



Spiritual & Emotional Maturity Gathering



Saturday, July 25, 2026



9:00 AM via Zoom

FACILITATED BY

Rev. Bryan Sawchuk

SPIRITUAL & EMOTIONAL MATURITY

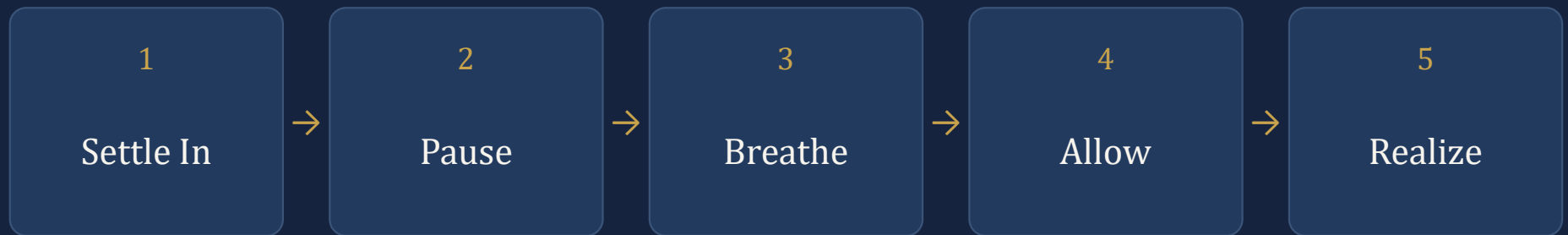
Self-Inquiry & the Art of Empowering Questions

Session 4

Facilitated by Rev. Bryan Sawchuk

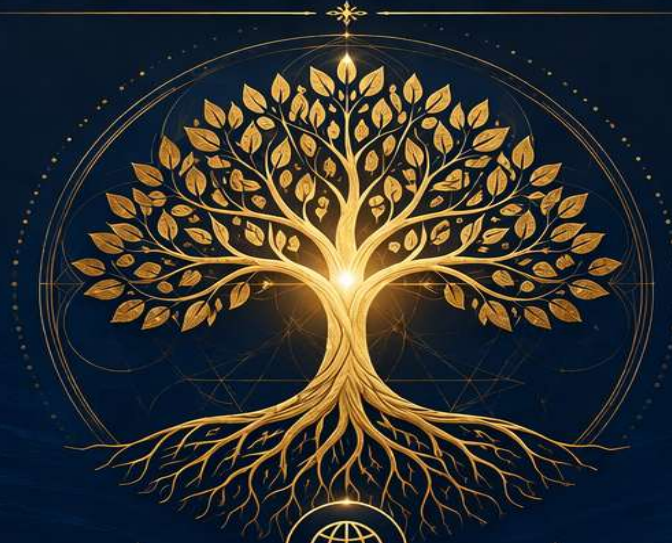
Saturday, July 25, 2026 · 9:00 – 9:30 AM

LET US BEGIN



Wherever you are — arrive here.

— ACTIVATE YOUR — ABUNDANCE CONSCIOUSNESS



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WHAT SEM IS

Spiritual & Emotional Maturity is a state of conscious surrender —

in which the adverse ego — the drive to explain everything, and make us feel safe, important, and like we belong — is surrendered to something bigger than its own needs, wants, and desires.

— Cook-Greuter, adopted as our working definition

HOW YOU'D KNOW IT

“Spiritual maturity is measured
by your level of non-reaction.”

Not how much you know — how you actually behave, especially under stress.

Spiritually Awake

Has gained new spiritual
knowledge.

Spiritually Mature

Has let that knowledge
transform how they show up —
particularly when things
don't go their way.

WHY IT MATTERS

One Presence. One Power. One Source.
One Interconnected Web of Energy.

*You are not separate from Source, reaching toward it.
You are already made of it. The journey isn't closing a distance —
it's raising a frequency.*

Your inner state is not private — it is a Vibrational Broadcast Signal.

Every unregulated moment goes out from you and organizes what comes back.
You are the instrument through which Source expresses.

THE INVITATION

ACTIVATION IS AN INVITATION

The irritation. The contraction. The feeling of being lesser-than.
It is never a sign that something has gone wrong.

*It always points back to something within you
asking to evolve.*

*“Will I choose to evolve into possibility —
or resign into the familiar, predictable patterns?”*



“Enlightenment is of little or no value
unless we continue to mature
spiritually and emotionally.”

— *Charles Fillmore*

So — how do we actually practice it? That's today.

THE CORE OF TODAY

Self-Inquiry: The Art of Empowering Questions

*Session 3 introduced the biology: the amygdala hijack vs. the frontal lobe coming back online.
Empowering questions are what engage the frontal lobe — on purpose.*

THE PREMISE

“Your life mirrors the quality
of the questions you ask.”

— *Niurka, Supreme Influence*

**Questions direct your focus. They determine what you perceive, attract,
and materialize in a universe of infinite possibility.**

A LIFE EXAMPLE

Fired. Shorted an \$8,000 paycheck.
Betrayed. Nearly homeless.

*At 19, Niurka hit real financial and emotional bottom — and, unconsciously,
kept asking questions that mirrored it right back to her:*

Why is this happening?

What am I going to do?

What's the point?

What's wrong with me?

*“My life mirrored the vibration of those questions.
I looked around and saw mostly chaos, struggle, and
disappointment.”*

ONE QUESTION, ONE PORTAL

“If you could be anywhere in the world right now, where would you be?”

*A friend asked her that — nothing more. No advice. No fixing.
One question stopped the spiral and opened a new possibility.*

Questions became her portal for progress.

Two Kinds of Questions

Disempowering

calls forth the amygdala

- Past-oriented
- “What do you think / feel?”
- Survival defense mechanisms
- Keeps you in the story

Empowering

engages the frontal lobe

- Present-oriented
- “What am I noticing?”
- “What is possible here?”
- Opens new discovery

QUESTIONS SUMMON THEIR MATCH

Questions sift through infinite possibilities
and summon their vibrational match.

“If you believe, you will receive whatever you ask for in prayer.”

— Matthew 21:22

*“Ask, and it shall be given you; seek, and ye shall find;
knock, and it shall be opened unto you.”*

— Matthew 7:7

WHO YOU'RE ASKING FROM

You are already whole.
Already good. Already Divine at your core.

*An empowering question isn't a plea from lack —
it's an act of remembering what's already true.*

*“I want to know God's thoughts —
the rest are mere details.”*

— Albert Einstein

THE FORMULA

The Three-Step Formula for Crafting Empowering Questions

1

Begin with How, What, or Who

These open understanding. “Why” can spiral into justification — use it only if it uplifts.

2

State it in the affirmative

Move toward what you want, not away from what you don't. Language flows in the direction you name.

3

Build momentum

Add words like right now, while, even more — they presuppose you're already there, and amplify it.

THE FORMULA, APPLIED

On Money & Stress

DISEMPOWERING

“Why don't I have enough money?”

EMPOWERING

“What abundance is available to me right now?”

EMPOWERING + MOMENTUM

“How can I feel even more at peace with money, right now?”

ONE MORE DISTINCTION

Be supremely specific in intention —
non-attached to the outcome.

*See, hear, and feel the essence of what you desire — without
needing to control the exact form through which it arrives.*

Do your part fully. Then release the result to a Higher Wisdom.

THE WISEST CHOICE

INNER ALIGNMENT

- What is most important here?
- How will I feel after this choice?
- How can I be fully present now?

HEART CONNECTION

- How can I genuinely connect?
- What is most important to him?
- How can I brighten his day?

*"How can I honor his experience while communicating clearly,
so we both feel great at the end of this call?"*

METAQUESTIONS

OUTCOME & VALUE

- ✧ What is my ultimate outcome for this meeting?
 - ✧ How can I create significant value right now?
-

LEADERSHIP & CONNECTION

- ✧ How can I understand what is most important to the GM?
 - ✧ How can I inspire him to engage with me immediately?
-

UNIVERSAL FLOW

- ✧ How can I allow the Creative Powers of the Universe to flow through me?
-

"How can I manifest a brand-new car on trade, instantly and properly today?"

PRACTICE — TAKE A FEW MINUTES

Identify. Notice. Craft.

1

Pick one area of your life

money, health, a relationship, purpose — wherever there's charge.

2

Notice the question you've been asking

Write down the disempowering question, exactly as it sounds in your head.

3

Rewrite it using the formula

How / What / Who — affirmative — right now / even more.

Take a breath. Let the new question land in your body.

REFINING IT — METAQUESTIONS

Once crafted, test the question itself:

Does it evoke the highest within me?

Does it inspire everyone involved?

How does this question make me feel?

If I received the answer instantly — how open am I to receive it?

Keep refining until every cell in your body feels pulled toward it.

REALIZE

“Ask, and it shall be given you.”

Matthew 7:7

Carry one empowering question with you this month.

Let your life mirror it back to you.

Rev. Bryan Sawchuk · Unity of Fort Lauderdale