



Weekly Family Activities for January, 2024

Embracing New Beginnings
in 2024



LIVING YOUR PURPOSE

I AM the mastermind of my life. “I perfectly designed all details and all experiences having in mind my own awakening and the exit from the matrix. I wanted to remember myself in all my mightiness and beauty. For that reason I am seeing all people & all situations as a part of my grandiose plan for bringing my True Self to embodiment and action. My masterplan is flawless and the success is guaranteed because I saw the beginning and the end.” Mauro Ricco Zaraj

SUNDAY: IMANI—FAITH



Habari Gani (What’s the News?) January 1, 2023 we celebrate the New Year, and the last day of Kwanzaa, IMANI (Faith). “To believe with all of our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.”

Reflecting Bible reference: Psalm 36:7, Isaiah 43:1-2, Matthew 21:21-22

Reflecting Unity reference: “It is a spiritual power or principle that operates as a faculty of our mind. It embodies hope, belief, trust, and expectancy . . . This ‘perceiving power’ [of mind] acting as a faculty in our consciousness, sees the possibility of a thing or result long before there is any evidence of it in the visible realm.” - Foundations of Unity, Series II, Vol. 2, p. 15

Our focus on the seventh principle teaches us to believe, with all our heart, our parents, our teachers, our leaders. During this day, families, friends, and communities come together to assess, reassess, celebrate and recommit themselves to practicing the Imani principle. Faith is the core principle starting with ourselves, Faith is the key cheerleader, in particular during times of crisis and difficulty. Keeping the faith, however, means doing “work.” Faith without work is simply beside the point. It becomes the encouraging force which causes us to keep pushing on when there is no sign of the anticipated outcome.

At our most discouraging moments, faith carries us forward, making us more hopeful. On this day we reflect back on previous days of Kwanzaa and, once more, we celebrate the joy of living and the love which overflows! There is discussion on evaluating commitments and practices, around the Faith principle, promising to practice this principle in a greater degree in **2024!**

Family Activity: A SILENT KNOT : It’s a recipe for building cooperation and group cohesion in a fun way!



Instructions:

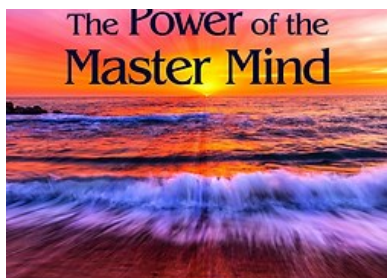
- 1) Gather in a circle hands, then, drop hands to their sides and SILENTLY look around the circle at everyone.
- 2) Then extend both hands towards the circle center taking two other hands, but not of anyone standing beside you.
- 3) When all hands are connected, pause and looked at the circle, observing the knot of hands.

The Goal: Unwind the knot without releasing the hands you are holding. Feel free to twist or loosen the hold to avoid pain., crawl over, under, around and through each other. When the knot is partially unwound, “STOP! Look around and observe your place and the place of those around you. Observe what is happening (pause). Continue to unwind.” When the knot is unwound, “Stop! Observe the circle and where you are in relationship to



“Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny.” –Gandhi

Mastermind Envisioned for 2024



The Master Mind is the Power Source that created and directs our incredible universe. Every person on our planet is a personalized expression of the Master Mind and, therefore, is connected to a Divine power, genius and wisdom. The basis of the Master Mind Principle™, developed by Jack Boland and Renaissance Unity (Michigan), is the combined energy of two or more people in order to tap into the creative genius, wisdom and power of the Source that created and directs our universe and lives. As Jack indicates, “the principle is based on an ancient premise that the combined energies of two or more like-minded persons is many, many times greater than the sum of individual energies.”

Affirming Divine Potential: Over the past three years, we’ve done a deep dive into the messages given in the Master Mind steps, our core beliefs, and our affirmations of truth and consistently explored and affirmed our divine potential. In January, we explore exploring how we LIVE OUR PURPOSE, it is helpful to recognize and discover our unique gifts and talents and how these connect into our divine potential and all that we seek to manifest as we seek to live our purpose.

The Eight Steps into the Master Mind (God) Consciousness

1. **I SURRENDER** I admit that, of myself, I am powerless to solve my problems, powerless to improve my life. I need help.
2. **I BELIEVE** I come to believe that a power greater than myself — the Master Mind — can change my life.
3. **I AM READY TO BE CHANGED** I realize that erroneous self-defeating thinking is the cause of my problems, unhappiness, fears and failures. I am ready to have my beliefs and attitudes changed so my life can be transformed.
4. **I DECIDE TO BE CHANGED** I make a decision to surrender my will and my life to the Master Mind. I ask to be changed at depth.
5. **I FORGIVE** I forgive myself for all my mistakes and shortcomings. I also forgive all other persons who may have harmed me.
6. **I ASK** I make known my specific requests, asking my partner’s support in knowing that the Master Mind is fulfilling my needs.
7. **I GIVE THANKS** I give thanks that the Master Mind is responding to my needs, and I assume the same feelings I would have if my requests were fulfilled.
8. **I DEDICATE MY LIFE** I now have a covenant in which it is agreed that the Master Mind is supplying me with an abundance of all things necessary to live a successful and happy life. I dedicate myself to be of maximum service to God and those

WEEKLY FAMILY VISION BOARD



The next page describes Vision Boarding or Treasure Mapping. There are many ways to create your Vision. There are apps, software, etc, but one of the good old fashion ways to Vision Board is with old magazines and poster board. It is a great family fun activity.

Using Vision Boards to mastermind



What is Vision Board?

A vision board is typically a poster board or booklet where you collage images that have been collected from various mediums that reflect your vision. A Vision Board is a collage of things you want in life, experiences you desire, and people, situations, and feelings you want to manifest. Sometimes it's called a treasure map.

The Benefit of a Vision Board? Some people believe that when you surround yourself with images of who you want to become, where you want your business to go and what you want your life to look like, that in fact your life changes to match those images and those desires. The constant reminder and the clarity that your vision board provides helps one achieve their visions.

Supplies Required • A poster board • Glue • Old magazines • Permanent markers

How to Create your Vision Board?

Step 1: Gather images that represent or symbolize the experiences, feelings and outcomes that you want to achieve. The images can be photographs, drawings, affirmations, quotes or thoughts. There are no limits as to what can be included on your vision board. At the end of the gathering stage, you should have a large pile of images and phrases.

Step 2: Next, organize the images in a way that makes sense to you. You can lay them out on your board and remove any images that do not fit with your overall theme. You may wish to divide your board into quadrants or sections to reflect different areas of your life. You may wish to limit the number of images to ensure that your board is not a place of chaos. If you wish to, you may include a positive and inspired photo of yourself. It is often recommended that this photo be featured at the center of your board, but if some other placement makes sense – go for it!

Step 3: Once you're satisfied with the layout, paste your images into place. You can add writing with markers if you want. S

Step 4: Place your vision board in a location where you will have ample opportunity to view it

Making a Vision Board has several purposes:

- ✿ Keeps your goals constantly in sight and in your mind
- ✿ Surrounds you with the energy of what you desire most
- ✿ Helps you gain clarity about what are your most important goals and dreams
- ✿ Keeps your emotional energy high and your focus strong

The way to achieve your goals in life is to have a clear picture of what you actually want. Brian Tracy says, "An average person with average talent, ambition and education, can outstrip the most brilliant genius in our society if that person has clear, focused goals."

The more you focus on the things you want and the more time you spend paying attention to your purpose, then the more you draw your desired items and experiences into your life. So surrounding yourself with visual representations of what you desire helps to elevate your energy in the direction of those things.



A releasing ceremony like the burning bowl is an inspirational practice to release the past.

For the end of the year, we can perform Releasing Ceremony by tearing up and Stomping Out any hurt, grudges, regrets, or suffering and affirm all that is good so we can focus our next year on what is more significant to us.

- 1) Create a Sacred Space
- 2) Hand out paper and write ... I Release...
- 3) Allow time to meditate on intentions, play music, make some suggestions, bad relationships, friendships, grades, lack, limitation, dishonesty, fear, feeling less-than, <https://www.youtube.com/watch?v=ejhKq3R3IBs>
- 4) As Individuals, allow each person to tear up their paper and stomp on it while affirming good intentions

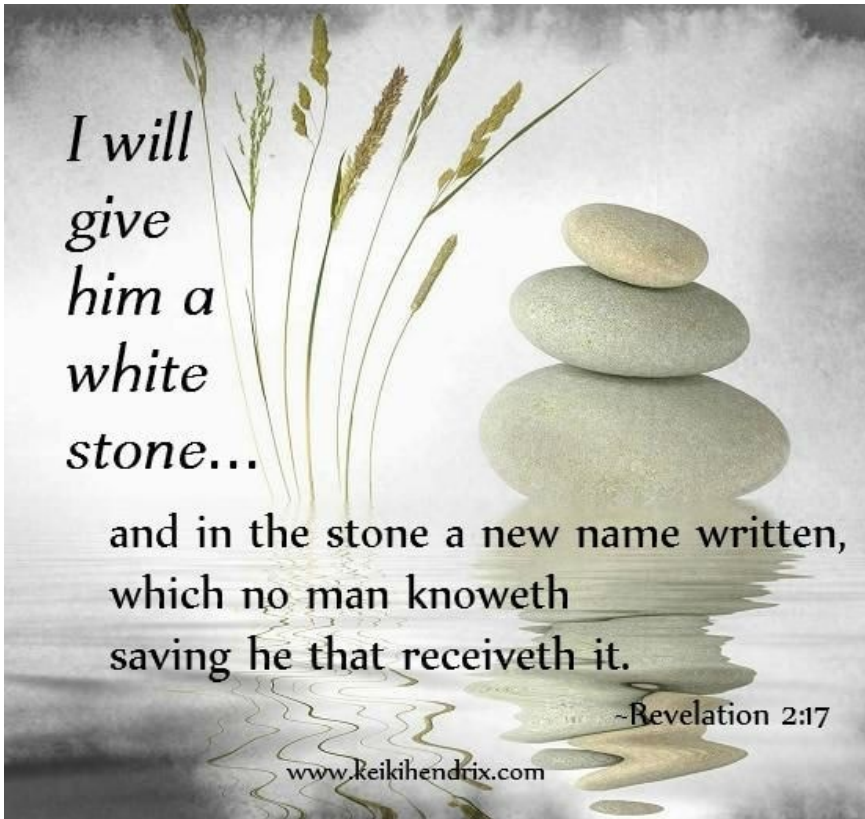
Example Affirmations: With gratitude and with love and with compassion for all involved, I Release I Release I Release!

- 5) Collect all ripped up paper into a Release and Let Go Trash Bin and say a special prayer and maybe song

Example Prayer: I release all that does not serve me and may be blocking my path for happiness in 2023. Take a deep breath. Feel the changes within you. Feel the openness inside of you and you are now ready to receive more positive energy. Thank you God and all Divine Forces of Good and Light and Love that will support, guide and protect me.

2024

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A white stone ceremony is a time to listen to the voice of spirit or your higher power or inner-self. During the meditation you are instructed to write the word that comes to your mind on your stone. You don't force the word or use your logical brain; instead you listen to spirit for it. This ceremony typically takes place in January at the beginning of every year to symbolize new beginnings. I know the meaning of the word or words written on my stone are revealed to me throughout the year. They are words that hold great significance and always lead me to my highest good.

The ritual is based on scripture from Revelations 2:17: "He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it."

John is talking about the people being given a new name. 'Let anyone who has an ear listen to what the Spirit is saying to the churches. This ear is not referring to an outer ear, but the ear of the soul, which is within each one of us. This refers to the ear that hears the "still, small voice" as it whispers to us. And we develop this inner listening quality by getting out of our head, or intellect, and connecting with our heart, through prayer and meditation.

Symbolically, the stone represents freedom. As was custom in ancient days during bondage, a prisoner was given a white stone when he was freed from servitude as a token of his freedom. On his stone was a new name that he would take in this new life.

During the White Stone Meditation, each participant holds a white stone in the palm of their hand, allowing the Spirit within to reveal a New Name or Word that is to be worked with during the year.

I have been amazed at what my Spirit within has revealed during these precious White Stone Meditations. Faith, Strength, Change are among the many names that have been revealed to me.

What will your symbolic New Name be this year?

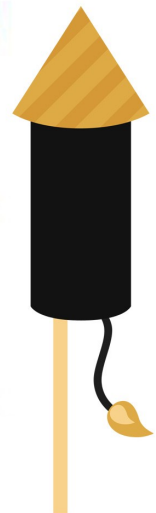
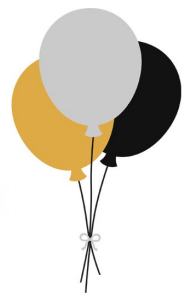
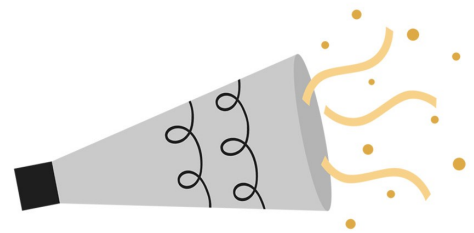
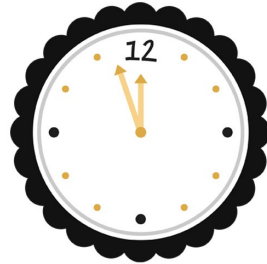
The first three words is what your eyes envision for you to manifest. Don't like those 3 words? Change them, you can Manifest your own destiny!



Let's have some Visioning Fun. What words do you see in the pictures?



HAPPY NEW YEAR!



W I H V V A X R N R Z G O A L S A Z Y F
 G R B K G Z T Y Z I Z Z J Q C O M P X B
 M D M B T B K T P X N S L T K C X X W T
 M I Q C R A E Y W E N O Z J K S K R N H
 L P D M V X P N Z J L O V Z V Y D Z Q G
 G P E X A X K O Q N C O U N T D O W N I
 F V Z N D S S M B P C Y W V F T W F B N
 T R S P S P A R K L E R S H Q T O J A D
 P J O L B Y V M S Y L N N N R C A F L I
 Y L P E N S K R O W E R I F Z N Y C L M
 X J K E B D P P G W B K N J U G J W O J
 W I S C F S F L D B R G P A J E X A O K
 Q S C A O W D J R M A W R T J H Q H N C
 F R Q K J N W P A R T Y P O P P E R S O
 K E P A U J F G X M I Z X R T S X K Q L
 V E N R I Y E E B G O Q Y I U P H K Y C
 Y H I S I R E O T J N O I T U L O S E R
 Q C S H A P P Y G T B O U V C D L R Z G
 R M Q G Q X Y B N O I S E M A K E R G F
 N A E N K V K T Y F H R R A Y R Y I A V

Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers

