

ADVENTURE  
IN FAITH  
2024

# RELEVANT & FAITH

FINDING ONENESS IN AN OCEAN OF UNCERTAINTY



Mile Hi Church

*It's different here.*

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## FACILITATORS

This book was created as a group facilitators guide, however, if you wish, you may also encourage your group members to download it from the Mile Hi Church Adventure in Faith landing page.

## GROUP TIMES AND MEMBERS

Groups should be at least one hour, but no more than an hour and a half. Ideally, each group should have no more than ten participants, including the facilitators.

## OPENING AND CLOSING BLESSINGS

A brief blessing should start and end each group session. Ideally a facilitator will do an opening blessing, and as trust grows in the group, it might be beneficial to invite a participant to say a closing blessing.

## KEY POINTS

These key points sum up what we intend the participant to understand in each week's session. You can choose to share these points with the group, or use them as your own guide for how to use the curriculum effectively.

## DISCUSSION QUESTIONS

These questions are designed to create meaningful sharing in your group. You can choose which, if any to ask.

## PROCESSES

These meditations, worksheets, and experientials are designed to assist the participants' inner exploration of the weekly topic. Choose the ones that you feel will be most resonant with your group.

## INTERFAITH SPIRITUAL PRACTICES

These are practices that can be practiced in your group, or participants can be encouraged to practice during the week.

*"How many paths are there to God? There are as many paths to God as there are souls on the earth." ~ Rumi*

## AFFIRMATIONS

You are invited to share these with your group each week.

## WEEKLY PRAYERS

Each week concludes with an affirmative prayer.

## SHARING GUIDELINES

It is recommended that you review these guidelines in your first session and refer back to them as needed.

### SHARING GUIDELINES *(Handout to download)*

- ◆ **Sacred Listening** – When someone is sharing I do not just listen, but do so with the intention of not judging or trying to solve and with a loving heart.
- ◆ **Sharing from Personal Experience** – When I share, I do so from my own personal experience, recognizing that what may be true for me, may not be true for others. I do not speak to others' experiences outside of how they resonate in my own.
- ◆ **Confidentiality** – What someone shares in class I will not share about outside of class unless it is with the consent of the person who shared it.
- ◆ **Authenticity** – I will be sincere with my sharing by holding myself to the present and not the past, not to someone else's, but my own vision of myself, not the roles I play but who I really am.

# RELEVANT & FAITH

## INTRODUCTION

### FINDING ONENESS IN AN OCEAN OF UNCERTAINTY

If you met someone today who had unshakable faith—in light of social discourse, the direction of our country, the future well-being of our children and grandchildren—most of us would think this person is strange, if not delusional or naïve.

In fact, that so called faith, we might not consider relevant faith at all.

Relevant faith isn't superstitious faith. Relevant faith isn't superficial faith.

Relevant faith is grounded faith. Relevant faith is informed faith. Relevant faith is authentic faith.

Relevant faith isn't afraid to walk in the forests of doubt and uncertainty. Relevant faith doesn't reject skepticism and discernment but embraces them.

Relevant faith is a commitment to knowing the truth, not only to belief, even if it means not being right. Even if it means changing your mind. Changing our minds.

Maybe that's the best thing that can happen for us.



# RELEVANT FAITH

WEEK  
ONE

TRANSFORMATIONAL  VULNERABILITY

Relevant faith calls us to use new tools for new results.

Take vulnerability, for instance. For many, this term has potentially negative consequences. Vulnerability removes our defenses and opens us up to being attacked. At the same time, vulnerability removes our defenses and opens us up to the experience of transformation.

Relevant faith requires a new level of openness, honesty, and willingness to change. Transformational vulnerability may make us at first feel we are throwing ourselves out to sea. But used wisely, we realize we were already in distress, and it becomes a life preserver ring that keeps us afloat.

## WEEKLY SYMBOL

Each of these nautical symbols carries a deep spiritual symbolism that relates to faith and our ability to navigate the waters of life with vulnerability, guidance, stability, wisdom, and discernment.

With faith, we stay the course to traverse and maneuver through the storms of our lives, ultimately expanding our awareness and spiritual

practice to touch, feel, know, and embody the deeper, truer waters of Spirit.



### Lifesaver

The lifesaver symbolizes salvation, safety, and protection. Spiritually, it represents the idea of being saved or rescued from difficulties, reminding us of the importance of hope and faith in times of crisis.

Faith—represented by the lifesaver—is in and of our own volition to take charge of our lives and perspectives. To reach out, reach in, and realize it is up to each one of us to grab the lifesavers that are presented to us by life and by God.

## KEY POINTS FOR THE WEEK

- Vulnerability is a key to meaningful transformation. Relevant faith means trust in vulnerability.
- There are many qualities of relevant faith that may have a negative connotation but can lead to positive transformation.
- Oneness can be revealed, even in uncertainty.

## QUOTES FOR THE JOURNEY

*Vulnerability is the only authentic state. Being vulnerable means being open, for wounding but also for pleasure. Being open to the wounds of life means also being open to the bounty and beauty.*

–Stephen Russell

*Vulnerability is the birthplace of innovation, creativity, and change.*

–Brené Brown

*To share your weakness is to make yourself vulnerable. To make yourself vulnerable is to share your strengths.*

–Criss Jami





# DISCUSSION QUESTIONS

## Icebreaker:

1. Who is someone whose faith you admire and why?
2. If you could cultivate a deeper sense of vulnerability in your own spiritual life, how would that transform your relationship with God, yourself, and others? What would your life look like as a result?
3. In her book *Trusting the Gold* by Tara Brach, Brach starts a chapter called “Speaking and Receiving Difficult Truths” with the following words: “When Jonathan and I got married, my wedding vows to him included the bold aspiration expressed in a poem by Rainer Maria Rilke:

*‘I want to unfold.  
Let no place in me hold itself closed,  
for when I am closed, I am false.  
I want to stay clear in your sight.’”*

Later she writes, “One of the biggest tests of that wedding vow happened only two years after our wedding. I was suddenly facing chronic health problems that would clearly put an end to many of the activities we loved doing together...I could see a future in which Jonathan remained healthy and athletic while I became less and less fit and desirable. I sank into a swamp of shame...

Finally, one day I asked if we could talk...He told me kindly and clearly that his love for me was not tied to boogie boarding or any other activity. He cherished our togetherness, unrelated to any of the particulars of what we could do...

Believing we are separates selves is one of our deepest illusions and the source of our suffering. If we try to hide our feelings of unworthiness or unlovableness, we deepen our sense of separation from others. Taking the risk to be vulnerable and real reveals the truth of our belonging—to each other, to ourselves, to this world we share.”

She closes the chapter with the following reflection: “Is there a truth about your own vulnerability that you are holding back in an important relationship? Can you imagine, for the sake of deepening love, taking the risk of being more real?”



## OPTIONAL PROCESSES

### Process One: Tools of Relevant Faith

- ◆ Vulnerability
- ◆ Forgetting
- ◆ Surrender
- ◆ Leaving
- ◆ Struggle
- ◆ Not Knowing

1. What are some negative ways these can express themselves?

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2. What are some positive?

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3. Could these qualities/practices be tools for positive transformation?

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4. Where am I called to be more vulnerable?

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5. What am I called to forget?

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6. What must I surrender?

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7. Where am I ready to leave?

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8. What am I grateful for about my struggle?

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9. Where am I called to practice not knowing so that I might change my mind?

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## Process Two: Meditation

*“In one drop of water are found all the secrets of all the oceans; in one aspect of You are found all the aspects of existence.”* –Kahlil Gibran

Today’s meditation is a trip to the ocean. Become one with the drops, traveling through a child’s imagination bridging it through the play of your life adventures. Opening up to witness choices to transform through adoption of new outlooks for life’s experiences by choosing to see through a different lens.

Before we start, have a pen and paper to write what comes up. It is a journey of spiritual images.

Make yourself comfortable and allow the mind to settle. We all know the mind’s job is to think. See the words pass like the clouds going from one horizon to the next with each breath. Now, begin breathing in a rhythm, slow and deep, filling the body and feeling its flow touch and move through every cell. (For a couple of minutes.)

Now in this moment, see that breath of life move with the current. See this individual drop welcome you into a single droplet. With each breath, feel the drop gently merging you in the flow of the breath, one in the current of many breaths. Feel the personal freedom as the fluidness of the breath streams with the sacred Self. Allow your breath to travel in the channel with the One. Into your own gracefulness, beholding the stream coming from the heart center of love and kindness, allow versions of your own life to swim into view. (Give it a moment.)

Be open for the sacred message to unfold. It may be a feeling, a vision, or a whisper. Continue with the deep breath, seeing your breath move fluidly through your body. (Be silent for a moment.)

Now, let’s move into the first breath of existence, a droplet, in its morning glory with rays of light shining through its bead in complete illumination. You are not alone. Rays shine through other drops on the branches, creating the most brilliant spectrums. (Take a silent moment.)

### How does it make you feel?

As you watch the individual droplets fall to the ground and into the stream below, there is a curiosity where you are going to go. With a quiver of the leaves, you feel yourself become airborne and drop into the stream with a splash, having no idea where this stream is going to take you.

### When was there a time you felt this way? (Take a silent moment.)

Immediately blending with many drops, still holding uniqueness, as you travel peacefully and bumpily downstream. You are susceptible to the current as it takes you in between huge boulders, sending you up in the air, soaring over and then under, blending into the One. Uncertain where or what the next breath will uncover, there is a feeling of a quantum leap of faith as everything begins to move faster.

### Where in your time have you experienced a quantum leap? (Be silent with your breath.)

Being a newborn drop, you can feel the uncertainty of the upcoming events. You are getting acquainted with your new environment. Seeing algae on the boulders floating by and tall trees through the clear stream, a sense of calmness is felt.

Now you look at the drop next to you. You see fear on the drop to the right, then exhilaration on the drop to the left. You are feeling a state of helplessness from the unknown, not sure what to expect, as a feeling of fear starts to build.

Has there ever been a time you have felt this way?

Continuing in the flow of breath and the stream, you see what caused the two expressions. A small group of you hit a protruding boulder, which jetted everyone out. All that’s seen is an extremely long distance to the stream below. The other droplets anchored hold together creating oneness, giving a little more confidence with the togetherness. And you collectively ride the fall, dovetailing one another to the bottom.

Upon arriving at the bottom, you feel a sense of accomplishment—survival, not fear. All lives, through what was believed in your core to

be impossible, endure. It gives you renewed possibilities and faith in survival.

You can feel perseverance moving with the sense of your own stability. Recognizing an inner faith is revealing itself, the gift of each experience you have maneuvered. Handling the unforeseen and enduring greater waterfalls with exhilaration, continues to build an inner self-trust. You look up and see a crescent moon shimmering through the water, glowing in and through, illuminating the whispers of these new inner truths as a shooting star moves through the sky.

When have you felt this way?

Now, you feel the current blend into a river. It is large, deep, and murky. The merging moves into an enormous number of droplets and critters with tails. Huge trees hover faintly over the surface with cliffs shooting to the sky. Different plants, critters, and insects are watching more critters feast on tasty goodies.

With a swish of a tail, one sends you into a different group. The attitude of aloofness creates invisible walls for you to navigate more independently, having to experience occurrences without help. It establishes a new learning of self-adaptation to flow as the course navigates around the bends into a new undertaking. You discover there are many ways to move with the current. One in fear and the other with faith, welcoming excitement of what is around the next bend. You allow the walls to resolve in the river's flow.

With each bend, you feel yourself expand and experience builds through both volatility and acceptance. You are grace's gifts. A rebirth, one through known or unknown situations.

Looking about, you move into a blue ocean. Taking all the successes and relearning with you, while reawakening into an experienced drops' new travels. Blessing the breath that moves through any weakness and evaporating fear, you choose to accept this new knowing, wherever the current maneuver is, home to explore and experience. For in this moment, resonate with the knowing that you are always in the perfect place at the perfect time. Enjoying the aqua adventure in the ocean you see forests, coral, and the abyss

of the sea. You enjoy the aquatic adventure moving with the current of the ocean and the sea.

Your journey is now complete.

After your travels to the sea, can you identify with this secret?

*"The secret from the river is there is no such thing as time. That the river is everywhere at the same time, at the source and at the mouth, at the waterfall, at the ferry, at the current, in the ocean and in the mountains, everywhere, and that the present only exists for it, not the shadow of the past nor the shadow of the future."* –Unknown

Take a moment to witness any correlations of your life and the travels of your drop. Write them down.

### Discussion Questions

1. What experiences of the unknown came up for you?
2. How have you moved through events like the rapids or great falls? What was your life preserver to survive what was feared?
3. What adventure of the unknown have you faced with fear that unfolded in transformation?
4. What has your learning in life's travels expanded into new gems?



## AFFIRMATIVE PRAYER

I become aware of the stillness that gives rise to all things and look within myself to know the truth of my being. Knowing and sensing I live, move, and have my beingness from the Source of all that goes forward and expresses through my life. I turn within to open my heart, revealing a softness in my approach connecting deeply with my source that protects and guides with unfailing love. Looking out and recognizing grace is present in all situations, circumstances, and events. The need to resist or distract with fear melts away as this truth supplants any notion of separation. I open to new possibilities with courage, giving myself permission to be vulnerable and allowing my thoughts and actions to align with all that is good. Expressing vulnerability empowers a deeper awareness of the everlasting strength and power available in each and every moment.

And so it is. Amen.

## AFFIRMATION

*I trust that all situations and circumstances are unfolding to grow my faith and courage to engage and express Life!*



# RELEVANT & FAITH

WEEK TWO FAITH REVEALED

## THE IMPORTANCE OF THE KEEL OF THE SAILBOAT ON AN OCEAN OF UNCERTAINTY

When you look at a sailboat, you may be drawn to consider the importance of the sails, the steering wheel, a compass, and the anchor. Although unseen, the keel beneath the surface is essential for the boat's stability and helps it stay afloat and on course during fierce winds and heavy waves.

Our spiritual practices can help us develop an inner keel of calm and stability, so we are not buffeted about by strong emotional and circumstantial winds. Like the keel on a boat, our faith and spiritual confidence are not directly visible to others, but they might wonder how we can remain calm and peaceful amid turbulence. This gives us an opportunity to share how this kind of authentic faith is relevant during these challenging times.

## WEEKLY SYMBOL



The anchor is a symbol of stability, strength, and the security that comes from having deep rooted beliefs in Divine ideas. Spiritually, it signifies being grounded and steadfast, often representing hope that keeps one anchored during life's storms. The faith of the anchor is to determine where we place our faith: in the realm of the mundane or in the realm of Spirit.

## KEY POINTS OF THE WEEK

- Faith doesn't always have to be invented; it is best defined in moments when it is revealed.
- There is nowhere in our life where faith doesn't show up.
- Anchoring in our higher truths reveals a relevant faith in times of uncertainty.



## QUOTES FOR THE JOURNEY

*Faith is not something to grasp;  
it is a state to grow into.*

–Mahatma Gandhi

*As you start to walk on the way,  
the way appears.*

–Rumi

*Now faith is the assurance of things hoped for,  
the conviction of things not seen.*

–Hebrews 11:1





## DISCUSSION QUESTIONS

1. Can you share a time when your faith was revealed to you in a new or unexpected way? What was the experience, and how did it impact your understanding of faith?
2. Imagine in your life that faith is continually revealed in powerful and relevant ways. What would that look like, and how would it shape your way of being in the world?
3. How can we create opportunities within our community for faith to be revealed and celebrated? What specific actions could we take to nurture an environment where faith is more visible and impactful?



## OPTIONAL PROCESSES

### Process One: Faith Builders

#### SEEING THE UNSEEN

What was a recent pleasant time you had? What did you appreciate about the experience that was unseen?

#### FINDING AND SPEAKING YOUR VOICE

When was the last time you shared something that you feared ridicule or judgment for, but instead a greater faith was revealed?

## LISTENING TO YOUR LIFE

Do you believe that listening to your life can lead to receiving messages from a higher power or source? If so, what is your life telling you now?

## IN THE GOD OF AND BEYOND YOUR UNDERSTANDING

Faith isn't just a belief in Spirit but in a Spirit that is evermore than you believe. Where is your faith calling you to grow in your understanding of God?



## Process Two: Meditation

When I want to emerge and completely feel embodied in nature, I go into my memory bank seeking the quiet of nature's finest in the ocean or the seas.

Gratefully, let's take in the breath that travels into the essence of our soul as it flows in, through, and about the heart space, feeling and observing the course of the assuring breath of love and life. Allow it to descend into soul's breath to glide with ease and grace, moving about the body with each breath. Continue to bring it in, and allow it to surge down the channel all the way through the body and back up from the bottom of the soul to the top, filling the being. Welcoming the gifts of nourishment for every cell, enriching, regenerating and rebuilding what the presence of the breath uncovers. Accepting and releasing in gratitude the communion with the One.

Slowly permit the breath at this time to continue.

Choose to see through the essence of the soul's lens, allowing it to create a broader vision in what is perceived for yourself. See in the mind's eye the amazing images as you dive deep into the wonders of the ocean or sea.

Feel the excitement of an ocean experience. It is a perfect day for an expedition. The current is mellow and easy to maneuver with great clarity, allowing us to observe God's handiwork. The water envelopes us, like a mother holding her precious child. We feel an ease and a calmness as we begin to view 360 degrees of mother nature's handiwork.

The first thing catching our eyes on the sandy bottom is a beautiful, thin large fish bury itself quickly in the sand, awaiting its next meal. As we begin to move with the current, we see the sea fans, keeping the ocean's rhythm back and forth. Floating over them, we hear crunching from the bright colored critters maneuvering and feasting below.

With a deep breath released, we point upward at the iridescent bubbles rising slowly to the surface. Feeling the peacefulness of watching the bubbles rise, getting larger as they get near

the surface. Feel the appreciation of having such an experience.

As we reach the walls edge, a very large sea turtle glides from out of the deep dark blue with another one behind it. They move with such elegance, considering they are almost as big as the smallest person. They don't even glance our way as if we were invisible. We just watch them continue into the abyss in astonishment.

Continuing on, we move back into the shallower waters where there is a field of antler coral. The flowering tips of neon yellow, orange, green, and blue, and individual coral specimens standing from two to over two feet of pink, white, and yellow, a breathtaking garden. We take a moment to take it all in, again hearing the fish chomping on the coral and rummaging about, just a normal day for them. Large and small, colorful and dull, small school and solo travelers illuminate and reveal the amazement of life.

Each of us travel at a snails' pace to take in all of the experience. we behold the beauty and sacredness of nature as little schools and more sizeable fish travel with us, ducking into coral notches and tunnels. A magnificent large angel fish cruises by. A multitude of colors and shapes regarding the many different fish communities. When ready to move on, give a thumbs up.

Continuing, looking into the notches and tunnels as we slowly glide by viewing very large fish, crabs, lobsters, sea-worms that sink into a tube as we pass. A finger catches the eye pointing down. We see tucked in the coral bottom, a family of eels breathing through their ghastly teeth watching our every move.

Noticing the many unique fish, a few big lips with fun colors and large eyes hover with us. Right in front of our eyes, a thin 8-inch fish blown up like a balloon, hopes to scare us away. The bubbles spill out in laughter. Too cute! Just like what you would expect in a Disney movie.

Heading straightaway, we move into a narrow gorge. Both walls are overwhelmingly beautiful covered with the most amazing corals of pink, purple, vivid green, orange, red, and white corals. It is like looking at a National Geographic

magazine experience. All different sizes, colors, and shapes of fish are above and below us, in little nooks and crannies. We watch a 10-foot big boy or girl gracefully swim past us. Awed by its size as a shark moves with pure grace and ease, not even noticing that we were above it.

We continue with amazement until we move to the end. There in the nothingness is a tranquility, bathing us as we stare out into a serene abyss of an amazing rich ocean blue. Reverence washes us, at each stop, and we become very still. The only movement and sound are the air bubbles as our hands slowly move in an infinite motion to hold us in one place. Take a breath and be in the calmness of the sea.

Beyond, is a shadow in the blue, unmasking itself. What started out as a very small ball miraculously became a huge mass of silver shimmering like a gigantic crystal ball coming towards us like a dance that stirs each of us in disbelief. Hundreds of fish swimming as one moving in tandem, like synchronized swimmers, as the gigantic ball moves from side to side, up, and down, gracefully traveling to an unknown destination.

We witness an exquisiteness of nature being revealed that fills us with a feeling of homage, fascination, and disbelief of what the eyes see, our bodies feel, and memories to treasure. We all just experienced one of the gems of the sea. A magnificent gift named bigeye scad fish.

It is time to surface and to be picked up by our boat. Watching our bubbles rise as each follow and wait for our 15-minute decompression.

Each of us resonates with all that was felt, saw, and touched the heart being a part of each moment. As we go into the breath, we connect ourselves to our soul's heart and sight to remember and reveal the wonders of mother nature's travels. We reside in the sea's depths of emotion, of heartfelt peace, and awe filled with the snapshots of gratitude.

What splendors were revealed that spoke to you?

What discoveries came up about yourself?

Was anything unearthed with the ocean's travel?  
What were they?

What feelings or vision do you want to remember?

Express how you felt traveling the seas in meditation.

Any treasures or gems show up?



## AFFIRMATIVE PRAYER

Looking out into the world, recognizing there is only Spirit existing, expressing, and imparting all the goodness inherent in life with grace, ease, and without struggle. I am a part of Life, and every aspect of living in Spirit is available to me in every moment. In the knowing that there is no separation between my soul and Spirit, the notion of faith in this Truth builds within me, yielding a sense of peace and security that spills out into my life experience. All resistance melts knowing the power that creates worlds is operating in my consciousness now and always. I commit to increasing my faith, knowing the process is sleight, yet definite.

And so it is. Amen.

## AFFIRMATION

*I release all apprehension proceeding in Life, deepening my reliance on source, cultivating enduring faith.*

# RELEVANT FAITH

WEEK  
THREE

THE WISDOM  OF DISCERNMENT

Relevant faith deepens the spiritual gift of discernment within us, which serves as a compass of expanded consciousness that is both vast and subtle. It's found in the still small voice within, mirrored in nature, and born from a deeper listening and sensing of the Divine within daily life.

When the power of discernment is polished and deepened within, it serves as a compass for our life rooted in Divine knowledge. It strengthens our ability to recognize the good, the vibrationally healthy, and the life-enhancing aspects of experience. The compass of discernment ignites our spiritual quest for wisdom and greater understanding. With it, we begin to act in accordance with the good for all rather than from a personal agenda. It moves our perspective beyond the influence of a fear-based world into the North Star direction of the greater spiritual reality.

## WEEKLY SYMBOL



### Compass

The compass represents the wisdom of discernment—having the discernment to activate our inner guidance system to navigate our life's journey. Repeatedly checking within to align and navigate toward a true purpose and a spiritually oriented path.

## KEY POINTS OF THE WEEK

- Discernment is a spiritual gift that is gained through listening, pausing, stillness, nature, and connection with the wisdom-masters and teachings.
- Discernment is about seeing through appearances to gain a greater perspective and to sense the interconnectedness of all things.
- Discernment is a tool of consciousness that hears the deeper sounds of the Divine beneath the noise of ordinary life.



## QUOTES FOR THE JOURNEY

**Discernment is not simply a matter of distinguishing right from wrong. It is the ability to detect what is truly good from what seems attractive but leads away from God's greater glory.**

**–Ignatius of Loyola**

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*Discernment is not a mechanical process but a spiritual one in which you listen deeply to your own heart and to the wisdom of others.*

**–Parker Palmer**

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*Through spiritual discernment, we see that we have a power that can overcome every obstacle in our experience and set us safe, satisfied, and at peace, healed and prosperous in a new light and a new life.*

**–Ernest Holmes**





## DISCUSSION QUESTIONS

1. **Discernment vs. Judgment:** How do you distinguish between discernment and judgment in your spiritual life? Can you think of a time when you initially judged a situation but later realized that a more discerning approach was needed?
2. How has the practice of discernment brought clarity to your spiritual journey? In what ways has it helped you move into a deeper understanding of faith?
3. **Navigating Complexity:** In moments of uncertainty or complexity, how do you use discernment to guide your decisions? What helps you stay grounded in faith?
4. How can our community foster the consciousness of discernment? What steps can we take to support each other in developing this wisdom?



## OPTIONAL PROCESSES

### Process One: Conscious Voter Checklist

Answering honestly, even amid a contentious election season, can you commit to the following?

#### SPIRITUAL VOTER CHECKLIST

- I will affirm the highest good no matter which candidates are selected for office and will commit to claiming peace, restoration, and Oneness beyond any appearance or outcome.
- I will approach and not avoid central issues facing my community and country. I will seek to discuss them in supportive spaces where I am willing to hear and trust that I am being heard, even when disagreeing.
- I will hold myself accountable as a role model for good in my home, online, and anything controversial in every area, knowing that a greater good is always unfolding.
- I will stand for equality for all people regardless of race, religion, or political affiliation.

### Process Two: Visioning Activity

#### Fostering Discernment for a Life Question Using Your Sacred Inner Compass

##### ◆ Tend the Sacred Threshold

Create a sacred space. Light a candle or burn incense to symbolize the crossing from the ordinary awareness into a deepening awareness of your connection with Spirit. Take a few deep breaths and set the intention to open yourself to mystery and revelation.

##### ◆ Listen in Silence and Attune the Needle of Your Awareness Towards the Divine

Silence is key to attuning to Divine guidance. In the stillness, subtle shifts in energy, feeling, and thought begin to emerge much like a compass needle responds to the unseen magnetic force.

Begin to breathe in and out in the stillness while focusing on your breath. Breathe in for a count of 3, breathe out for a count of 4. Breathe in for 3, breathe out for 4. Pause and rest observing your thoughts as they come and go, allowing them to float through the field of your awareness. Observe without judgment as if your thoughts are passing through like clouds.

##### ◆ Determine Your Question Map

As you continue to rest in meditative stillness, invite a question to your mind regarding a

situation in your life you would like guidance on. Allow it to arise to the surface of your awareness. Breathing in and out, simply observe.

As you rest in stillness, allow yourself to tune in to subtle, inner currents within you. They may arise as an intuitive nudge, a whisper of longing or a creative idea, a pull upon your heart's sense, or perhaps images, symbols, ideas, colors, or sounds arise for you. Perhaps it is even a bodily sensation within. Just observe. Tune within and take note of what arises within your awareness.

Now, as you remain in the quiet space, ask for an image or symbol to arise that represents your true path ahead, a symbol meaningful to you. Focus on this image trusting it to be a beacon of guidance in your current situation or life journey.

### ◆ Open the Sacred Compass of the Heart

Begin to turn your attention to your heart, directing your breath in and out through your heart center. Ask, "What are my next inspired Divine steps?" Pause and receive guidance.

- **Purpose:** Trust that the guidance you receive from the mystical compass is leading you on the right path even if it's not immediately clear.
- **How:** After receiving any insights or feelings of direction, offer a prayer of gratitude, acknowledging that you are guided by forces beyond the ordinary. Surrender the need for complete certainty and trust the process of unfolding.

*"I trust the path that is being revealed to me. I surrender to the wisdom of the mystical compass."*

- **Focus:** This act of surrendering allows you to move forward with faith, knowing that the Divine currents will continue to guide you even when you can't see the full picture.

### ◆ Close With Loving Gratitude

Trusting the guidance you have received from the sacred compass within you is guiding you into a greater expression with love and is promoting growth and a sense of wholeness in your life, begin to release this visioning exercise. Give thanks for all you have received and trust that more information continues to unfold and clarify as you move back into daily life awareness.

Give thanks for all, for this time in meditative connection with the Divine within you.

With a deep breath, return your awareness to your surroundings, crossing the threshold with gratitude into your daily life awareness.

### For Further Practice and Cultivation of Spiritual Discernment:

#### Journal with Symbols and Dreams

#### Reading the Mystical Map

- **Purpose:** Symbols, dreams, and visions are key elements of the mystical path. They serve as a "map" for navigating the inner and spiritual landscape, offering guidance through metaphors and imagery.
- **How:** Reflect on recent dreams, recurring symbols, or intuitive flashes. If you have none, close your eyes and allow your mind to wander. Ask for a symbol or image to come forward. You might see a specific object, animal, or scenario that holds meaning for you. Write these down or sketch them.
- **Focus:** These symbols act as markers on your mystical map, pointing you toward deeper truths. Interpret them not only with your mind but also with your intuition. Ask yourself what this symbol or dream wants to reveal to you.



## Attune to Nature's Compass

- **Purpose:** Trust your intuition as the guiding needle of the mystical compass. Intuition is the language of the soul, offering subtle insights that bypass rational thought and connect to the Divine.
- **How:** Focus on the intuitive nudges you've been feeling—gut feelings, heart pulls, or moments of sudden clarity. Ask your intuition directly what it wants to reveal. You may frame this as a question: *What is the direction of the highest and best for this situation?* Then, wait for the response, which may come as a quiet knowing, a sensation, or an image. Write or meditate on whatever arises.
- **Focus:** This step is about learning to trust and refine your intuition, which acts as the spiritual needle of your sacred compass.



## AFFIRMATIVE PRAYER

I turn within and focus my attention on the inner guidance, that place from deep within, sourced from my eternal connection with Life. From the conscious communion I share with my source, Divine wisdom is available to me without hesitation or delay. I call upon this intelligence to provide counsel in a way that is clear to my understanding. Any steps, actions, or decisions in my life experience arise from spiritual discernment that steers my course rightly and expeditiously to the highest and best outcomes aligned with love and all that is Good.

And so it is. Amen.

## AFFIRMATION

*I trust my higher self, connected to Divine discernment and wisdom, to fill me with confidence in every step I take forward in my life.*



# RELEVANT & FAITH

WEEK  
FOUR

## FINDING TRUE WATERS

The water we drink is a key source to the vitality of our life. When it comes to the water of information, of inspiration, and of revelation, shouldn't we be as mindful as the source that produces our drinking water?

Finding oneness in an ocean of uncertainty can mean all at once or one drop at a time. As Gandhi once said, "God is in every drop of the ocean, but not even the seven seas can contain God."

Our true waters are those places where the Divine meets our relevant thirst and resonates.

### WEEKLY SYMBOL



#### **Nautical Wheel**

The nautical wheel, or ship's wheel, symbolizes organization, leadership, and the ability to steer one's life in collaboration with the Divine. Spiritually, it represents the concept of self-mastery and the power to navigate through life's challenges with discernment, wisdom, and to guide one's life journey with conscious intent.


### KEY POINTS OF THE WEEK

- Be mindful of all the sources that fill your mind and heart.
- Our true waters speak to our unique relationship with Spirit.
- A relevant faith isn't fixed; it's fluid.

## QUOTES FOR THE JOURNEY


*Be like water making its way through cracks. Do not be assertive but adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves.*

—Bruce Lee



*You are not a drop in the ocean.  
You are the entire ocean in a drop.*

—Rumi



*Everyone who drinks this water will get thirsty again and again anyone who drinks the water I give will never thirst—not ever. The water I give will be an artisan spring within gushing fountains of endless life.*

—John 4:13-14





## DISCUSSION QUESTIONS

1. If you could shape the future of your spiritual community to be a place where everyone finds *true waters*, what would be the key qualities or practices that would define it?
  
  
  
  
  
  
  
  
  
  
2. How can we support each other in finding and maintaining a faith that feels relevant and life-giving? What can we do to encourage and nurture each other's spiritual journeys?
  
  
  
  
  
  
  
  
  
  
3. What do you hope will be the legacy of our collective faith journey? How can we ensure that future generations find their own true waters of spiritual refreshment?





## OPTIONAL PROCESSES

### Process One: Two Letters

- Identify a time in your life when you struggled to reveal faith in a difficult time.
- Write yourself then a note from where you are now. What do you want the you of the past to know?
- Identify an area where you may be struggling with faith now.
- Imagine that it is five years from now. Write a note to yourself now as who you are in five years.

### Process Two: Meditation

#### Finding True Waters

Today's meditation is a voyage into the depths of the soul, a guide to your own reverence, discovery, and peace in the deep inner abyss within.

Before we start: Have a pen and paper to write what comes up. It is a journey of the Spiritual imagination. Make yourself comfortable and allow the mind to settle. To do this we all know the mind's job is to think. See the words pass like the clouds going from one horizon to the next with each breath. Now just begin breathing in a rhythm, slow and deep. (A Minute or two)

Now see that breath of life dive deep into the sea of your soul. With each breath, feel the gentle current guiding you in a feeling of personal freedom, as the fluidness of the breath encapsulates you in peace while you travel

deeper, deeper, deeper within the depths of the Divine abyss. Feeling the rhythm of the heart, invite yourself to experience its pulse opening it up to receive its pearls. In the breath hear its message for only you to hear from the heart. Slowing everything to feel, listen, and/ or see the suggestions for your sacred message. (Gift silence for a moment)

Ready yourself to travel one with the current discovering new self-awareness. Allow the harmonious rhythm of breath to take you deeper looking at your inner compass for guidance for greater insights navigating the wonders of your sea, and looking for greater personal wisdom for you to perceive.

Detect any tightness in the body and breathe into it. Allow grace to message it, letting the energy float away or welcoming new riches of found nuggets.

Ask your vessel where and what it wants to be reveal. (Moment of silence)

Moving in the stream of breath brings lightness and guidance to future possibilities to discern? (Moment of silence)

What strengths and vulnerabilities are being uncovered?

Any truths detected as you anchor in the sandy bottom. Are there bubbles of wisdom that can mystify the soul?



## AFFIRMATIVE PRAYER

Recognizing there is a stillness that gives rise to all of Life. The stillness is the oneness from which all things are comprised and formed, rendering the idea of separation as an illusion. Seeing that all beings are individualized points of consciousness in the Divine Mind, I relax into the flow of living joyously in my true nature, celebrating variety and infinite possibility. All water, no matter the source—rivers, lakes, swamps, pools, and oceans, is the same molecule at the core. This is the truth of my beingness, and I accept my oneness with the All-ness of Life, right now.

And so it is. Amen.

## AFFIRMATION

*I allow the true waters of life to carry me forward with effortless flow to my highest calling, in calm confidence that it knows the way.*





## **Think Like a River**

Poem by Harold Pratt

**Think like a river.**

**The heart of a river is its freedom.**

**The freedom to flow unrestricted,  
unaltered, and undiminished.**

**Its ability to nourish and provide lies in  
its freedom to give and take on its own terms.**

**To take from one sandbar and give to another,**

**To erode here and deposit there,**

**To destroy one flood plain and fertilize another.**

**To mankind this may appear capricious,  
unknown, and without purpose.**

**To a river, it is the cycle that brings life to  
its flora and fauna and sculpts  
the art forms of the canyon.**

**A river that is controlled can only provide to that  
narrow channel in which it has been commanded  
to stay. The plants it can provide are restricted to  
the narrow band along each shore.**

**Its benches and flood plains, once rich with silt  
and moisture, become deserts forever.**

**The fish it supports find food sparse and species  
begin to disappear. The river of yesterday is  
the same as the river of tomorrow. Its sameness  
is guaranteed. We may know best. Maybe  
civilization has a better plan for the river.**

**Who knows?**

**But a river without freedom  
is a river without a spirit.**

**And a land without a soul may  
produce a people without a will.**

**Who knows?**



