

Hello wonderful soon to be seniors,

I hope you are all enjoying your summer! I don't know about you but I am super excited about the opportunities this next school year will bring for all of us! For one, it will be the first time I will have the privilege to dive into the interesting world of TOK with you. Hurray for new beginnings! I know the last thing you want to hear is "summer assignment", so instead I would like to challenge you to change your perspective. Pick up a copy of the book "**As a man thinketh**", by **James Allen** (super short, like 40 pages short!) and open your mind to a new way of looking at things, a new way of thinking!

Your first quiz grade coming back will be about the ideas in this small book. To help give you some focus think about the following questions. And be prepared to comment on each. Starting a document titled: "As a Man Thinketh", might be the best strategy to keep all your ideas together in one place and help you be more prepared to comment in class.

1. The opening line is: "Mind is the master power that molds and makes..." This is the essential message of the whole book. What does this message mean to you? What is mind? Is he talking about our own individual mind or some cosmic, divine mind? Does it make a difference which? How can it be that the mind molds or makes the material world around us?

2. How is the light of wisdom like turning on a lamp in a dark room? What are the ideas we bump up against, over and over, when we don't understand how our minds rule our experience? Can you think of an example in your own life, a pattern that you've repeated over and over because you can't stop thinking or acting a particular way? Where can you go to find a solution?

3. Allen says that, "Aspiration, meditation, and devotion are the primary means that people in all ages have employed to reach higher modes of thought, more profound levels of peace, and vaster realms of knowledge." What does this mean? What do you aspire to? Do you meditate? What, or who, is worth being devoted to? How can doing these three things lift us out of normal thought and stress?

We will repeat the following terms as much as we do our own names this coming year so here they are for your visual enjoyment☺!

Ways of knowing: Language, Sense perception, Emotion, Reason, Imagination, Faith, Intuition and Memory.

Areas of knowing: The arts, Ethics, History, The human sciences, Indigenous knowledge systems, Mathematics, The Natural Sciences, Religious Knowledge Systems