

UNITY OF FORT LAUDERDALE

THRESHOLD

A Six-Week Journey to Wholeness

FACILITATED BY

Rev. Bryan Sawchuk

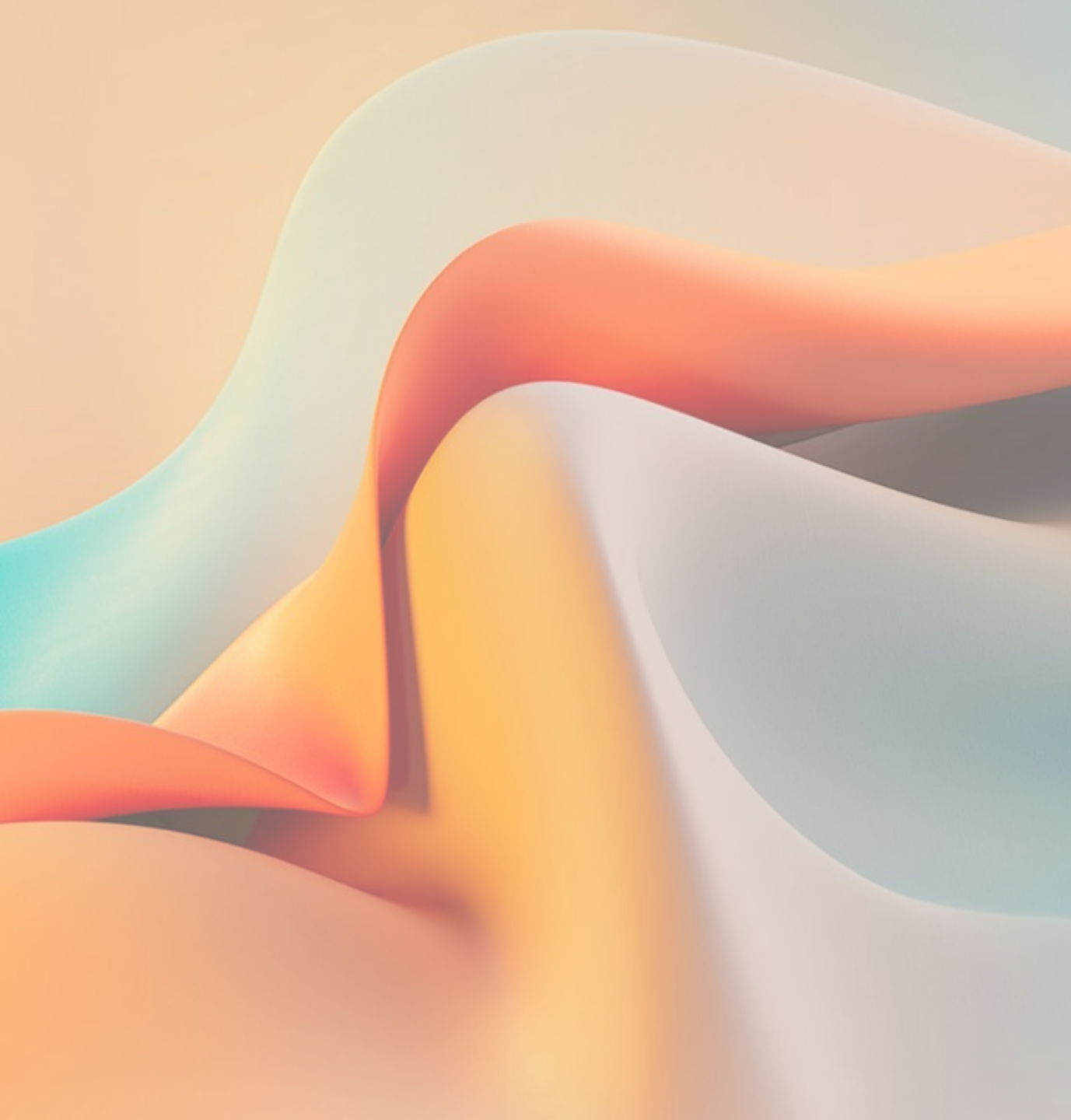
Senior Minister, Unity of Fort Lauderdale

CLASS BEGINS

October 13, 2026

6 WEEKS • VIA ZOOM • 7:00 PM





Class 5

RIGHT ACTION

15 Decision Making Review

16. Career and Work Life

17. Relationships

18 Engaging with the World

THE ASCENT

19. Love & Compassion

REVIEW

How do you reach a state of clarity so you can make your best decisions?

Chapter Review

Chapter 15 — Decision Making

- Fear does not make good decisions. Cull out any options based merely on fear.
- Make decisions from clarity.
- Never look back or second-guess based on hindsight.
- Honor the situation, honor your decision, and honor the results.
- This is surrender, and it leads to the highest inner states.

“I did my best to serve the situation put before me. Now I place it all in the hands of reality. I am at peace with the whole thing.”

Chapter 16 Career and Work Life

Your job isn't separate from your spiritual path — it is your spiritual path.

Emails, meetings, deadlines, even the frustrations with coworkers: these are the very moments life gives you to let go, to grow, and to serve.

The question is whether you are bringing spirituality into work. Are you reacting from ego and stress, or showing up with clarity, presence, and a surrendered heart?

Your career can become a living practice.

Do your best and let go of the rest.

Questions

16-1

How can we use the practice of surrender to grow and act with higher leverage in business or professional life?

16-3

Does goal setting have a place in spiritual practice?

16-4

What is the difference between striving for excellence and being trapped in perfectionism? I am struggling with the balance between accepting life as it unfolds and doing my best to serve it.

16-5

How do I balance a hectic, demanding life with the need for inner peace and devotion? Do I need to find the time to slow down, turn inward, and overcome stress and energy blockages with spiritual practice?

16-8

I struggle with colleagues who are driven by ego, fear, and greed. How do I interact with negative people in my work environment while staying true to spiritual principles?



Chapter 16 — Career and Work Life

01

Can we use each moment to uplift the energy of that moment?

02

Can we believe we can walk through life leaving everything better than we found it — not by forcing or controlling, but by being in harmony with what is?

What is the difference between striving for excellence and perfectionism?

03

What does it mean to be “in the world but not of it”?

Chapter 17

Relationships

One of the most powerful arenas for spiritual growth.



Relationships challenge your willingness to let go — not because they are easy, but because they ask everything of you.

Whether it is your partner, your child, or a coworker, the people in your life have a way of exposing where you are still clinging, resisting, and trying to control. That is a gift.

Every interaction can become a chance to rise above yourself. Bring your highest self into the relationship.

A doorway to unconditional love, deep surrender, and profound transformation.

Questions

17-1

Are relationships meant to teach us about overcoming ourselves?

17-3

How do I manage relationships while growing spiritually, especially when others don't understand my changes?

17-4

Is it possible to heal together in a relationship?

17-6

I'm in a difficult relationship that I'd like to salvage. We tend to close when we're around each other. What can I do to change that dynamic?



Chapter 17 — Relationships

**Why do relationships
challenge us so much?**

**How do we grow from
these challenges?**

**How do we relate to
those who are coming
from ego?**

Chapter 18

Engaging with the World The world does not need you to be disturbed by what is happening. It needs you to be free enough inside to serve it.

Serving from inner freedom, not inner disturbance.



There will always be chaos, injustice, and darkness. Can you stay centered in peace while standing in the middle of it all?

Act from inner clarity — not to fix the world so you can feel okay, but to let go inside and bring something beautiful into it from love, strength, and surrender.

Do not fight life. Rise above yourself and serve what is in front of you with an open heart.

Questions

18-2

You suggest letting go of low-hanging fruit first, but how can we let go when terrible things are happening in this world?

18-3

How can I embody nonviolence (ahimsa) in daily life?

18-4

How can I contribute positively to a chaotic world without being overwhelmed by frustration?

18-5

How do we deal with evil in the world, such as people who harm innocent people?



Bringing the Practice Into Your Life While Engaging with the World

Is Singer's book and our class discussion helping you ascend your lower self?

How are you applying the material to the moments of your day?

How does this become your main spiritual practice?

Can you transform enough to allow the unfolding of life without resistance?

Love and Compassion

Love isn't something you find — it's already inside you, waiting to be uncovered.

Your heart was born open, radiant, and flowing. Over time you began closing it to protect yourself from hurt, rejection, or loss.

Love doesn't need to be managed — it just needs to be allowed.

Compassion is not about fixing other people's lives. It is about being so open inside that your presence becomes a place of peace for others.

We will explore how to stop closing your heart, how to let love flow without needing anything in return, and how to bring true compassion into your life.

The key is to soften and surrender, no matter what life brings.

Questions

19-1

How do I open my heart and keep it open?

19-2

How should one handle fluctuations in the experience of love and joy?

19-3

It is often taught that the heart center is divided into two halves, lower and higher. Does that still apply when the heart is open?

19-4

If I already feel unconditional love within myself, what would a love relationship with someone else look like?

19-7

How do I stop judging others and embrace compassion in daily life?



Compassion, Acceptance, and the Suffering We See

Does accepting that some people commit terrible acts that cause suffering help with developing compassion?

Why?

Is compassion about excusing behavior?