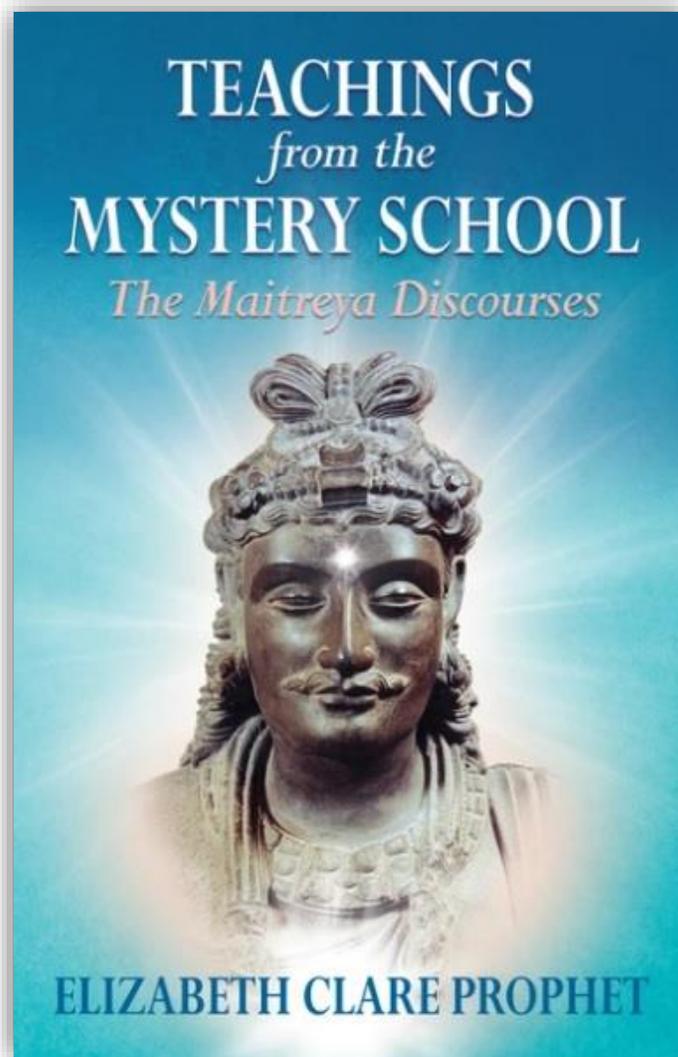




# *The Maitreya Discourses*

## Getting Started



Participant's Handout (February 2021 v.2)

## Welcome

Welcome to this inspiring journey to study Lord Maitreya’s discourses on how to pass the initiations of Maitreya’s Mystery School. We are grateful that you are studying with us in a Maitreya Book Discussion Group (MBDG). We hope that this handout will provide the support you need to get you started.

In this handout you’ll find:

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We welcome your feedback to improve our material for future book discussion groups. Please e-mail us anytime at [maitreyabookstudy@TSL.org](mailto:maitreyabookstudy@TSL.org).



### **The Purpose of Maitreya Book Discussion Groups**

- Take a giant leap toward personal Christhood and be the instrument for world salvation!
- Experience joyful community in the flame of Maitreya, learn from each other’s victories on the path and share yours!
- Join The Summit Lighthouse efforts to help El Morya procure a new 33-year dispensation for our organization!

## *The Maitreya Discourses*

### Where to Purchase the Book

- **The Summit Lighthouse Store or Amazon.com:**
  - Physical book: <https://www.summitlighthouse.org/MaitreyaDiscourses>
  - Kindle ebook (best way to buy internationally):  
<https://www.summitlighthouse.org/MaitreyaDiscourses-Kindle>
- **Your local group:** Some groups have their own bookstore.



### Love Offering

- If your group will meet on Zoom or use software or a place that costs money, we encourage you to donate a love offering of \$3 for each meeting to help cover these expenses. Your facilitator will let you know if this is needed and will collect the love offering. Facilitators are asked to donate the group's net proceeds to the TSL Mission Fulfillment Fund.
- Contributing to the love offering is optional.
- If you would like to give an additional donation for the development of a curriculum on *The Maitreya Discourses*, please consider giving to the TSL Mission Fulfillment Fund.

### Maitreya Book Discussion Groups Resources

All the resources for Maitreya Book Discussion Groups can be found on The Summit Lighthouse website here: <https://www.summitlighthouse.org/MaitreyaResources>

## Steps to Get Started

1. Sign up for the Book Discussion Group.
2. Buy the book.
3. Prepare for the first meeting. See the following section for details.



### Preparing for Your First Discussion Group Meeting

1. Start with Chapter 1, “Christhood: Present Attainment and the Goal” by Jesus the Christ in *The Maitreya Discourses*. Make a call to Lord Maitreya and Jesus and ask them to tutor you as you study the first dictation.
2. We encourage you to listen to the dictation before reading the chapter. The dictations are available in the Ascended Master Library: [www.ascendedmasterlibrary.org](http://www.ascendedmasterlibrary.org). As you listen the first time, don’t take notes. Instead, center in your heart and connect with the master and the light release in his dictation.
3. Read the chapter. As you do, underline or highlight important passages, summarize key points in the margins, and actively strive to understand the meanings in the text. You may want to read the chapter multiple times over several days or read along while you listen to the dictation a second time.
4. Download and review the discussion questions. You may want to make notes in preparation for the first meeting.
5. If your group will be using Zoom or another virtual discussion platform, take time to test your computer video and audio before the discussion. See the “Getting Ready for Zoom” section for details.
6. Now you’re ready for your first Maitreya Book Discussion Group!
7. Following the meeting, complete the personal reflection exercise at the end of the discussion questions.

## Tips for Success

- Take a moment to reflect on your expectations for this book discussion group and record them in a notebook, journal or blank space in your book. This will help you know what to look for as you read and participate in the discussions.
- Keep a journal as you study *The Maitreya Discourses*. Record the inspirations you receive as you study and reflect on each chapter.
- Prepare for each meeting by reading the chapter and reviewing the discussion questions in advance.
- Come to each meeting ready to share and enjoy learning from each other's experiences!

## Getting Ready for Zoom



### Preparing for a Great Experience on Zoom

Welcome to your Maitreya Book Discussion Group. We hope you will make friends with everyone Lord Maitreya has brought together—and especially with Lord Maitreya himself. The following are some simple tips to help all of us get the most out of our Zoom experience. Really! These little tips make a big difference.

**New to Zoom?** Watch this [orientation video](#).



### Let Your Light Shine

Use a computer with a camera and turn it on. If your computer doesn't have a camera, you can purchase an inexpensive one to plug into your computer. Yes, it is possible just to be on the phone, but you miss a lot and your fellow members will miss seeing you.

### Aim the Camera at Your Face...

...not at the ceiling, not at the top of your head, not at your stomach, not at your dog, etc. Remember, when you stand up for invocations, everyone sees your stomach. It's ok to step aside or switch off the camera during these moments. It is best to set yourself up with bright, soft lighting on your face. You can do this by facing toward a window or putting a



suitable lamp in front of you. Light behind you can make your face be hidden in shadows, so try to avoid that.



### **Mind the Background**

Make sure your background is tidy and well lit. Alternatively, you may choose to use a virtual background inside the Zoom software. You can find the virtual background option in the camera dropdown menu on the lower left of the Zoom meeting screen. Set up your favorite background before the meeting starts.

### **Some People Like to Use a Headset**

If you have trouble hearing others or if they can't hear you, a headset might be a good solution for you. Find one with a USB plug for best results and least interference. But, rest assured, most computers work well simply with their built-in microphones and speakers. Be sure to test your sound before the meeting.



### **Try to Come 5–10 Minutes Early!**

The early part of a Zoom gathering is fun and helpful. You have a few minutes to say hi. If there are last-minute connection problems, they can be resolved. It's a good idea to let the facilitator acknowledge you before you start talking. In fact, when you are first admitted to the meeting, you will probably be on mute, so unmute yourself for the social interaction. Sometimes meetings are recorded and archived for people who can't make it. The facilitator will let you know about this.

### **A Few Other General Housekeeping Pointers**

- Try not to move around too much as it can be distracting for the group. If you must go do something, you can turn off your video (camera) at the bottom left of the Zoom screen and turn it back on when you return.
- If you are not speaking, either put yourself on mute or be *very* quiet. Other sounds get amplified, such as rustling paper, barking dogs, and other background noise. This can cause interference and disturb the conversation.
- If you join late, don't worry, but don't announce yourself. Others will see that you came on and the facilitator can acknowledge you at a good time.



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- If you need to leave, don't interrupt the conversation. You can just write something in the chat window to say good-bye.
- If you need to send a message or question to the presenter, use the chat window at the bottom of the screen. (Note, if you don't see the box at the bottom of your screen, hover your cursor or mouse at the bottom and the tools icons will reappear.) In the chat window, you can send a message to everyone or to a specific individual.

### **Enjoy Your Experience and Have a Great Time**

May your journey with Lord Maitreya and his friends on Zoom be deeply compelling and fruitful. We all look forward to getting to know you better as we study together. Please let us know how we can help at [maitreyabookstudy@TSL.org](mailto:maitreyabookstudy@TSL.org) and thank you for being part of this wonderful opportunity to enter the heart of this great Buddha and Cosmic Christ.



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