

CLASS 3

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HOMWORK QUESTIONS

1. Do you believe your beliefs (and thoughts) create reality?
2. What triggered you in this lesson tonight?
3. What myths do you need to explore?
4. What Superstitions do you hold onto tightly?
5. Why do we do Meditation?
6. What is the Divine Process? What makes it harmonious?
7. What is Grace? What is Deceptive Grace?



CHAPTER 3

TRUST THE PROCESS.



Just Breathe

*Mastering Breathwork
6-Week Zoom Class*

Rev. Bryan Sawchuk
March 10th 2026 / 7-8:30pm

"A timely and essential book for our challenged world."
—MARK DIVINE, retired Navy SEAL and New York Times bestselling author

JUST BREATHE

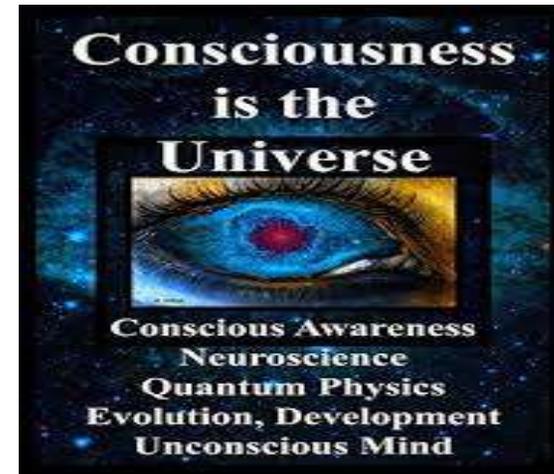
MASTERING BREATHWORK

DAN BRULÉ

FOREWORD BY TONY ROBBINS

WHICH PROCESS?

THE DIVINE PROCESS



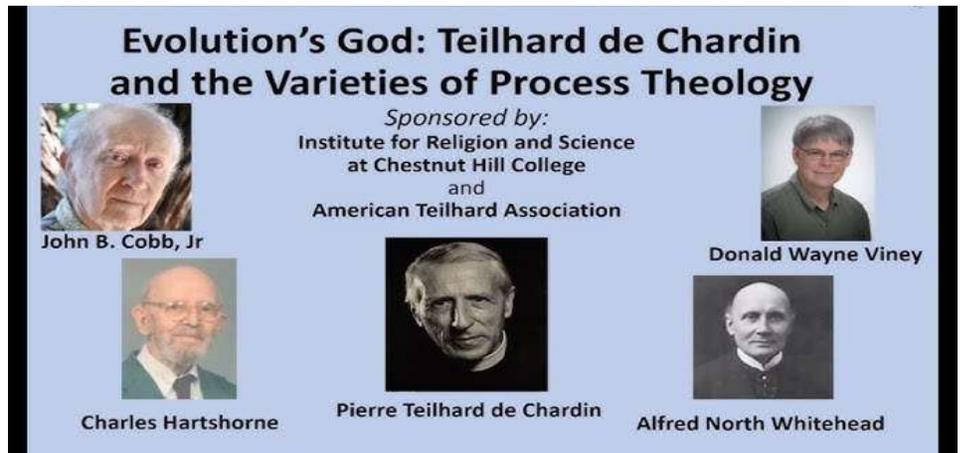
- Let's explore a new concept....**Everything we see is consciousness manifesting in form & let us release the old superstitious belief that there is a God outside of ourselves determining the way our lives unfold.**
- **The Divine Process = The way our lives unfold. The way everything unfolds. All that is, evolving. Consciousness unfolding & evolving & the resulting unfolding of the world of form.**

THE FLOWER ORNAMENT SCRIPTURE



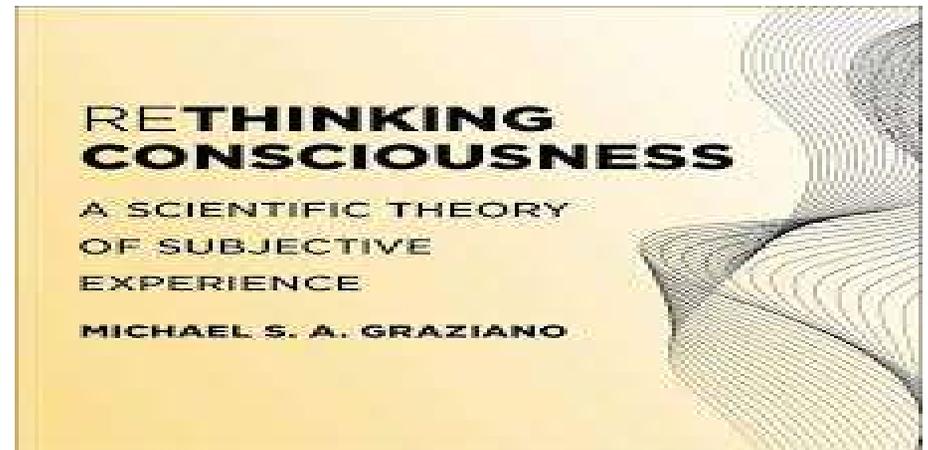
- Dalai Lama reflecting on the Mahayana text:
- “In beautiful poetic verse, compares the intricate & profoundly interconnected reality of the world to an infinite net of gems called Indra’s jeweled Net, which reaches out to infinite space. At each knot on the net is crystal gem, which is connected to all the other gems & reflects its self in all the others.” Metaphor from Hindu & Buddhist and Grandmother Spider metaphor of the Hopi Indians
- New concept Indra’s Net as One Mind and individual minds

BACK TO THE DIVINE PROCESS



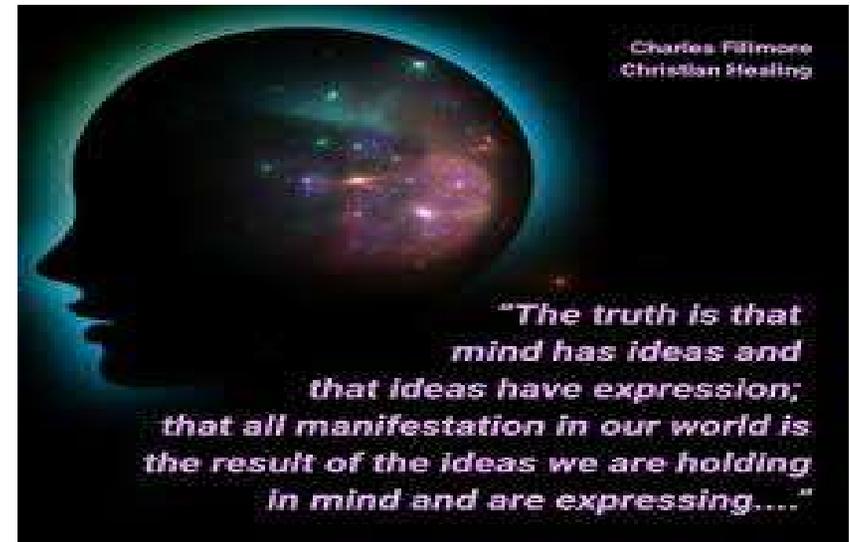
- The Process is creation in action.
- The Process is the turning Key that allows the vibrations of Infinite Source to flow in and through and as our lives.
- The Process is “God” creating. It is “us” creating.
- **Process Theology**
- This new concept does nothing unless we apply it to our lives. This is the First Star Key revealing the Second, then using the Keys to open new pathways of consciousness out-picturing as our lives; thus we evolve forward into greater expressions of Love, Light, Joy, & Harmony.

LET'S DISCUSS WHAT THIS MEANS



- **In the beginning the Process is subjective, which through the process of imagination (image-initiation) then becomes form. “In the beginning is the Word and the Word is made flesh.”**
- **We are the Process, so it is important how we create our individual flow. The Process is actually impersonal. It is a function of Creative Source, and it is working whether you trust it or not.**
- **We are the directors of our consciousness and thus how the Process manifests as the flow of our life.**

IS THE DIVINE PROCESS ALWAYS HARMONIOUS?



- There is a Divine Process at work in all creation. The stages that a concept goes through from its inception to the resultant visible form is due to the creative Process.
- If the process is harmonious the results are harmonious.
- If the consciousness of the individual process is confused the results reflect the confusion.
- However, the larger all inclusive Divine Process is always expanding toward great Harmony & Love. What does Divine Process have to do with Divine Order?

HOW DO WE SHIFT TOWARD ALIGNMENT WITH ONE MIND & DIVINE IDEAS?

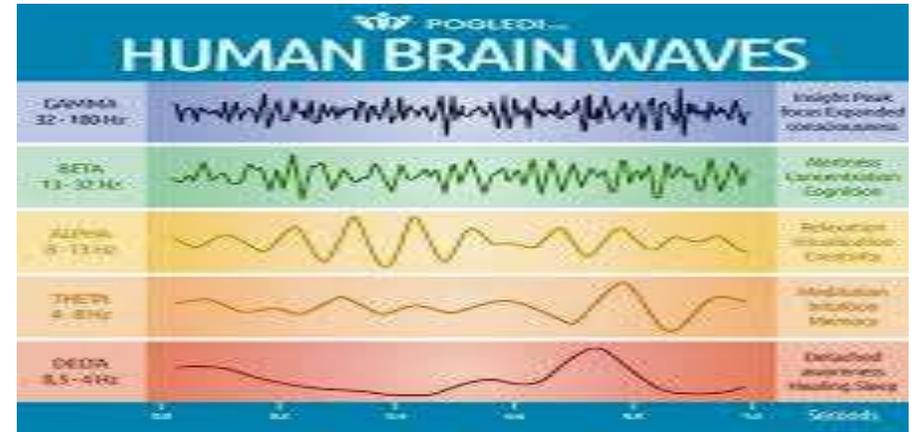


Divine mind is the
one and only reality.

Charles Fillmore

- This book is based on the idea of Evolution of Consciousness. So is Unity's philosophy & theology that Charles & Myrtle Fillmore developed. In time, a human shifts from primarily an objective or visible approach to life, into the primacy & awareness of an invisible or Spiritual Process at work. **(This is Metaphysics)**
- There is another step, the realization that they are themselves the Divine Process that they have been seeking to find. **(As above, so below)** Our very Life is unfolding as Divine Process. Awaken to the moments of your life.

IF WE ARE UNHAPPY WITH OUR OUTER LIFE, WHAT DO WE DO?



- If we are the Process and are unhappy with the results that have appeared in our lives, through our spiritual consciousness we can change them.
- How do you think the concept of Akashic Records relate to the concept of the One Mind? How does our mind relate to the One Mind. **Are we transmitters and receivers? What are we transmitting? What are we receiving?**

WHAT DOES HONESTY HAVE TO DO WITH IT?

**Honesty without kindness
is cruelty.
Kindness without honesty
is manipulating.
Honesty WITH kindness is
sublime!**

By Sri Sri Prasad

www.srisriprasad.com

- **There is only One and all of us are that One That is the Process of Universal Love. And to love it is to trust it.**
- **Without self-love it is impossible to be honest. And Love will always lead you toward harmony. You can feel harmony within your own vibrations; you can trust your feelings to reflect these vibrations. Honesty is compassion beyond personal perceptions of right and wrong. If you want others to be happy, practice compassion. If you want to be happy, practice compassion. Honesty is the kindness of Self lifting Self.**

TRUSTING THE PROCESS & UNDERSTANDING GRACE

“Do you not know that your body is a temple of the Holy Spirit within you, which you have from God?”

—1 Corinthians 6:19



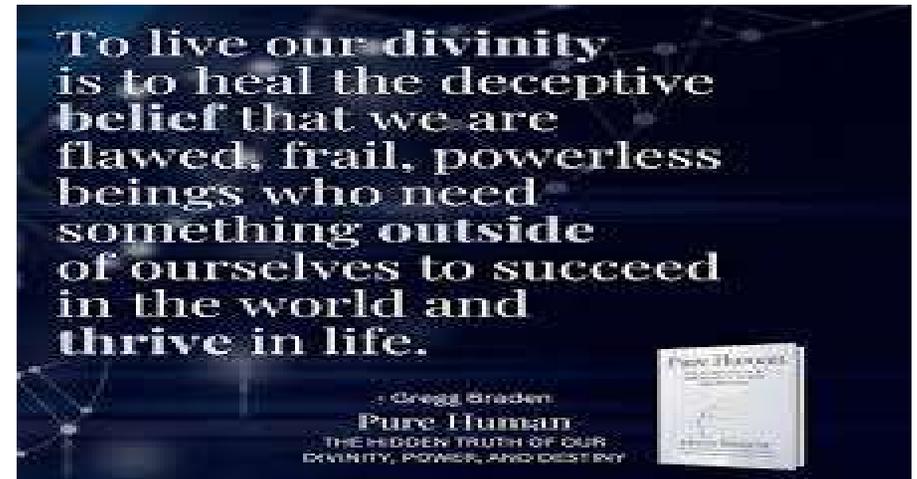
- **Starcke explains that when we surrender to the Process, because we trust the Process, we live by grace. He says it takes strength & fortitude to surrender. Surrender the belief that there is any power apart from one's own Self. Accept that one is the Process, that the Process is their being, not something outside of one's self but inside as well.**
- **And realize that grace is the energy of the Holy Spirit, The Presence of God moving through you.**

WHAT IS DECEPTIVE GRACE? **SITTING PEACEFULLY WAITING ON GRACE?**

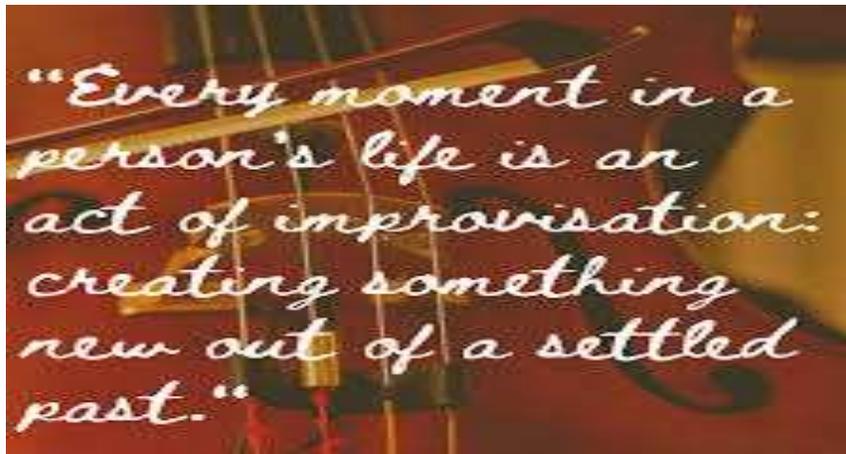


- **To live by Grace is a definite possibility but it needs a complement to make it a whole Truth. Every truth at the level of human thought needs a complement to make it work. (Trying to be at peace but disengaged with life is deceptive Grace) The action you decide to take is the grace you seek to live your life.**
- **Grace is at once beyond your finite self and one with your finite self. You first surrender to your own Divine Higher Consciousness and after that take personal responsibility for your life and actions. It's all God. Grace, like Love, is energy and a subjective Cause, therefore an action of the Divine Process. Grace is the harmony of Love in action in and through our lives.**

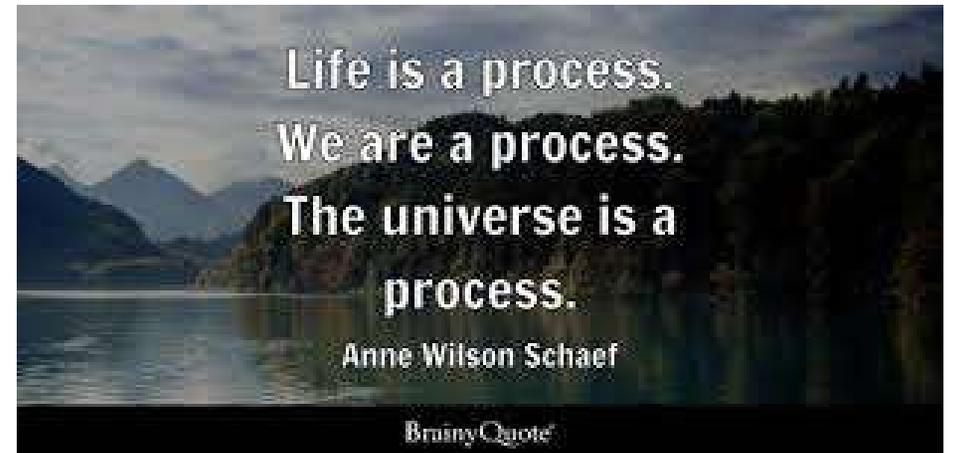
DIVINE IDEAS COME INTO THE WORLD WHEN WE SPEAK & ACT FROM THEM



- Let's talk about true Grace again (not deceptive Grace).
- Grace is not either/or; it is both/and. The double thread requires us to be both Divine and human.
- Grace is at once beyond your finite self *and* one with your finite self.
- You first surrender to your own Divine Higher Consciousness, and after that you take personal responsibility for your life and actions. It's all God. What is beyond our daily life and what IS our daily life.

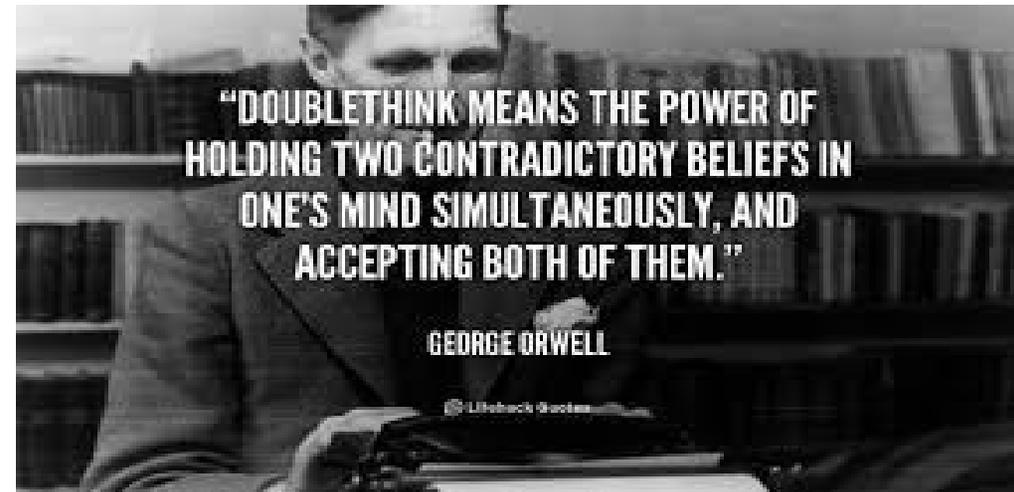


"Every moment in a person's life is an act of improvisation: creating something new out of a settled past."



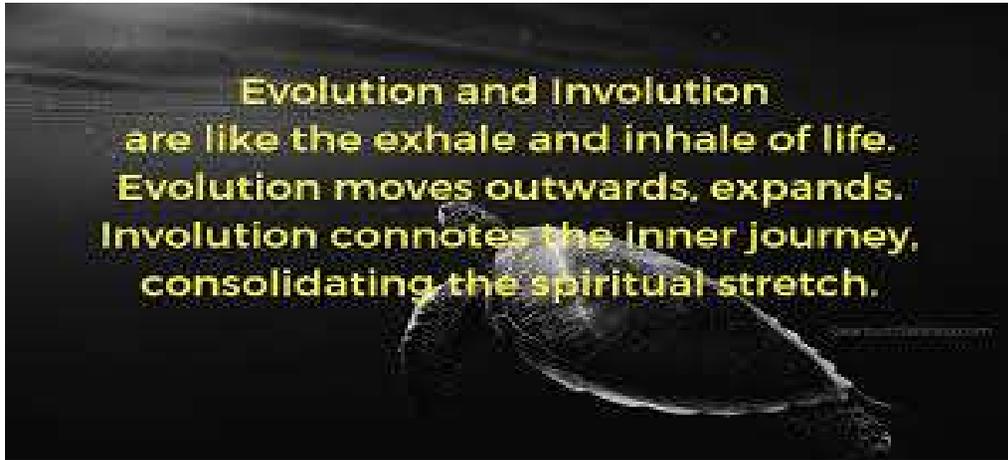
- This Process is God. This Process is Life. This Process is Humanity. This Process is God. This is ***Process Theology.***
- ***The process is creation in action; it is the turning Key that allows the vibrations of Infinite Source to flow in & through and as our lives.***
- ***The Process is God creating.***

DOUBLE THINK



- **Sometimes we have cognitive dissonance. We feel fragmented, not Whole, if we have beliefs and ideas that are not in harmony with each other.**
- **You are coming closer to the Truth as you struggle with seeming Paradoxes in your Belief System. You must learn to hold both ideas at the same time and find a way to integrate them in to a larger idea than you have ever had before. Starcke calls this "Double Think." He says humans are starting to evolve so that we can do this complex thinking and integration.**

STARCKE INTRODUCES THE IDEA OF "DOUBLE THINK"



Evolution and Involution
are like the exhale and inhale of life.
Evolution moves outwards, expands.
Involution connotes the inner journey,
consolidating the spiritual stretch.

- The soul is the part of you that is eternal. Your body, your personality, and your intellect all change, and eventually disappear from sight, but your soul, your essential essence, goes on. Your body is not Eternal. Your Life is Eternal. You have been thinking of Life as your body. Life is the Spiritual Substance that is your essence.
- Our life has a single continuity. And the process of evolution and involution is the energy behind all life and growth.
- Evolution is Creative Force moving outward exploring infinite possibilities of creation and expanded awareness and Involution is that Creative Process of returning to the source to essential Cause, basking in the All-ness. We go within and let go & then move forward to expand spiritually.

WITH QUANTUM GOD- CONSCIOUSNESS WE COLLAPSE POSSIBILITIES FROM THE INFINITE FIELD



- **The Process is not a “thing.” It is a verb; an action of consciousness. The Process is constantly happening. Consciousness is constantly creating.**
- **Starcke says it does not have to be hard Nothing has to be hard. If we Trust the Process of Divine flow of Light, Love, and Joy to carry us forward.**
- **Humans have free creative will to chart the course of our journey. With our own Divine Consciousness we can choose the course of our Process amid the ocean of Oneness in which we are all connected.**

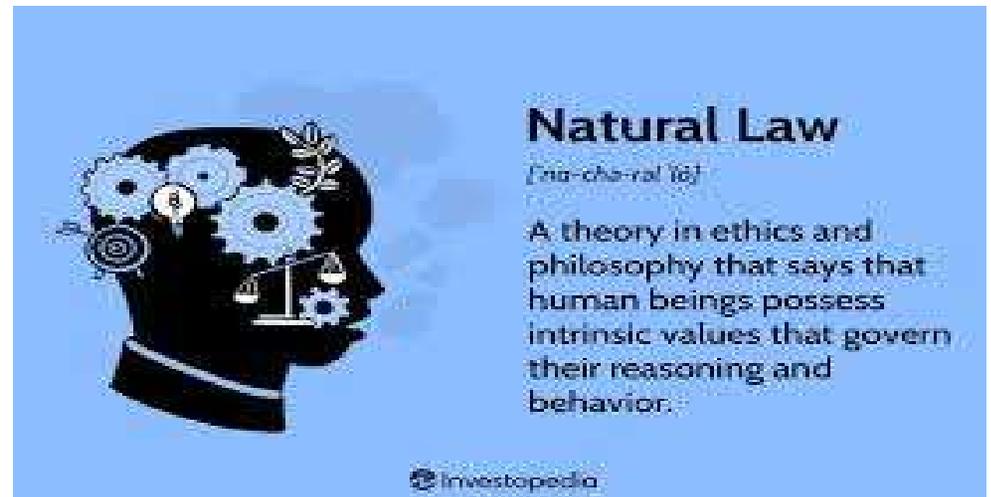


Truth and Law

Law and Keys

CHAPTER 4

BUT HUMANS DO NOT TRUST SPIRIT, INTUITION OR INNER KNOWING



- Starcke says that humans create laws as substitutes for love of God, self-love, and love of neighbor. Not knowing the Star Keys, they try to control what is uncontrollable with laws.
- Objective Laws don't work. They only deal with effects not the cause. People do not let intrinsic values govern their reasoning & behavior.
- Jesus gave us the subjective law which is Love. But it is always our choice. St. Augustine of Hippo (354-430 A.D.) said, "Love and do what you will."

SPIRITUAL LAWS ARE NATURAL PRINCIPLES



The First Law of Spiritual Being is that it's all consciousness. And the First Star Key says it's all God Consciousness. The energy of this key is Love, the Primary force of the Universe.

This Law directs us to Cause, to Consciousness.

The Second Law of Loving Your Neighbor tells us that we must primarily see everyone as consciousness manifesting in form.

And what allows us to Love Our Neighbor is knowing the First Law that it's All God.

Another way to phrase the First Spiritual Law using metaphysical terms is, "There is but one power and one presence appearing as my life and the Universe--- God Consciousness." It's all God. No profane and sacred. Just sacred.

**FOR HUMANS TO MOVE
BEYOND OBJECTIVE LAW,
THE SPIRITUAL LAWS MUST
BE KNOWN**

**To know & love God as all consciousness
I & my Father are One, all consciousness
To love thy neighbor as thyself
In other words, Love all form as Divine**

- The Double Thread must contain the **Invisible AND the Visible. AND LOVE BINDS IT TOGETHER. Seeing everything as God.**
- **Mystical Consciousness---the Work of Starcke**
- Interpreted this way the **Second Law** becomes, “**Consciousness manifests as form. Most importantly, form never leaves its Source. God and Creation are One. The Presence of God is the I AM of everyone.**
- So the key is to first know that **I AM One with God, that Self is One with all that is. The Core of your Being is your Christ nature. Objective human Love is fraught with limitations and does not last. Yet we can apply the Second Law to how we live our lives. We must mature & grow into expressing as the Divine & realizing that all others are Divine.**

**OUR INDIVIDUAL
MIND RECEIVES FROM
ONE MIND...IT GOES
THROUGH OUR FILTER**



If religion means primarily God-consciousness, or the realization of God both within and without, and secondarily a body of beliefs, tenets and dogmas, then, strictly speaking, there is but one religion in the world, for there is but one God.

— *Paramahansa Yogananda* —

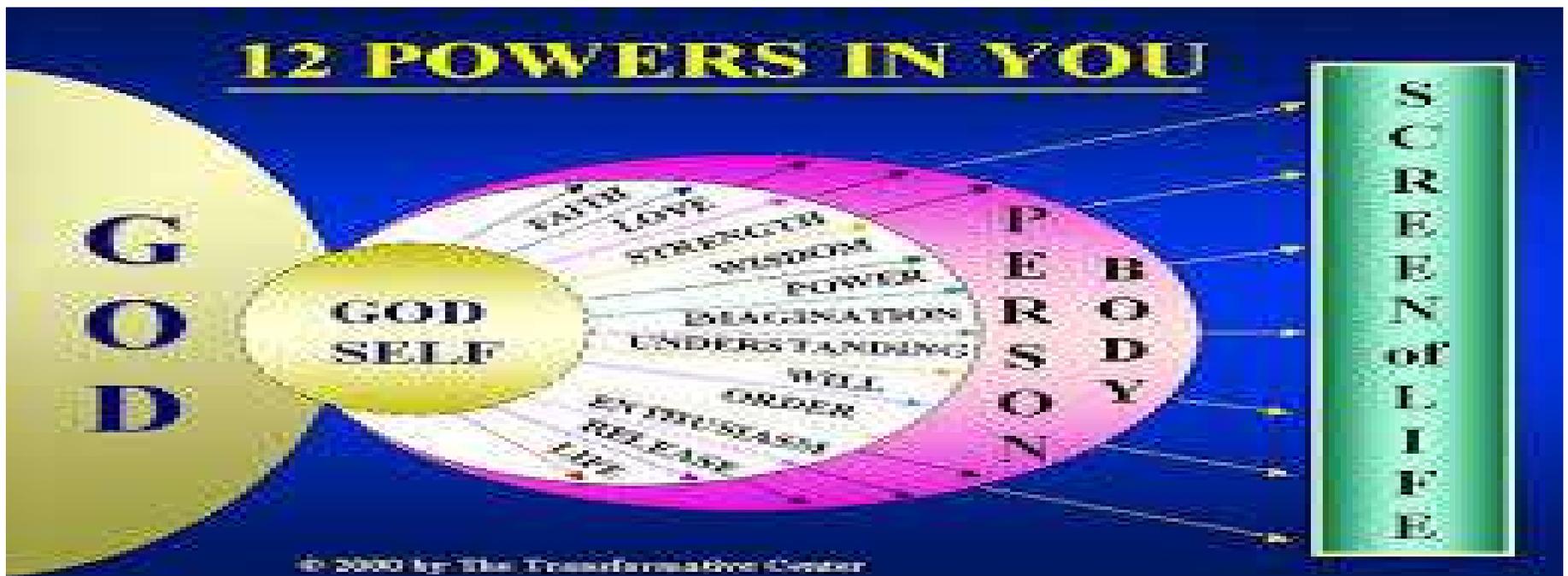
AZ QUOTES



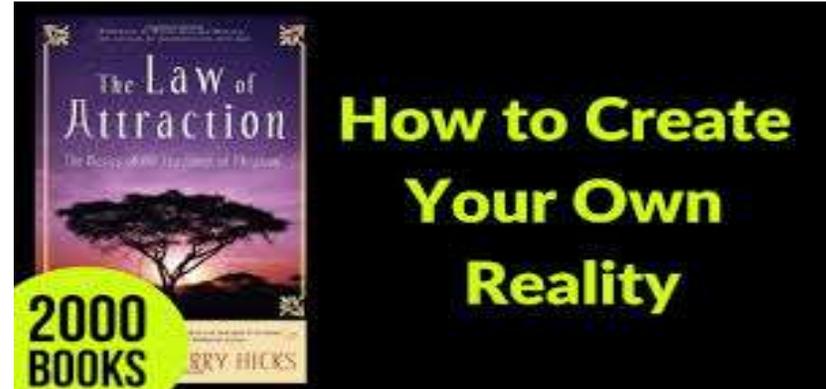
**THE HIGHER
CONSCIOUSNESS THAT
CREATES LIFE IS
EXACTLY WHAT HAS
BEEN CALLED THE DIVINE
CONSCIOUSNESS, GOD,
OR THE CONSCIOUSNESS
OF OUR SOUL SINCE
ANCIENT TIMES.**

**HOW DO YOU PURIFY
THE PURPLE AREA
BEFORE IT HITS YOUR
SCREEN OF LIFE**

**Removing the Error
Thinking or Adverse Ego so
we Manifest from purer
Divine Ideas**



THE LAW OF ATTRACTION---THE LAW OF CREATION



- We are consciousness, and through the forming power of imagination (imagination) we materialize our perceptions.
- This is not done by what we “think superficially” but rather what we perceive to be reality. Our worldview becomes our reality. Our perceptions of reality manifest our reality.
- We create it---not truly attract it. This is a subtle difference, but all possibilities exist in the unformed Infinite---unformed until we manifest them in consciousness.
- Quantum Physics states that events happen from out of the Infinite Field of Possibilities because of the consciousness involved in the event. Consciousness creates manifest form out of the Field.

**DO YOU THINK OF “GOOD”
AS WHAT IS THE GREATEST
HARMONY FOR ALL?**

**What is good for me? Is it
good for my neighbor? Will it
bring forth the greatest good
for All?**

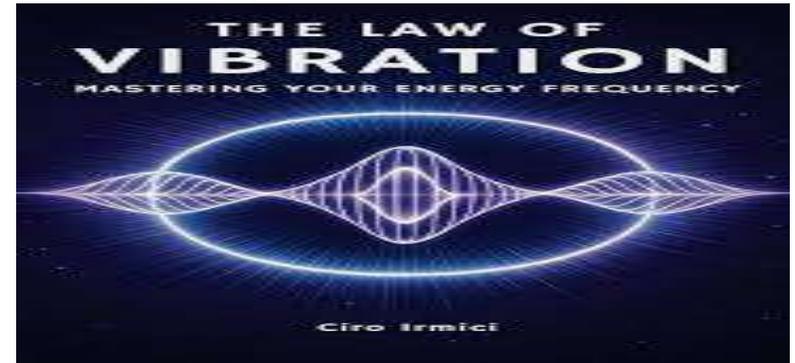
**“I PLEDGE ALLEGIANCE, TO THE EARTH AND TO ALL BEINGS WHO INHABIT IT,
AND TO THE PLANET, FOR WHICH IT STANDS, ONE WORLD UNDER LOVE,
INDIVISIBLE, WITH PEACE AND LIBERTY FOR THE HIGHEST GOOD OF ALL!”**



VIBRATIONS ARE NOT THINGS....

THE PROCESS IS A VIBRATION

THE COSMIC OM



"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics"

- Albert Einstein

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