

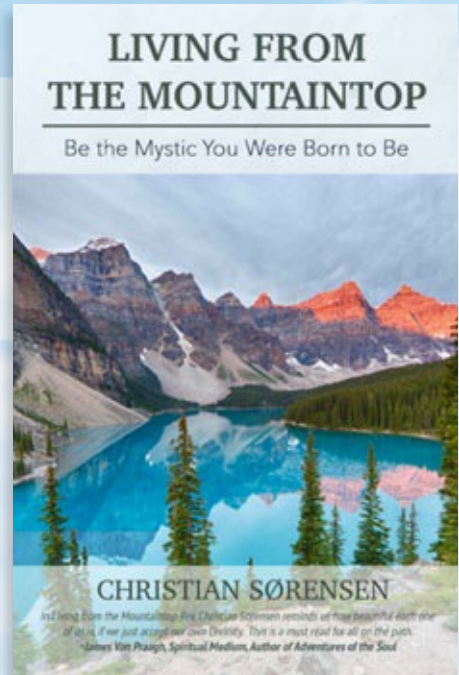
Faith in Action 2020

Inspiring Spiritual Growth and Abundant Living

October 4 through November 8, 2020

Thank you for joining us!

- Sunday talk series with **Rev. Steve Colladay**
- Weekly **SpiritGroups** zoom meetings for small group book study



Available on www.amazon.com
in Paperback and Kindle Formats

STUDY GUIDE



21 King Ave Albany, NY 12206

Online: www.unityalbany.org Email: office@unityalbany.org

Sunday Services: 11:00 am Fall to Spring 10:00 am Summer Months

Our mission is to awaken to and embrace the Divine essence of all beings
through prayer and service.

LIVING FROM THE MOUNTAINTOP

Be the Mystic You Were Born to Be



CHRISTIAN SØRENSEN

*“Living From the Mountaintop” by Christian Sørensen reminds us how beautiful each one of us is, if we just accept our own Divinity. This is a must read for all on the path.
—James Van Praagh, Spiritual Medium, Author of Adventures of the Soul*

“After your mountaintop experience, you’ll find yourself more at home in your body. You’ll stop looking elsewhere for your true Self and perceive as much life force ‘within’ as ‘out there.’ You’ll come to know **where you are** is where **It** all is.”

Christian Sørensen,
Living From the Mountaintop

*Welcome to your
Faith in Action 2020 SpiritGroup*



Acknowledgements

Study Guide and Content Development

Rev. Erin McCabe

Debby Schenk



WEEK ONE - October 4

Introduction & Prologue: **Before Birth and After Death**

WEEK TWO - October 11

Chapter 1: **You are Infinite**

Chapter 2: **Prison Without Bars**

WEEK THREE - October 18

Chapter 3: **Beyond the Senses**

Chapter 4: **Changing Frequencies**

WEEK FOUR - October 25

Chapter 5: **Love and Diversity**

Chapter 6: **Flow**

WEEK FIVE - November 1

Chapter 7: **As Far As the Soul Can See**

Chapter 8: **Mystical Grace**

WEEK SIX - November 8

Chapter 9: **Masters of Brightness**

Chapter 10: **Freedom**



- 🌀 Opening Prayer
- 🌀 Check-in Round
- 🌀 Review Commitments, Sacred Agreements & Five Disciplines
- 🌀 Weekly Affirmation
- 🌀 Discussion Questions
- 🌀 Mindfulness Exercise/Meditation
- 🌀 Challenge
- 🌀 Closing Round

“Living from the Mountaintop will give you an opportunity to experience joy and happiness beyond words and logic, while folding beautifully into your soul’s expansion, evolution and spiritual maturation. All of your interactions within this world will come to be recognized as purely spiritual experiences.”

Christian Sørensen,
Living From the Mountaintop

The Commitment

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Commitment transforms promise into reality. It is fueled by words that speak boldly of our intentions and the actions which speak louder than words. It is making time where there is none. It is following through. It is the power that transforms our lives and our world. It is the daily triumph of integrity and empowerment over skepticism.

- 🌐 I commit myself to this process of spiritual exploration, of fulfilling my soul's longing to understand and express the divine to the best of my ability with my thoughts, words and actions.
- 🌐 I go to my heart and invite other Spirit Group members to do the same. I believe in the connecting power of God that dwells in the one heart of which we are all a part.
- 🌐 I celebrate the greatness in myself and in you. Our lives are filled with infinite possibilities woven together in Oneness.
- 🌐 I love and accept you just the way you are, and I respect your right to be different and to think differently than I do.
- 🌐 I openly share my thoughts, feelings and beliefs. I care enough to share my personal experiences authentically and to lovingly listen with intention to your truth.
- 🌐 I choose words of kindness, encouragement, appreciation and gratitude to build a strong foundation of mutual support.



Sacred Agreements help create a safe and healthy environment for the group. It is important that the group review these agreements and reach consensus.

CONFIDENTIALITY

We honor confidentiality. We do not share another person's story, even good news, without permission. What is shared here, stays here. If there is something you hope to share, ask permission and honor the response.

COMPASSION

We relate to each other with unconditional, compassionate acceptance. Judgmental comments, even unspoken judgmental thoughts are toxic to the group. When we need to process, we ask our host or minister for sacred and confidential support.

TRUTH & INTEGRITY

We are encouraged and supported by one another to honestly and authentically be ourselves. Although it involves risk, speaking our personal truth can occur safely in a compassionate environment.

RESPECT

We show respect for each other and the group by attending each week, arriving on time, not interrupting others and allowing everyone to participate.

CONFLICT

When people come together and speak truthfully, the potential for hurt feelings, triangulation and misunderstanding exists. When left unresolved, these are toxic to the sacred safety of the environment. We encourage speaking *with* people, not *about* them and we refrain from talking about people when they are not present.

GROUP PROCESS

This process is for our own personal and spiritual growth, not group therapy. When discussing program related material, use "I" statements to deepen your sharing and avoid advising, coaching or problem-solving for other members.

PARTICIPATION

We agree to prepare for and participate in discussions and group activities; however, each person has the right to modify his or her participation.



Communion, Connection, Compassion, Community, Challenge.

COMMUNION

Each SpiritGroup includes some form of practice for “communion” with Spirit. Usually, this means affirmative prayer, mindfulness, and/or meditation.

CONNECTION

Each SpiritGroup devotes time during each meeting to building authentic, quality connections with one another.

COMPASSION

Each SpiritGroup member is called to support others in the group by checking in on each other and holding one another in prayer during the week. When we sense that pastoral care might be helpful, we encourage that member to seek guidance and support from our ministers.

COMMUNITY

Each SpiritGroup participates in some form of community service during their commitment to be together.

CHALLENGE

Each SpiritGroup member is invited to select an area of “challenge” or growth during our time together. Individuals support one another in that growth by serving as accountability partners.



OPENING PRAYER

We open this sacred space acknowledging the power of Divine Love which draws us together today. Each of us is a unique unrepeatable expression of God. Together as One, we are a powerful combination of souls. We acknowledge and appreciate the choice each person made to be here. This is a gathering of friendship and support. We are immersed in light and we bless our community and each SpiritGroup gathering this week. Grateful for the insights, connection and spiritual growth, we say thank you Spirit. And so it is. Amen.

CHECK-IN ROUND

Share what is most alive for you from the Sunday message and the “*Body and Soul Practice*” for the week.

HOUSEKEEPING

Commitments, Sacred Agreements and the Five Disciplines; Announcements

AFFIRMATION

Our hearts, hands and eyes are open as we are immersed in a holy field of life, love, and wisdom. A mighty quickening of mind-body-Spirit is happening right here, right now.

MEDITATION EXERCISE

Use the meditation at the end of each chapter for the week.

Week 1: pg. 30 (Your Welcoming to the World)

Week 2: pg. 55 (Establishing Your Mountaintop) / pg. 80 (Leap Meditation)

Week 3: pg. 102 (Valley Floor Meditation) / pg. 129 (River Meditation)

Week 4: pg. 152 (Lake Meditation) / pg. 177 (Tree Meditation)

Week 5: pg. 209 (Outdoors Meditation) / pg. 235 (Grace Meditation)

Week 6: pg. 260 (Light Meditation)

DISCUSSION

1. What touched you, inspired you, or captured your attention during this week's reading?
2. How did this week's reading show up in your life to cultivate spiritual growth and abundant living?
3. Review and discuss the questions from this weeks reading ("*Soulful Adventure*" questions located at the end of each chapter).

CHALLENGES FOR THE WEEK

Each SpiritGroup member is invited to select an area of "challenge" or growth during our time together. Individuals support one another in that growth by serving as accountability partners. Journal or dialogue your answers to this week's **Soulful Adventure** questions and make notes you may want to share with the group.

Week 1: pg. 32

Week 4: pg. 155 / pg. 181

Week 2: pg. 58 / pg. 84

Week 5: pg. 214 / pg. 238

Week 3: pg. 105 / pg. 134

Week 6: pg. 263

CLOSING ROUND

Prayer Requests

Acknowledgement of Spiritual Community

SpiritGroups are part of the core services of our ministry. There is no financial offering received during this meeting. Your ongoing contributions make gatherings like this possible for everyone in our spiritual community.

Blessing Statement

Divine love through us, blesses and multiplies, all of the love offerings and tithes flowing to Unity church in Albany now. And so it is. Amen

Prayer for Protection

*The light of God surrounds us; The love of God enfolds us;
The power of God protects us; The presence of God watches over us.
Wherever we are, God is!*



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