

SPIRITUAL & EMOTIONAL MATURITY

Session 5

Part Two Begins: Action, Courage, Flow & Higher Love

Saturday, August 29, 2026 · 9:00–10:30 AM EST · Live on Zoom

Facilitated by Rev. Bryan Sawchuk, Senior Minister & Co-Spiritual Leader

Unity of Fort Lauderdale · Based on the work of Rev. Bryan Sawchuk & Rev. Toni G. Boehm, Ph.D.

SPIRITUAL & EMOTIONAL MATURITY

Pause, Breathe, Allow, Realize

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A NEW MILESTONE

The 2026 Edition is Published!

Spiritual and Emotional Maturity: Tools & Practices for Consciously Developing Spiritual and Emotional Maturity

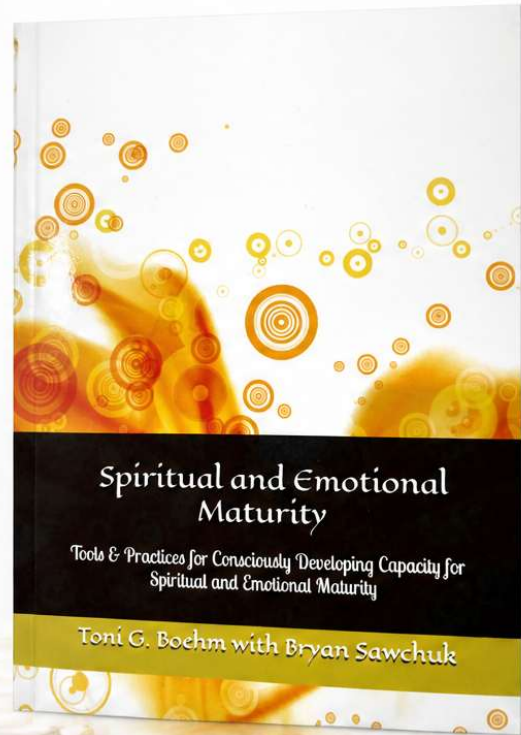
Third Edition, 2026 · Bryan Sawchuk · Toni G. Boehm

This new edition introduces something we have never had before: Part Two — a full topical guide for the practical moments of daily living.

Available now — ask us how to get your copy.

SPIRITUAL & EMOTIONAL MATURITY

— by Toni G. Boehm & Bryan Sawchuk —



Today's Journey

1

Recap: What Is SEM?

Why this practice benefits your daily life

2

Everything is Energy / Consciousness is Creative

A review, and the possibilities waiting on the other side of a pattern

3

Introducing Part Two

How this new section of the book came to be, and how to use it

4

Four New Practices

Action, Courage, Flow, and Higher Love vs. Needy, Performative Love

Recap: What Is Spiritual & Emotional Maturity?

Being a spiritually and emotionally mature adult means owning your inner world instead of blaming others for it — healing your old wounds, staying calm under pressure, and choosing your response rather than just reacting. In plain terms: you're the kind of person who can feel upset without lashing out, say no without guilt, and stay kind and grounded even when life gets hard.

It matters because most of us were never taught how to do this. It gives us a language and a practice for choosing our response, instead of being run by old patterns.

Key Things to Understand / Why is this beneficial?

1 **A Lifelong Path**

Maturity is a continuous practice, not a final finish line.

2 **Response Over Reaction**

You pause when upset, instead of lashing out or blaming others.

3 **Adverse Ego (Small self) Takes a Back Seat**

You drop the heavy need to always be right or win arguments.

4 **Embracing Discomfort**

Painful feelings are normal — you do not run away from them.

5 **Spiritual Depth**

A quiet, grounded connection to a higher purpose, beyond material success.

Major Benefits

Healthier Relationships

Communicate with honesty, listen without judgment, forgive past hurts.

Deep Inner Peace

Stop worrying about what you cannot control — lower daily stress and anxiety.

Clear Personal Boundaries

Say "no" without guilt; protect your time and energy.

True Self-Worth

Confidence comes from inside — no longer chasing praise or approval.

RECAP

Everything is Energy

What does it mean to you that everything — including you — is energy?

RECAP

Everything is Energy

Everything is Energy — Charles Fillmore called it "the Divine Substance that underlies all manifestation," and energy in motion is vibration, which resonates at specific frequencies. It goes further to say you're essentially a "vibrational broadcast station" — the elevated thoughts, emotions, and values you hold create a coherent field of energy that acts like a signal, attracting back to you whatever matches that same frequency.

Group Discussion

If you really are a vibrational broadcast station — sending out a signal made of your thoughts, emotions, and values every moment of the day — what has your station been broadcasting lately? And are you good with that?

*Try this: name the stress out loud — "I'm noticing pressure" — before **YOU** react to it.*

What does it feel like in your own body when you walk into a space and the energy is 'off' — and what does that tell you about your own energy?

If everything really is vibration, what's one thought or emotion you'd want to hold more often, just to see what it draws back to you?

Everything is Consciousness

If you want to change anything, you have to change consciousness first. Not behavior first, not circumstances first — consciousness first, because in this teaching consciousness is the cause and everything you experience is the effect. Charles Fillmore said it plainly: *"All is finished first in consciousness."* Ernest Holmes said it as a law: *"Every thought has a consequence, and every experience has a causative thought behind it."* Change the cause, and the effect has no choice but to follow eventually.

Try one today: "What is possible here that I haven't let myself consider yet?"

Consciousness

Consciousness is the total sum of what you currently believe, accept, and hold as true — both what you're aware you believe, and what's running underneath without your noticing. It's not just "thinking." It's the whole climate of your inner life: your beliefs, your expectations, your habitual feelings, what you've decided is possible for you. Whatever that climate is, is what your life keeps producing weather from.

"What is possible here that I haven't let myself consider yet?"

Charles Fillmore (Unity co-founder)

"When men evolve spiritually to a certain degree, they open up inner faculties that connect them with cosmic Mind, and attain results that are sometimes so startling that they seem to be miracle workers... He is merely functioning in a consciousness that has been sporadically manifested by great men in all ages."

"All is finished first in consciousness and mind" —
manifestation follows inner conviction, not the reverse.

"What is possible here that I haven't let myself consider yet?"

Ralph Waldo Trine

"Within each of us lies the cause of whatever comes to us... Nothing ever just happens. Things do not come into our experience unless there is something within us in the patterns of our mind, in our level of consciousness, that attracts it, and makes it possible."

"What is possible here that I haven't let myself consider yet?"

Eric Butterworth

"When we get into this higher state of consciousness, we begin to attract harmony and health and opportunities, because our state of mind is centered in a spiritual center of gravity in the positive power of the Christ mind."

"What is possible here that I haven't let myself consider yet?"

Ernest Holmes

"Every thought has a consequence. And every experience has a causative thought behind it."

"Just what is meant by 'your word?' It means your conscious intention, your conscious direction, your conscious faith and acceptance that, because of what you are doing, the Power of Spirit will flow through your word in the direction you give It." (*Creative Mind*, p.5)

"There is a Power for Good in the universe, and you can use it."
(signature teaching)

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Reflection

"Where in your life have you been unconsciously waiting for circumstances to change first, instead of starting with consciousness?"

"Think of something you're currently worried about or bracing for. If it's true that it 'will be whatever you hold in consciousness' — what are you actually holding?"

"What is possible here that I haven't let myself consider yet?"

INTRODUCING

Part Two

A Topical Guide for the Practical Moments of Daily Living

How to Use This Guide

Every entry follows the same structure: the immature ego's behavior around a topic, how the spiritually mature adult responds instead, and one concrete practice for the week.

Alphabetical, Not Sequential Organized by whatever topic you're actually looking for — like any reference guide.

Naming, Not Shaming Naming the immature ego's pattern isn't about eliminating it — it's about recognizing it so we can consciously choose differently.

One Entry, One Week Use each entry as a platform theme, a class focus, or a personal practice — let it live in you before moving on.

Go Deeper A processing worksheet in the back pairs each entry with your own specific behavior and tracks what shifts.

Action

THE IMMATURE EGO

Believes that thinking good thoughts or feeling spiritually inspired is enough on its own — or, in the opposite direction, stays so busy with action that it never pauses to align that action with insight or Truth.

THE SPIRITUALLY MATURE ADULT

Knows that Truth Principles must be lived, not just believed. Evolves through the alignment of thought, word, and action — letting insight move all the way through into how they actually show up, speak, and behave.

Where in your life have you been believing something true without yet living it — and what is the payoff / it costing you?

Courage

THE IMMATURE EGO

Chooses the comfort of the familiar over the discomfort of growth. Avoids the difficult, the vulnerable, and the uncertain — calling it wisdom rather than fear.

THE SPIRITUALLY MATURE ADULT

Understands that courage is not the absence of fear but the willingness to move through fear in service of something larger. Chooses growth because they trust Source more than they trust their fear.

What's one door you've been telling yourself isn't worth opening — when really, you're just scared of what's on the other side?

Flow

THE IMMATURE EGO

Forces outcomes, fights timing, and attempts to control circumstances out of fear that if they let go, everything will fall apart.

THE SPIRITUALLY MATURE ADULT

Aligns with the Natural Rhythm and Intelligence of Life. Releases the need to push, control, or force — trusting that what is meant to emerge will emerge as they stay present and willing.

What are you gripping right now that might actually be trying to move — if you'd just let go long enough to let it?

Higher Love vs. Needy, Performative Love

THE IMMATURE EGO

Confuses love with approval-seeking. Performs warmth, agreeableness, or self-sacrifice to be liked, accepted, or needed — calling it love when it is actually fear of rejection wearing a friendly face.

THE SPIRITUALLY MATURE ADULT

Loves as an expression of Source flowing through them — moving from tenderness, authentic peace, and kindness rather than performance or fear. Can offer a clear yes or no without losing connection to themselves.

Where in your life is love actually fear, dressed up and asking to be liked?

This Month's Commitment

Pick one of today's four practices — Action, Courage, Flow, or Higher Love — and live with it this week. Notice what shifts.

The 2026 edition of Spiritual and Emotional Maturity is available now, with all 100+ entries from Part Two waiting to be lived one week at a time.

With gratitude, see you next month — the last Saturday of September.