the creation of our mind.”  Humanism – “Think for yourself”  Write a statement that describes the power of the mind based on these. | Looking Inwards Looking Outwards by CEM (ISBN1 85100 100 x) is a useful resource for this unit  These photos from an exhibition called Being Human may be interesting starter activities – **you will need to read the descriptions to choose suitable images depending on the age of the class.**  <https://wellcomecollection.org/exhibitions/XNFfsxAAANwqbNWD>  A clip on how much the human body would be worth if it’s organs were sold.  <https://www.sciencealert.com/this-is-how-much-your-body-is-worth>  A clip on how the human mind works.  <https://www.youtube.com/watch?v=N2iJF2I94pg>  <http://www.gurteen.com/gurteen/gurteen.nsf/id/X0003F23E/> |