

The Cypress Initiative, Inc.



Second Chance Program Outline

The following outline is a "best guess" estimation of the order in which the content of this program will be presented. All of the content will be covered over the course of the program, however, the response, involvement, and needs of the participants will be given primary consideration which may dictate changes in pace and/or time spent on each subject area. All classes are highly interactive and provide opportunities for questions and discussion. Participants are encouraged to share their insights and experiences as they apply their learning to real life situations.

1.0 Basics Part One: Overview & Introduction

- Introduction of trainers
- What the course is and is not
- How to get the most out of the course
- Participant Goals
- Overview of Innate Health
- Principle-Based Learning
- Applications Video

2.0 Basics Part Two: Introduction to Three Foundational Principles

- Definitions of Mind, Consciousness, and Thought
- How these Three Principles combine to create our "reality"
- How our negative history colors our perception of the present
- Conditioned unhealthy thinking and assumptions
- Psychological Innocence and recognizing the health in others

3.0 The Power of Thought

- How thought creates perception and personal perspective
- Thought and the creation of states of mind and moods
- The relationship between thought and behavior
- Creating our realities moment to moment
- The Thought Cycle: Self-fulfilling Prophecies
- The Role of Thought in Parenting and Family Relationships

4.0 Personal State of Mind

- The importance of personal State of Mind (in relationships, job performance, and changing behavior)
- Personal responsibility for state of mind (Who is "making" me feel this way?)
- How State of Mind affects Parent/Child and other Family Dynamics
- Recognizing state of mind in ourselves and others
- Living in the Now and the Power of Forgiveness
- A Quiet Mind: accessing our own innate health and good judgment
- Bringing Out the Best in Our Children

5.0 Separate Realities

- Social Separate Realities (differing perceptions) between groups of people, cultures, generations
- Personal Separate Realities: how every person perceives the world in a totally unique way
- How Separate Realities create conflict
- The role of Separate Realities in relationships (personal & professional)
- Presence and Listening in Family Relationships
- Using state of mind to diminish conflicts that result from Separate Realities

6.0 Stress and Insecurity

- The relationship between Thought, Stress, and Insecurity
- How Insecurity leads to poor judgment and aggression
- The relationship between Stress, Insecurity, and Addiction
- Learning to focus on state of mind rather than behavior (going to the source rather than the symptom)
- Understanding Stress and Insecurity in Children
- Keeping Our Balance (Even in the midst of chaos)

7.0 Creating a New Life

- The Power of a New Dream
- Having a Choice in your State of Mind (realizing that you are the dreamer)
- Stepping Back (seeing the big picture)
- What are the Real Obstacles to realizing my dreams?
- Innate Health as the Guide Within
- Continued Growth and Learning

8.0 Graduation

- Completion of confidential Evaluation Forms
- Guest Speakers
- Graduates Sharing Their Insights
- Presentation of Graduation Certificates and Handouts

Recommended Reading: *The Enlightened Gardener* by Sydney Banks. Each participant will receive a copy of the book that is theirs to keep.

Some of the videos/audio CDs we will watch in class:

Applications: Health Realization in the Community, Lone Pine Media

The Power of Thought, Hawaii Lectures, Sydney Banks

Inner Resources for Marriage & Relationships, Pransky & Associates

The Oneness of Life, Hawaii Lectures, Sydney Banks

The Three Principles, Pransky & Associates

One Thought Away, Audio recording of Mr. Banks at Tampa Crossroads

Jumping the Boundaries of Time, Long Beach Lectures, Sydney Banks