# Title: Power of The Mind – Thoughts

**Key Questions:** AT1: Is curiosity a good thing?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 we have over our thoughts and feelings | Think of a time when someone said something horrible about you. How did this make you feel?  How long did you keep thinking about it? Why might it be harmful to dwell on it?  Read the story of the men with two sacks. Draw the face of each man and underneath write one word to describe him.  Which man are you? Does this need to change? How can you do this? If you are the third man what advice would you give to others?  Visualisation: ask students to visualise something they want to achieve. Think it through in lots of detail. Do they think this will help them to achieve?  Or ask them to stand on one leg – they will struggle. Ask them to visualise doing it and then try again and the should find it easier.  Did you find it easier? How did visualising something improve the situation. wherelse could you use this technique?  Read these quotes.  What can you learn from them? What can you apply to your own life? What do you think is not a helpful idea? Why?  “Human beings tend to move in the direction of their thoughts. If they harbour greedy thoughts, they become more greedy; if they think angry thoughts they become more angry; if they hold foolish thoughts, their feet move in that direction.” The Buddha  “Fill your minds with those things that are good and that deserve praise: things that are true, noble, right, poor lovely and honourable.” Philippians 4:8  Action, which springs from the mind, from speech, and from the body, produces either good or evil results; by action are caused the (various) conditions of men, the highest, the middling, and the lowest. (A man) obtains (the result of) a good or evil mental (act) in his mind, (that of) a verbal (act) in his speech, (that of) a bodily (act) in his body. (Hinduism: The Law of Manu 12:3,8)  Choose one of the quotes and design a postcard you could send to someone who was struggling with negative thoughts about themelves. | <http://saltforsermons.org.uk/what-are-you-carrying-in-your-sacks/>  Some information on the power of the mind.  <http://www.successconsciousness.com/index_000086.htm> |