

3-S⁺ Group #2: Habit Patterns Of The Mind

Materials Required

1. Meditative Video Segment, and the equipment required for playing the video.
2. “Tardiness” door sign to be placed on the door at the end of the video: “Entrance to the group room will not be permitted once the video has finished. The video has finished. Please join us next week.”
3. Wall Posters prominently displayed – In large letters ...
 - a. Commitment: “Today I renew my commitment to my spiritual path.”
 - b. The Spiritual Qualities – the spiritual self’s 14 Spiritual Muscles: “generosity, morality, renunciation, wisdom, effort, tolerance, truth, strong determination, loving kindness, equanimity, gratitude, courage, forgiveness, and serenity”.
4. Timer (for meditation and other timed exercises).
5. Pencils and notepaper for each participant.
6. Tape (to adhere poster paper to the walls, as needed).
7. Paper and easel board with marker for recorder.
8. One red marker for each group member.

Therapeutic Goals

1. To provide a therapeutic context for a cognitive shift from habitual activation of the addict self-schema to increased activation of a spiritual self-schema that has as its focus doing no harm to self and others
2. To increase awareness of the automaticity of schematic processes, such as the addict self-schema.
3. To provide an opportunity for the creation of new cognitive scripts and behavioral action sequences that are consistent with the individual’s spiritual/religious faith. This session provides the opportunity for ...
 - a. the practice of meditation on the in-and-out breath (to increase the ability to focus attention and still the mind).
 - b. a demonstration of the physical and emotional consequences of thought.
 - b. the practice of mindfulness (to increase awareness of repetitive thoughts that activate the addict self).
 - c. the practice of thought stopping and replacement techniques.
 - d. the practice of recognizing choice points in daily life when group members can choose to activate their Spiritual selves rather than their addict selves.

Begin Group

1. Video

A commercially available meditation video of tranquil nature scenes is played to mark the beginning of each 3-S group session. The purpose of playing a meditative video at this time is to provide a buffer, or transition period, during which group members can begin to detach from their often chaotic lives, in readiness for the activation of their Spiritual selves through the practices of meditation and mindfulness. The video also

provides a “tardiness window.” Out of respect for the group, punctuality is expected of group members. However, if group members are unavoidably detained, they will be permitted to enter the group room late only during the playing of the video. Once the video has finished, the group room door is closed, the “tardiness sign” is placed on the door (see list of required group materials) and any late members will not be permitted to enter. They will, of course, be encouraged to return, on time, the following week. Repeated lateness should be discussed with the client during individual sessions.

Kazuhiko Ikegami, “Mau,” *Eversound Expressions*, Eversound (2002) (3.49 minutes)

2. Welcome

At the end of the video the therapist places the “tardiness sign” on the outside of the group room door and welcomes all members to the 3-S group [Note: ground rules for the group, if any, (e.g., time management strategies used, policy regarding eating/drinking during group, etc.) may be reviewed at this time.]

Therapist script:

Welcome to Spirituality Group Therapy.

3. Introductions

Immediately following the welcome, the therapist asks group members to introduce themselves, by standing and saying their first names. [Note: as new group members may be added each week, it is important to have all group members introduce themselves every week.]

Therapist script:

Let’s begin by introducing ourselves. One at a time, please stand and say your first name; then remain standing. [Therapist begins]. Hello, my name is

4. Commitment

Following the introductions, while group members are still standing, they are asked to renew their commitment to their Spiritual path by reading aloud the words on the Commitment Statement Poster [“Today I renew my commitment to my Spiritual path”] that is displayed prominently on the front of the group room (see list of required group materials). Group members are then seated.

Therapist script:

While we are still standing, let’s renew our commitment to our Spiritual path by together reading the Commitment Statement aloud. [Therapist points to Commitment Poster]. All together ... Today I renew my commitment to my spiritual path.

5. Overview of 3-S development program philosophy: The therapist provides the following overview each week:

Therapist script:

Each of you are here today because you have made a commitment to abandon the addict self that has caused such suffering in your lives, and to develop instead your Spiritual self which will provide you with access to the peace and happiness of your true Spiritual nature. I know I don't have to tell you that although the addict self promises you relief from suffering, it is actually taking you on a path that leads to unending physical, emotional, and spiritual pain. You all know that once it takes over – once it goes on automatic pilot – your welfare and the welfare of loved ones is of no importance to the addict self: it can easily convince you that absolutely nothing else matters except getting high. The goal of this program is to help you see the addict self for what it is – a habit pattern of the mind that causes tremendous suffering. You will learn how to interrupt its habitual scripts – those “tapes” that play over and over in your head that urge you to use drugs just one more time, or to engage in other behaviors that can cause harm to you or others. These include sharing drug paraphernalia and having unsafe sex, both of which can transmit HIV and other infections that can cause even greater suffering in your lives and the lives of others. In this program you will learn how to recognize the voice of the addict self and to stop it before it can harm you or others. You will do this by seeking refuge and strength in your true Spiritual nature. In this program, we view you as your Spiritual nature. That's the real you, not the addict self. Over the years of addiction, you may have come to doubt that you even have a Spiritual nature, or you may feel that it is now inaccessible to you. At this point, just have faith that it is still there; that it is always there. Your true Spiritual nature may be temporarily hidden from view, but trust that it is there. All you need is a way to access it – a path – that's your Spiritual path. However, in order to develop or strengthen this Spiritual path you will need a Spiritual self that has strong spiritual muscles – [therapist points to the poster – see list of required materials] – your Spiritual self's muscles are these 14 spiritual qualities that the addict self has tried to destroy. Together we will help you strengthen those spiritual muscles so that your Spiritual self stays strong and so that access to your Spiritual nature is available to you in every moment of every day. Just like strengthening physical muscles, strengthening your spiritual muscles takes training and practice. Each week we will practice meditation and do mindfulness exercises together that will help you to stay on your Spiritual path and access your Spiritual nature, but

you also need to practice between groups. To get the most out of these group sessions, you will need to make the effort to quiet your mind, to focus your attention, and to listen carefully to what I and the other group members are saying.

6. Agenda: The therapist provides group members with the agenda for the session. Providing an agenda aids in keeping the group focused and facilitates time management.

Therapist script:

Today we are going to begin as we always do by practicing meditation on the in and out breath. We will do this for five minutes. We will then work on some new material for about 30 minutes. After this we will end as we always do with a discussion and review, and our spiritual stretch.

7. Meditation Practice

Each group session provides an opportunity to practice meditation on the in- and out-breath (*anapanasati*). This brief 5-minute practice session is primarily for the purpose of reviewing the technique, for providing rationale for its use as a means by which the automaticity of the addict self is reduced and the spiritual self is accessed, and for encouraging daily practice. Group members are encouraged to practice daily for longer periods (e.g., 30-60 minutes daily).

Meditation on the in- and out-breath (*anapanasati*) with rationale and step-by-step instructions:

Meditation Rationale:

Therapist Script:

- *Our minds have a center or resting place – a peaceful stillness that is available to each of us where we can go to experience our true Spiritual nature. Some people may experience this stillness as their Spirit, or God or their Higher Power. Whatever way you experience it, just know that it is always there within you.*
- *Habit patterns of the mind (like the addict self) cause the mind to wander away from its center – this stillness. In fact, the addict self thrives in the wandering mind. When we don't have mastery of the mind – when we let the mind jump here and there out of control, it can very easily get carried away by the addict self.*
- *We begin each group with meditation practice because it is through meditation that we begin to take back control from the addict self and give it to the Spiritual self.*

- *Meditation trains the mind to return to its center – it provides an **anchor**. Just like an anchor on a boat stops the boat from drifting away on the tide, your meditation anchor prevents your mind from being swept away by emotional storms and strong currents of craving and aversion. In other words, it prevents the addict self from taking control of your mind..*
- *When you practice meditation **every day** you are creating a new habit pattern of the mind so that whenever your mind tries to wander away from its Spiritual home, for example towards addict thoughts, you are quickly able to pull it back before the addict self takes over.*
- *In our meditation practice we focus on the in and out breath because as long as we live, the breath is always there. When you meditate on the breath, it might help you to think of what you are doing as connecting with your Spirit. In fact, the Latin derivation of the word ‘spirit’ is breath. So you can think of your meditation on the breath as your connection with your spirit which is your anchor in all of life’s storms.*

Meditation Instructions:

Therapist script:

When you practice meditation at home, you will need to choose a quiet place where you will not be disturbed. If you wish you may sit crossed legged on a cushion on the floor, you may kneel, or you may sit in a chair with your back straight. You should feel comfortable, but not so comfortable that you fall asleep. While meditating, it is important to remain alert.

Let’s do this now:

[In a slow, calm voice, the therapist narrates the first 1-2 minutes of the 5 minute practice]

- *Remain seated in your chairs. Sit with your back straight, feet flat against the floor, hands on your lap.*
- *Now close your eyes [Therapist checks that client is comfortable doing this in session. Clients who are uncomfortable closing their eyes are instructed to close their eyes half-way and to focus on an object within their vision. As clients’ comfort levels increase over the course of treatment, clients are encouraged to close their eyes more and more, and to do their daily at-home practice with their eyes closed.]*
- *Just breathe normally through your nose.*
- *As you continue breathing normally through your nose, begin to focus your attention on the sensations in and around your nostrils, and on your upper lip just below your nostrils, that are caused by the breath passing in and out. You may feel a slight tickle, or a feeling of warmth or coolness, or heaviness or lightness.*

- *Just keep your concentration fixed there – **this area is your anchor** – the place you will always return to -- observe the changing sensations you experience in that area as the breath passes over your ‘anchor.’*
- *At the beginning of every breath, commit yourself to noticing everything you can about the sensations caused by just that one breath. Then do the same for the next breath -- committing yourself to your practice, just one breath at a time.*
- *If thoughts arise, gently, but firmly, bring your awareness back to your anchor, and again commit yourself to remaining focused on the in and out breath, one breath at a time.*
- *...Pause briefly (e.g., 5 seconds) to give group members opportunity to experience the breath...*
- *Again, focus all your attention on the changing sensations around your nose and upper lip that are caused by the breath as it goes in and out. Notice whether the breath is long or short? Does the air pass through one or both nostrils? Is the air cool or warm?*
- *If your mind wanders again, just note ‘mind wandered away’, and immediately return it to your anchor. No need to get discouraged, it is the mind’s nature to wander, and your job to train it, so just keep bringing it back. Gently, but firmly bring it back. Just as you would train a young child not to stray away from home, you patiently train your mind to stay close to its Spiritual home.*
- *If you are having difficulty bringing your mind back, you can try counting your breaths, just up to 10, but don’t get caught up in counting. The goal is to stay focused on your ‘anchor’ not on numbers.*

We’ll continue meditating on the in- and out-breath in silence for another 4 minutes. I will let you know when the time is up.

At end of 4 minutes, therapist asks clients to open their eyes.

Meditation practice feedback

Therapist ensures that each group member has understood the technique. The following are examples of questions to pose to the group in the event that group members are having difficulty with their practice:

Therapist script:

Open your eyes.

How was that for you today?

Were you able to keep your attention focused on your anchor?

Could you experience your breath? Where did you feel it?

Did you notice if the air moved through one nostril more than the other; or if the breath was long or short, or if it was warm or cool? What sensations did you feel (e.g., tickle, tingle, pressure, perspiration, etc.)?

[Note: If any group member is not experiencing any sensations, expand the area of concentration to include the entire nose as well as the area between the nostrils and the upper lip.]

Therapist script continued:

Did you experience the monkey mind? It is very persistent, isn't it? Can you see how it could get you in trouble if you are not aware of where it has wandered off to? Were you able to bring your attention back to your anchor each time it wandered away? It takes a lot of practice, doesn't it?

[Note: As needed, therapist explains that it is not uncommon for individuals to have difficulty returning the mind to the anchor, and that continued effort to bring the mind back to the anchor has lasting benefits even if the mind wanders away again.]

8. Presentation of new material with experiential exercise:

New material is provided experientially each week for the purpose of helping group members to increase mindfulness and to practice activation of the Spiritual self-schema. The therapist uses a technique that requires group members to attend carefully to the instructions as they are being provided. Instructions for all exercises are provided slowly and clearly, just once. After the instructions are given, group members are permitted one question in the event further clarification is necessary. If a group member still does not understand the instructions, he or she may ask another group member to repeat the instructions aloud to the entire group. This technique fosters mindfulness, group cohesion, and cooperation.

New material: Changing The Habit Patterns Of Your Mind

Therapist Script:

When we meditate we become very aware of the mental chatter that goes on in our minds, but the rest of the time, this mental chatter is like background music – it just plays on and on without our giving much if any attention to it.

But, this mental chatter can get us into a lot of trouble without our realizing it.

Take a moment to imagine that your mental chatter is being broadcast back to you. What would it sound like?

You would probably note that your thoughts jump here and there. Buddhists call this the “monkey mind” because it is like a monkey jumping here and there, swinging from branch to branch- thought to thought - feeling to feeling - regret to regret - memories of the past or desires for the future.

*You may think, ‘what does it matter if my mind wanders here and there?’
Well, it matters because every thought has a consequence.*

Let me show you how powerful your thoughts are:

Exercise #1: DEMONSTRATION OF THE MIND-BODY CONNECTION

Therapist conducts ‘lemon’ visualization exercise to demonstrate how just thinking about sucking on a lemon can cause the physiological response of salivation.

Therapist script:

- *Get comfortable in your chairs, take a deep relaxing breath, and close your eyes.*
- *I’d like you to imagine that you have in your hand a lemon. Create a clear mental picture of this lemon. It is a bright yellow.*
- *Imagine what it feels like in your hand.*
- *Now I’d like you to imagine that you are cutting the lemon in half.*
- *As you cut the lemon, imagine that the juice bursts out into the air.*
- *Imagine what it smells like.*
- *Now imagine that you are taking one of the halves of the lemon, and you are **sinking your teeth into it.***
- *Open your eyes.*
- *Is your mouth watering?*
- *There’s no lemon here, just your thoughts.*
- *See how powerful your thoughts are.*

Therapist pauses for group members to share their experiences.

Therapist script (continued):

Another example of the power of our thoughts is the consequence of engaging in sexual fantasy. A sexual fantasy is all in our minds, yet it has a demonstrable effect on blood flow to the sexual organs.

Similarly, if we have a fearful or angry thought our heart rates and blood pressure may increase, and our respiration and blood flow changes in readiness for a fight or flight response.

Thoughts can also contribute to depression and anxiety. In fact, one of the leading therapies for depression involves changing the depressed patients thoughts.

As relapse to drug use is often associated with negative emotions, you can see how important it is for people in recovery to become aware of their mental chatter.

For example, your thoughts (even those you are not aware of) can trigger negative emotions, which can lead to drug craving, and then to drug use.

Fortunately, once we recognize that every thought has a consequence and that many thoughts occur without our conscious awareness, we realize how important it is to begin “taming the monkey mind”, training it to work for us rather than against us.

We’ll start doing this next.

Exercise #2: INCREASING AWARENESS OF REPETITIVE ADDICT THOUGHTS

Therapist leads an exercise in identifying negative addict self-talk. Therapist ensures that each group member has paper and pencil.

Therapist script:

We all have repetitive thoughts – things we tell ourselves over and over again. They are like “tapes that play in our heads”. Often these tapes are quite negative. For people with HIV, these repetitive thoughts may reflect the stigma associate with HIV. They may say “I’ve got HIV, I’m no good.” “I’ve got HIV, so I might as well use drugs.” These kinds of thoughts also have consequences. They are the kind of thoughts that activate the addict self and lead to behaviors that take us off the Spiritual path.

Instructions:

- *I’d like each of you now to identify just one negative, self-defeating thought that is related to being HIV-positive that you think may activate your addict self.*
- *You will have 1 minute to write this thought on your paper, and then I will ask each of you to share what you wrote with the rest of the group.*
- *You have 1 minute, starting now.*

At the end of 1 minute, therapist calls ‘time’.

Therapist script (continued)

Now each of you, in turn, will read what you have written.

Who would like to go first?

Therapist provides feedback to each group member to ensure that the addict thought that was identified is appropriate for inclusion in the next exercise.

Exercise #3: THOUGHT STOPPING EXERCISE

Therapist script:

Now I'd like you to get comfortable in your chair. Take a deep relaxing breath and close your eyes.

Now think about what you wrote on your paper – focus your attention on that thought related to HIV that you identified as activating your addict self and taking you from your Spiritual path.

Think that thought over and over again in your mind.

Keep repeating it over and over.

Experience what it is like to tell yourself this thought over and over again.

Repeat it until I tell you to stop.

Therapist pauses.... Then suddenly, and without warning, the therapist bangs fist (or an object) loudly against a hard surface (e.g., table) and yells **STOP**. Clients will be startled and may open eyes.

Therapist script:

I startled you, right?

Well I did that because interrupting addict thoughts takes drastic action.

I'll bet you aren't thinking that addict thought any more? Right?

Thought stopping is actually a very simple technique that you can use in your daily life. You just have to be mindful and remember to use it.

Check in with yourselves frequently during the day to see if the addict self is being activated or in danger of being activated.

The moment you realize that thoughts incompatible with your Spiritual path have come to your mind, shout silently to yourself, "STOP".

Imagine you are shouting at the addict self.

Therapist ensures that each group member has a red marker and the paper on which they had written their habitual negative thought.

Therapist Script (continued)

Instructions:

Now I want everyone to take their red marker and draw a big red stop sign around the negative addict thought that you wrote on your paper. As you draw the stop sign, say to yourself “Stop!” Whenever, this thought arises in the future, shout ‘STOP’ to yourself and visualize your stop sign. You will then replace that thought with a thought that is compatible with your Spiritual path. We’ll talk about how to do that as soon as you have drawn your stop sign. Do this now.

Exercise #4: THOUGHT REPLACEMENT EXERCISE

Therapist helps group members construct a new cognitive script that is compatible with their Spiritual path. The goal is not simply to make the negative thought identified earlier into a positive one (e.g., from ‘I am a bad person’ to ‘I am a good person’) but rather, the goal is to help group members draw upon their own Spiritual/religious faith. Therapist therefore provides the group with some specific examples such as, God holds me safe in his loving arms. I am my Spiritual nature. May I be happy and free from suffering.]

Therapist script:

It is not enough to interrupt the thoughts of your addict self, you have to replace them with thoughts consistent with your Spiritual path. If you don’t replace the thought, the mind will rapidly wander off again into old habitual patterns.

We’ll do that now.

Instructions:

On your paper, write down one thought that is consistent with your Spiritual path that you can use to replace your habitual addict thoughts.

I want you to draw upon your Spiritual self for guidance. Don’t just write down a positive thought -- Create a positive Spiritual self thought that will be easy to remember and that you can repeat frequently in your daily life.

Examples include: “God holds me safe in His loving arms” or “I am my Spiritual nature” or “May I be happy and free from suffering” or “Peace is within”

You will have 2 minutes to write down one Spiritual self thought; you will then read it aloud to the rest of the group.

Begin now.

At the end of 2 minutes, therapist calls 'time'.

Therapist script (continued)

Now each of you, in turn, will read what you have written. Who would like to go first?

Therapist provides feedback to each group member to ensure that the Spiritual self thought that was identified is appropriate for inclusion in the next exercise.

Exercise #5: THOUGHT STOPPING WITH REPLACEMENT EXERCISE:

Therapist repeats the thought stopping exercise. This time when therapist yells STOP, clients are instructed to keep their eyes closed and to replace the addict self thought with their spiritual self thought.

Therapist script:

Now we are going to practice replacing your addict self thought with your Spiritual self thought.

*I'm going to ask you to close your eyes and think your addict self thought over and over until I shout '**STOP and REPLACE**'. As soon as I shout stop and replace, abandon your addict self thought and begin silently repeating your Spiritual self thought. Okay, Let's begin.*

Instructions:

- *Get comfortable in your chair, take a deep breath, and close your eyes.*
- *Just as you did before, begin thinking your negative addict self thought.*
- *Repeat it to yourself over and over until I tell you to stop.*
- *Do this now until I say 'Stop and Replace'*

Therapist pauses briefly and then, again, without warning, bangs fist (or object) against hard surface and **shouts 'STOP -- REPLACE'** and then guides group members in a brief meditation on the new Spiritual thought, with the goal of helping each group member experience a state of peace and calm.

Therapist script (continued):

- **STOP -- REPLACE'**
- *Begin repeating your Spiritual self thought over and over.*
- *Let that thought fill your mind.*
- *Know that this thought is the product of your Spiritual self.*
- *Keep repeating it over and over to yourself.*

- *As you repeat your Spiritual thought, feel yourself getting calmer and calmer.*
- *Experience your mind become more and more peaceful.*
- *Now turn your attention to your in and out breath – your anchor.*
- *Experience the stillness here at your anchor.*
- *Know that in this stillness you can experience your Spiritual nature.*
- *Know that you are your Spiritual nature.*
- *Okay, when you are ready, open your eyes.*

Exercise #6: CHOICE POINTS AND SELF CHECK-INS

Therapist provides context in which group members can access their Spiritual self and can practice their new cognitive script.

Therapist script:

It is one thing to practice stopping and replacing addict self thoughts when given instruction to do so here in this group, and quite another to remember to it in your daily life. So, what we'll talk about now is what we call 'Choice Points'. Choice points are those times throughout our day when we reach a fork in the road; they are opportunities to make a conscious choice about how we will think, feel, speak, or act.

At first you may want create three choice points in your day -- as you are doing in your individual sessions. You identify something in your daily life, like the telephone ringing, that will interrupt you at least three times during the day that you can use as a cue to check in with yourself to see if any addict thoughts have arisen and are threatening your Spiritual path. When you do this you create a choice point – an opportunity to change your thought, feeling, or behavior. This is an important habit to develop. You cannot change what you are not aware of.

The more frequently you check in with yourself during the day, the more aware you will become of where your mind is wandering, and the more choice points you will have. If you do this you will soon realize that you actually have a choice in every single moment. Just think how wonderful that is. In every single moment, you have an opportunity to choose your Spiritual path.

Instructions:

We will go around the room now and each group member will tell the rest of the group the cue he or she uses at least three times every day to interrupt the addict self.

You will also tell the group how well this cue is working for you.

Begin now.

Therapist allows time for group members to share the self check-in cues they have been using (identified during their 3-S individual therapy sessions), and to help those group members who are having difficulty doing their three times daily check-ins.

Note: In settings where group members are not receiving 3-S individual therapy in addition to group, group members will not be familiar with the 3-times daily check-in. In this case, therapist should describe the task more fully, and ask group members to identify environmental cues, e.g., telephone ringing, that they can use at least three times daily to interrupt the 'monkey mind' so that they can determine if addict self is being activated rather than the Spiritual self.

Therapist script (continued):

In the coming week, continue your check-ins three times each day, but also become aware of all your other choice points.

Be mindful, and make the choice, in every moment, to stay on your Spiritual path.

Now, let's think about how we can apply what we have practiced today in our daily lives.

9. Questions and Answer Period:

Following the experiential presentation of new material, the therapist poses questions for group discussion in order to determine how well group members have understood the relevance of the new material to their daily lives, specifically, to the prevention of harm to self and others, and whether group members can identify the spiritual qualities that they demonstrated during the session.

Therapist script:

A. How can what you learned today help you remain abstinent during the coming week?

B. How can what you learned today prevent the transmission of infections such as HIV?

C. Which spiritual muscles did you exercise today? [Therapist points to the poster].

10. Summary:

Therapist provides a brief review of the entire session

Therapist script:

Today,

- *We practiced meditation on the in- and out-breath and mindfulness in order to begin taking back control from the addict self and to strengthen the spiritual self.*
- *We learned that this takes strong Spiritual muscles and that a rigorous training program with daily practice is needed to keep them strong.*
- *We learned that our thoughts have consequences.*
- *We learned how to interrupt negative addict thoughts and to replace them with thoughts consistent with our Spiritual paths*
- *We remembered how important it is to interrupt our wandering monkey mind frequently during the day.*
- *We learned how wonderful it is that every moment provides us with a “choice point” – an opportunity to make the decision to activate our Spiritual self rather than the addict self.*

In a few minutes the group will be over. Until we meet again next week, keep reminding yourself of your true nature. Once you are back into the routine of daily life, it can be easy to lose sight of who you really are. Just remember, you are not your addict self – the addict self is that habit pattern of mind that lies to you over and over again promising you relief from your suffering when in fact it just causes more and more suffering. Don't forget that. Remind yourself of your Spiritual nature and its capacity for love and compassion, and enact it in your daily life. I know you can do it. Just keep practicing your meditation daily and try to be more mindful in everything that you do. When you practice, you are strengthening your spiritual muscles and making your Spiritual self stronger and your addict self weaker. Each step you take on your Spiritual path, no matter how small, takes you closer to your goal. You have taken several steps today. Well done. Let's end as we always do with our Spiritual stretch.

11. The Spiritual Stretch.

The Spiritual Stretch is shown in the Appendix. Its purpose is for group members to renew their commitment to staying on their Spiritual path throughout the day in their thoughts, words, deeds, and perceptions, and to be open to the experience and expression

of their Spiritual nature in all their daily activities. Group members stand and, while in various postures, recite the following affirmations.

Therapist script:

Please stand, and repeat after me:

- 1. Today I take my Spiritual path (hands raised above the head, palms together).*
- 2. May my thoughts reflect my Spiritual nature (hands in front of forehead, palms together);*
- 3. May my words reflect my Spiritual nature (hands in front of mouth, palms together);*
- 4. May my emotions reflect my Spiritual nature (hands in front of chest/heart, palms together);*
- 5. May my actions reflect my Spiritual nature (hands in front of abdomen, palms together);*
- 6. May my perceptions reflect my Spiritual nature (hands outstretched to side, fingers pointing towards the ground);*
- 7. May I be open and receptive to my Spiritual nature (hands outstretched to side, fingers pointing towards the sky);*
- 8. I am my Spiritual nature (back to starting position with hands raised above the head, palms together).*

12. End.

Therapist script:

It was good to see you all today. See you next week.