

# Minister's/Bachelor's Degree Course Study Modules

## VOLUME II

Modules: 13 – 24



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## Guide to Personal Transformation

- You must decide, know, and be completely willing to follow through in the knowledge that if a change is really going to be made in your life, ***IT MUST BEGIN WITH YOU.***
- You must realize and be determined that where you have been responsible for your own mistakes in the past, ***YOU WILL MAKE EVERY EFFORT NOT TO REPEAT THEM.***
- It is important to realize that if you are highly sensitive or vulnerable, you must always be on the alert ***NOT TO LET THIS SENSITIVITY IN LIFE BE A DETERRENT*** to accomplishing the desired self-transformation.
- You must be on guard ***NOT TO LET THE NEGATIVITY OF OTHERS BE AN INFLUENCE*** in your life, which would thereby result in setbacks in your attempt toward inner transformation.
- You must realize that the use of rationalization as an excuse for ***AVOIDING THINGS THAT WOULD AID IN YOUR INNER TRANSFORMATION IS NO LONGER POSSIBLE.***
- ***YOU MUST REALIZE THAT THERE WILL BE AN INEVITABLE LOSS OF SOME FRIENDS,*** or there may be people who think it somewhat peculiar for you to attempt to transform yourself.
- Others may unconsciously resent it because it serves as a reminder to them that they are avoiding that very action in their own lives. Hence, you may, after awhile, experience a sense of isolation. This should not be a deterrent, as there is far more to be gained in the process of self-transformation than in what you might receive from friends.

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- As you commence to undergo changes, it is important to ***AVOID THE TENDENCY TO LOOK DOWN ON OTHERS FOR THEIR WEAKNESSES*** and/or because they are doing nothing for themselves, in the spiritual sense, in their own lives. Most of us do not decide to make these types of changes in ourselves until our mid-years. How, then, can we condemn others for behaving exactly as we have done in our own lives!
- You must begin, possibly for the very first time, to ***VALUE THE IDEA AND CONCEPT OF FAITH***, even if you have been an atheist, for none of us can succeed unless we have faith that with God's help, we will be successful!
- You must recognize that ***PART OF THE CHANGE THAT CAN TAKE PLACE WITHIN DEPENDS ON TRUTH***. This refers to truth within you and truth in your dealings with others. In fact, the more honest we are with ourselves, the more truthful we are with others, and vice-versa.

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- Neither the inexperience of youth nor the trials of later years can thwart the efforts of the determined individual seeking transformation.
- You must come to the realization that while ministers and psychotherapists are capable guides, they are only guides. ***THE REAL DECISION TO CHANGE MUST TAKE PLACE WITHIN***, from the very ***courage of the heart***.
- If, then, it is a matter of finding the courage of heart and the indomitable spirit of a determined will to make changes, ***IS IT UNREALISTIC TO SUGGEST THAT THE GOD WITHIN OUR HEARTS, AND THE SPIRIT OF GOD AS OUR WILL, IS SOMETHING VERY REAL TO WHICH WE CAN TURN?*** Here, religion can truly begin anew for any man or woman needing the strength, courage and will required for authentic change to take place within oneself.

# *Meditational Prayer Treatment*

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***“Divine Heart within me, who art the center of the universe, I call forth into your Presence that the spirit which moves within me be moved by Your Eternal Spirit, also dwelling within me -***

***- that as I seek to transform my inner life, I realize in so doing that I work ever so close to your Indwelling Presence -***

***- that as I seek to make the changes within myself which I know are necessary, I feel the closeness of Your Presence within me -***

***- that as I pray that changes are made within myself, I direct this prayer to within myself -***

***- that in the end, the alpha and omega of what I am within myself will know not the difference of Your Presence and that of my own -***

***- that through transformation, in the silence of my heart, before Your Throne, which is the Universe Itself, I may declare, ‘I and my Father are as one!’”***

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