

Syllabus: The Be-Attitudes; A Plan to Higher Consciousness

Title of Course:	The Be-Attitudes; A Plan to Higher Consciousness
Meeting Day:	Thursdays – 6:30 pm to 8:30 pm (ET)
Location of Course:	Online via Zoom
Instructor name:	Njeri (Carol) Johnson

Course Description: *Living the Christ Life through Spiritual Law:* This course focuses on spiritual transformation by reframing the Beatitudes into practical states of consciousness.

- Translates Jesus' teachings into nine essential states of consciousness with supplemental lessons.
- Helps students realize and embody the "Christ within" for a more centered life.
- Moves beyond traditional dogma toward actionable, transformative spiritual practices.
- Cultivates a life defined by joy, peace, and conscious expression.
- Ideal for those seeking a deeper, experiential connection to their faith.

Instructor Description: I am a Licensed Unity Teacher (LUT), Prayer Chaplain, Platform Assistant, Spirit Sound Choir member, and a voting member of Unity of Gaithersburg. I was greatly inspired by Rev. Willie F. Wilson who introduced me to Unity. He taught me many Unity principles based on the teachings of Jesus. I first attended Unity of Washington, D.C. and later became a member of Unity of Gaithersburg. In 2006, while attending one of my former traditional Baptist churches, I was asked to develop a women's workshop. I decided to base it on the Beatitudes. As I have grown spiritually so has my understanding of the Beatitudes. I hope this class will add to your personal growth and your Christ consciousness.

Course Objectives: Upon completion of this course, learners will be able to:

- Discover their true identity and purpose by overcoming limiting beliefs.
- Understand that thoughts and beliefs create reality.
- Explore spiritual laws (from The Beatitudes) that lead to wholeness, abundance, and peace.
- Turn challenges into opportunities for growth and desired outcomes.
- Practice true tolerance and unconditional love (Agape) by recognizing the Divine in everyone, including themselves.

Required Biblical Readings: Matthew Chapters 5-7.

Class Content:

Classes	Topic and Themes
First Class	Introduction and Theme: Building the Foundation • Connections /Icebreaker • Jesus – The Way Shower • Jesus – Supreme example of Christ Consciousness Define the Be-Attitudes – States of being/consciousness • Nine States of spiritual Consciousness • Kingdom of Heaven, State inner peace Frame of Reference – what we have been taught, experienced and exposed to • Our Thoughts and Beliefs • What we hold in mind, we manifest • Your life reflects your belief system Spiritual Self-Development True identity • Who am I? Spiritual beings having a human experience • What is my Purpose?: To be conscious channel for the flow through of God's Divine Love (Agape) • What is my Mission?: To be all I can for as many as I can for as long as I can Healing and Wholeness • Spiritual healing – not healing a broken person • Surrendering your personal will to Christ's will • Eliminating negative/limited beliefs • Developing a teachable spirit Core Principle: Empty the Vessel • Consciously releasing error thoughts, negative emotions, unforgiveness, and limiting beliefs • Moving from Error Conscious to Christ Consciousness
Second Class	Theme: Internal Work and Compassion 1. Blessed are the poor in spirit: For theirs is the Kingdom of Heaven • Metaphysical meaning – dependence on the Christ within • The Spirit's search – spiritual nourishment and alignment with God • Moving beyond self-pride (the ego) and intellectual arrogance • Affirmation Tools: fasting and prayer • "Emptying out your vessel." Fill it with the teachings of Jesus

Classes	Topic and Themes
Second Class	Theme: Internal Work and Compassion 2. Blessed are they that mourn: For they shall be comforted • Metaphysical meaning – Holy Grief • Comfort – the realization of truth • Sensitivity and Responsibility: Universal empathy and sympathy • Meditation – the practice for recognizing the voice of the Christ within • Spiritual Shield/Discerning Spirit
Third Class	Theme: Relationships – Meekness and Right Action 3. Blessed are the meek: For they shall inherit the earth • Metaphysical meaning – Radical Trust • The Inheritance – Conscious co-creators • Responsibility for our actions • “Intolerance is ignorance” • The Spiritual Person sees the truth of God 4. Blessed are they that hunger after righteousness: For they shall be filled. • Metaphysical meaning: Right thinking/Hunger for Truth • We are fulfilled when our thoughts align with Truth • Unconditional love – the highest expression of Christ potential • Character Defects – thoughts and beliefs that hinder our spiritual growth
Fourth Class	Theme: Putting it into Action 5. Blessed are the merciful: For they shall obtain mercy • Metaphysical Meaning: Mercy is not just an outer act • The Law of Mercy: as we give, so shall we receive • Forgiveness is Self-Healing: the same Divine spark that is in you is in all • Self-Love: Journey to Know Thyself 6. Blessed are the Pure in Heart: For they shall see God • Metaphysical Meaning: Purity is “Having the right mind and the right motive” • God is Omnipresence 7. Blessed are the Peacemakers: For they shall be called the Sons of God • Metaphysical Meaning: Peace is the passport to the Presence of God • The Power of Prayer to bring forth harmony • Develop peace in your heart, mind, thoughts and spirit

Classes	Topic and Themes
Fifth Class	Theme: Completion 8. Blessed are they that are persecuted for righteousness: For theirs is the kingdom of heaven • Metaphysical Meaning: Persecution arises when Truth directly conflicts with worldly consciousness • God's will is that we have harmony, joy and peace, which we gain through right thoughts 9. Blessed are ye, when men shall revile you and persecute you, and shall say all manner of evil against you falsely, for my sake • Metaphysical Meaning: Being persecuted as a result of right thinking is a cause for rejoicing • Every spiritual journey involves a struggle with our lower self Desired Outcomes (Affirmative Prayer): My prayer • To have your own dynamic encounter with God (Source) • To be a supreme example of the Christ Life for others • To love unconditionally • To see Christ in all of humanity • To affirm your dependence on the Indwelling Divine Mind (God)