

UNIVERSITY OF SANTA MONICA

LIFE MASTERY & SOUL-CENTERED LIVING II:

A 10-MONTH CERTIFICATE PROGRAM IN ADVANCED SPIRITUAL PSYCHOLOGY

LIFE MASTERY & SOUL-CENTERED CO-CREATION

DESIGNING & MANIFESTING YOUR SACRED YES PROJECT:
CO-CREATING YOUR BLUEPRINT

*“Dare to live the life you have dreamed for yourself. Go forward
and make your dreams come true.”*

◆ Ralph Waldo Emerson

*“Be careful what you water your dreams with. Water them with worry and fear and
you will produce weeds that choke the life from your dream. Water them with
optimism and solutions and you will cultivate success. Always be on the lookout
for ways to turn a problem into an opportunity for success. Always be on the
lookout for ways to nurture your dream.”*

◆ Lao Tzu

OVERVIEW:

The primary focus, Blessing, and opportunity of this course includes identifying, envisioning, designing, and successfully manifesting a substantive Sacred Yes Project that has Heart and Meaning for you utilizing the process of Soul-Centered Co-Creation and demonstrating Life Mastery. In order to accomplish this, it is essential to fully engage in an experiential learning process designed to produce meaningful results. Through participating wholeheartedly in the design, evolution, and successful manifestation of your *Sacred Yes Project*, significant value is available, including greater levels of Creativity, Focus, Flow, Authenticity, and Mastery.

There are as many different Projects as there are people. Maybe you'd like to learn another language; explore your creative expression through music, art, or creative writing; write a book; make a career change; or Co-Create a Sacred garden. You may choose a Service Project. The foundational Intention for your Sacred Yes Project is choosing something Heartfelt and Meaningful to you—a Project with which you experience resonance in your Heart—a Project that is a Sacred Yes.

Within the context of Spiritual Psychology, Soul-Centered Co-Creation is based on/ finds ground in the Principle: *We are not human beings with Souls; we are Souls having and using a human experience.* This process opens Sacred space within which you can align and attune and more fully receive Spirit's inspiration, guidance, and support. Co-Creation includes the recognition that Spirit is in charge; thus, the focus of “This or something better for the Highest Good of All Concerned.”

In practical terms, in this Special Edition of the Second Year, *Life Mastery & Soul-Centered Co-Creation* presents an extraordinary opportunity for experiencing Authentic Empowerment through developing greater effectiveness in your functioning on both the Goal Line and the Soul Line of life. Success on the Goal Line involves Clear Intention, clear Vision, taking consistent action, becoming One with your word, receiving feedback, and, when necessary, taking course-corrective action. Success on the Soul Line involves recognizing that when events, situations, or circumstances you encounter on the Goal Line trigger material in your consciousness, you are being provided with opportunities for *Working Your Process* on the Soul Line in service to issue resolution and your Spiritual Awakening. A by-product of issue resolution tends to be greater clarity with how to move forward on the Goal Line; thus the circular dance of Soul-Centered Co-Creation!

DESIGNING & MANIFESTING YOUR SACRED YES PROJECT: CO-CREATING YOUR BLUEPRINT

During February and March, your focus will be on creating your *Blueprint* for designing and completing your *Sacred Yes Project*. The structure of the attached document supports you in having a clear overview of your *Project* knowing that, with any Co-Creative endeavor, clarification, course corrections, and refinements are a natural part of the process. Your *Sacred Yes Project Blueprint* is not cast in concrete; you are free to update and revise it.

In service to creating an environment of accountability and support, we encourage you to share your *Sacred Yes Project Vision Statement*, your *Criteria*, and your *Project progress* with your *Project Team* each month.

"Your hopes, dreams, and inspirations are legitimate. They are trying to take you airborne, above the clouds, above the storms, if you will only let them."

◆ William James

DESIGNING & MANIFESTING YOUR SACRED YES PROJECT: CO-CREATING YOUR BLUEPRINT

Please answer each of the questions below regarding your Project.

1. **QUALITY**
2. **AFFIRMATION**
3. **SACRED YES PROJECT VISION STATEMENT**

A brief, yet thorough, and specific description of your *Sacred Yes Project* that has Heart and Meaning for you. Include in your *Sacred Yes Project Vision Statement* the intended outcomes.

At the end of your *Sacred Yes Project Vision Statement*, include the following: "I will be investing a minimum of six hours per week on this Project. This or something better for the Highest Good of All Concerned."

4. **LIST THE SPECIFIC CRITERIA YOU ARE USING TO DETERMINE SUCCESSFUL COMPLETION OF YOUR PROJECT. IF YOU ARE USING SIGNPOSTS, PLEASE LIST THESE ALSO.**

Please refer to the handout, *Guidelines for Developing Criteria and Signposts*. The *Sample Criteria* handouts are provided to support you in setting up your criteria according to the examples. In addition, it will assist you to accurately label each of the criteria and criteria signposts, process criteria, or criteria measured by rating scales.

To serve as a way of tracking what transpires over time, if any process or rating scale criterion is not met in a particular month, please put "Incomplete" in the Actual Completion column. An explanation, learning, and/or course-corrective action is an opportunity for discussion with your *Project Team* members in your *Team Meetings* for support and encouragement.

5. **LIST OF ACTION STEPS (THREE-FOOT TOSSES) COMPLETED.**

List the action steps relating to your *Sacred Yes Project* that you have completed during the month.

6. **LIST OF ACTION STEPS (THREE-FOOT TOSSES) COMMITTED TO BUT NOT COMPLETED.**

List any steps you committed to but did not complete.

7. **HOW MANY HOURS DID YOU SPEND ON YOUR PROJECT EACH WEEK THIS MONTH? Please use the following format.**

Week #1 — 6 hours

Week #2 — 7 hours

Week #3 — 6 hours

Week #4 — 8 hours

Week #5 — 6 hours (Note: include if 5 weeks between classes.)

8. **COURSE CORRECTIONS RECOGNIZED AND ACTED UPON THIS MONTH IN SERVICE TO PROJECT CLARIFICATION AND EVOLUTION.**

Briefly describe any situations that resulted in your taking course-corrective action. What happened and what did you do in response?

9. **ON A SCALE OF 1–100, RATE YOUR LEVEL OF ENGAGEMENT IN YOUR PROJECT DURING THE PAST MONTH WITH A RATING OF 1 REPRESENTING “NON-ENGAGEMENT” AND 100 REPRESENTING “FULL ENGAGEMENT.”**

What is the basis for this evaluation? Please be specific.

11. **ON A SCALE OF 1–100, RATE YOUR LEVEL OF ENTHUSIASM FOR YOUR PROJECT PARTICIPATION.**

What is the basis for this evaluation? Please be specific.

12. **IF SUCCESSFUL COMPLETION OF YOUR PROJECT IN OCTOBER REPRESENTS 100%, WHAT PERCENTAGE OF SUCCESSFUL COMPLETION OF YOUR PROJECT HAVE YOU ATTAINED TO DATE?**

What is the basis for this evaluation? Please be specific. Do you need to make any changes in order to complete your *Sacred Yes Project* on time?

13. **LIST YOUR ACTION STEPS (THREE-FOOT TOSSES) FOR THE COMING MONTH.**

All items from your criteria that require action in the coming month are to be listed here.

14. **LEARNINGS**

- a) Remembering that events, situations, or circumstances that you encounter on the Goal Line often trigger material in your consciousness thus providing opportunities on the Soul Line, what Soul Line opportunities, if any, are you aware that your *Project* or involvement with your *Project Team* is surfacing inside of you?
- b) How are you working with yourself (*Working Your Process*) with respect to these opportunities, using the *Principles and Practices of Spiritual Psychology*?
- c) What are you learning from this process?

15. **EVALUATION OF YOUR PARTICIPATION AS A PROJECT TEAM MEMBER**

- a) On a scale of 1–100 (where 1 = minimum participation and 100 = maximum participation), evaluate your participation as a Team member with regard to the *Life Mastery & Soul-Centered Co-Creation Project Teams Course Objective #1: Functioning as an effective Team player, contributing and receiving value by demonstrating enthusiastic, positive, and supportive attitudes and actions; effectively using the Principles and Practices of Spiritual Psychology in your communications and interactions; encouraging Team members to “stretch” into greater levels of Creativity and Mastery while completing a Project that is Heartfelt and substantive; and supporting fellow Team members in their resourcefulness and strengths, rather than the limitation of the small self.*
- b) What is the basis for your evaluation? Be specific. What are you doing that is contributing to your Team and to the individual Team members? What, if anything, are you doing or not doing that is detracting from your Team?
- c) Were you on time and present throughout both your Team meetings in their entirety? Be specific. (Being on time is defined as physically present for the centering process at the beginning of the meeting.)

16. TEAM EVALUATION

- a) On the same scale as above, evaluate the effectiveness of your Team.
- b) What is the basis for your evaluation? Be specific.
- c) Do you have any concerns about any Team members regarding their progress on their *Project* and/or their participation as a Team member? Is this an opportunity to provide them supportive feedback or encouragement?

17. IS THERE ANY ASSISTANCE YOU WOULD LIKE WITH YOUR PROJECT?

If so, what is it and what is your plan for getting it?

18. WHAT DOES YOUR INNER COUNSELOR HAVE TO SAY TO YOU ABOUT YOUR PROJECT AND YOUR PARTICIPATION IN IT?

Center yourself in your Authentic Self. Invoke your Inner Counselor and actually write out what your Inner Counselor says in the first person.

19. INTENTIONS

What are your Intentions relative to your *Sacred Yes Project* and *Project* participation? You are encouraged to review, revise, and expand upon them based on your experience and learnings from month to month. Consider how your Intentions are serving you. Give your Intentions your attention!

20. ANYTHING ELSE YOU WANT TO INCLUDE.