

Lesson Plan: Lesson 3. Empowered by the Truth

Lesson Introduction

In this lesson you will learn about the 'True Self' which needs to be realised for empowerment and full potential to be achieved. You will be introduced to empowered individuals who have realised 'Truth'.

In this lesson we will cover the following:

1. Becoming empowered by the Truth.
2. Empowered individuals.
3. What is Truth?

This lesson provides a foundation to learning the SEJ process.

Learning Aims:

You will learn:

- What Truth is.
- How to live an extraordinary life.
- A meditation technique.

Learning Objectives:

You will be able to:

- Understand how 'Truth' empowers you to realise your full potential.
- See the role 'Truth' plays in the SEJ Process.
- Meditate to access Truth.

Key Message for lesson 3

"To be extraordinary you must go beyond the mind and access Truth".