

## *Final Note:*

The preceding information and guidelines are extracted from material brilliantly created and developed by Jack Boland. It has been modified in an effort to better suit the language and intentions of Science of Mind and Spirit. Even in this format, it is a complementary companion to the Master Mind Journal, which is available for purchase through the Higher Shelf Bookstore of Mile Hi Church, or through the online store at [www.milehichurch.org](http://www.milehichurch.org). It is the supreme desire of the Mile Hi Church Ministry that the Master Mind practice shall empower all who embrace it, bring forth unlimited love, joy and abundance!

E-mail questions to [mm@milehichurch.org](mailto:mm@milehichurch.org).

### **Disclaimer:**

Master Mind Groups should not be used to market any products or services.



MileHi Church

*It's different here.™*

9077 W. Alameda Avenue  
Lakewood, Colorado 80226  
303-237-8851

[www.milehichurch.org](http://www.milehichurch.org)

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A large graphic on the right page. It features a stylized tree where the trunk and branches are composed of human figures in various poses, some with arms raised. The tree is set against a background that is yellow at the top and transitions to a dark red at the bottom. The overall shape of the graphic is roughly triangular, pointing upwards.

# *Master Mind Groups*

An Eight-Step System for a Happy and Successful Life

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### ***What is a Master Mind Group?***

A Master Mind group consists of two or more persons (two to six is ideal) who meet regularly in an atmosphere of trust and harmony for the purpose of providing mutual support, encouragement and to believe for each other's possibilities.

A Master Mind group is not established so that individual members can solve each other's problems. Rather, such a group is established to surrender to the Master Mind any problem areas, challenges, needs for healing, or any other positive desires of each member. When such requests are fully and properly given over to the Master Mind, answers and solutions occur in a most amazing way.

### ***What is the purpose of a Master Mind Group?***

In a Master Mind Group, the agenda belongs to the group and each person's participation is key. You will create a community of supportive colleagues who will actualize intentions together to move the group to new heights.

### ***How do groups form?***

The Master Mind Group is self forming. You gather with two to six individuals who have common interests and a common time to meet, or people you would like to include because they are new to the church. While there is not a group leader, it is a good idea to have someone who coordinates location, time and format. This role can be shared or rotated. The initial coordinator also needs to make sure the group has contact information for each member. You can also look for others who want to form a group by attending one of the Master Mind orientations.

### ***Where and how often do they meet?***

Master Mind Group meetings may be conducted in a home, a place of business, or any other mutually agreed-upon location that provides a certain amount of quiet and privacy. Meetings should be limited to the intended purpose. It usually is sufficient to meet weekly. Some groups meet every other week.

### ***Shared Responsibility***

One member serves as chairperson and opens the meeting by reminding the group of the presence of a Power greater than themselves waiting to respond to their needs in a focused, personal way . . . all they need to do is ask. The chairperson then guides the group through the steps, one at a time. Most groups rotate the chairperson role.

#### ***Step One - Realizing***

I realize that there is a Power, Intelligence and Wisdom greater than my own, a Creative Master Mind. I am in the midst of it, and it is in the midst of me, sensitive and responsive to my every thought, word, action and feeling.

#### ***Step Two - Surrendering***

I admit that I am only effective in solving my problems and empowering my life when I am in conscious partnership with the Wisdom and Guidance of the Master Mind. Knowing that I am responsible for my awareness and my choices, I surrender the fears and limitations of my ego and open my mind and heart to the Truth of my being.

#### ***Step Three - Forgiving***

Knowing that forgiveness is the key to unconditional love and the experience of spiritual power, I now forgive anyone and everyone who has ever injured me in any way, real or imagined. I let go of the mistaken idea that anyone's actions has the power to diminish my light or my life. I now also forgive myself for any shortcomings or mistaken judgments and their resulting effects.

#### ***Step Four - Choosing***

Realizing that my life experience is the result of my patterns of thought and belief, I now consciously choose to allow the Master Mind to recreate me at depth by activating in my awareness thoughts and feelings that are creative, loving and spiritually inspired.

#### ***Step Five - Accepting***

I now center upon that one special desire or intention that I would have the Master Mind act upon this week. In the silence of my heart, I see this desire or intention as already acted upon and fulfilled by the Master Mind. [Pause—Silence]

I now make known my desire or intention to my partners, asking for their support in knowing this for me, as well.

[Each member states his/her desired good, way of being, or intention while partners record them in their journals. After each affirmative statement, partners respond by saying: "*I know the Master Mind has heard you and is responding to your desire now.*"]

#### ***Step Six - Thanksgiving***

With a full and grateful heart, I give thanks that the Master Mind is responding to my new Word of Acceptance, and I now embrace feelings of total fulfillment and accomplishment.

#### ***Step Seven - Releasing***

I now have a covenant in which it is agreed that the Master Mind is guiding and supplying me with an abundance of all things necessary to live a successful and happy life. I release struggle, fears and concerns, and establish myself in quiet and unwavering confidence.

#### ***Step Eight - Dedicating***

Through my covenant with the Master Mind, I dedicate my life to being of maximum spiritual service, to live in a manner that sets the highest example for others to follow, and to remain responsive to the guidance of the Master Mind. I go forth with a spirit of enthusiasm, excitement and expectancy.

**I am at Peace.**