

# WEEK 6 SLIDES

May 26 • 7:00 PM • Zoom

*Facilitated by Cynthia Roberts*

**Share Your Journey:  
Review: Power of Sharing & Collaboration**

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**& Be Open:  
Releasing Preconceptions & Surrendering  
Control, Using the 4 *Intelligence* Centers**

FACILITATED BY

**Rev. Bryan Sawchuk**

LIVE ON ZOOM

# Spirit SYNCHRONIZED PRAYER

Transforming Lives Through  
Spirit-Synchronized Mind-Heart  
Coherence and Prayer Alignment

- ☑ Tuesdays · Starting June 23, 2026
- ☑ 7:00 PM · 4-Week Journey
- ☑ Via Zoom

4-WEEK COURSE

Unity of Fort Lauderdale | commUnity



# LAST WEEK'S FOCUS

## Step Four emphasizes the Power of Sharing

1

### **Nurturing Your Vision**

Discern with whom you will share your dream

2

### **Cross-Pollination**

Sharing, connecting, and growing together---true abundance is realized thru this process.

3

### **Creating Win-Win Situations**

Shift from what is missing to what is present. Not Scarcity but Sufficiency

4

### **Embracing Adversity**

Challenges are not roadblocks. They are teachers that shape & refine you.

5

### **Embracing The Journey**

Manifestation is about the growth, connection, and transformation that occur along the way

## 2. Cross-Pollination/Iterative Innovation

Synthesis	Exposure	Resynthesis
<p>Begin with an idea, a dream that feels personal and whole in its original form.</p>	<p>By sharing it, we invite new perspectives, fresh insights, and external feedback, stretching our understanding in ways we hadn't considered.</p>	<p>The idea returns to us refined, expanded, and enriched, now stronger and more aligned with its highest potential.</p>

*The Natural Way Manifestation unfolds: Through engagement, adaptation, and expansion...a co-creation, a cross-pollination*

### DISCUSSION

- The network of people who support us are the soil in which our dreams take root & grow. Explain how sharing, connecting, and growing together creates an abundance for all.

## 5. Embracing the Journey---What sharing a dream is & isn't.

### Isn't About the Destination

A specific goal or dream can be a step along the way to more clarity about our purpose

### Is About Growth, Connection,

We may gain spiritual growth as we continue our journey. We may form deeper relationships.

### & Transformation

We may strengthen our resilience and align with the infinite possibilities of an abundant Universe.

**"I share my journey with confidence, knowing it amplifies my purpose. My voice is powerful, and my story creates meaning and impact. As I express my truth, I refine my vision and expand my abundant life."**

*Ask yourself if your journey is meaningful and gifting you valuable gifts.*

*Can you reframe your story through a framework of awakening to how to live by Spiritual Principles?*

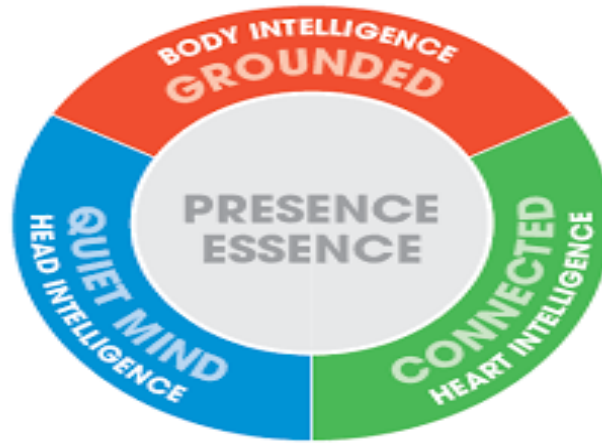
# Be Open to Four Centers of Intelligence----USE ALL FOUR

**01** Gut---Our 2<sup>nd</sup> Brain contains more than 100 million neurons  
ENT-Enteric Nervous System (This allows 2-way conversation with your brain.

**02** Heart This is our emotional center. It taps into a coherent force that that brings better balance, clarity and alignment  
40,000 Neurons Heart processes information & sends info to Brain

**03** Head We depend on this center for its capacity for logic, analysis, and problem-solving. 86 Billion Neurons CNS Command Center

**04** Spirit The Universal force that connects us all. This Divine Intelligence speaks through our intuition. It speaks in ways that we aren't always aware of. Thru Spirit we find Clarity of Purpose. It opens us to infinite Wisdom.



## Discussion Questions:

1. How often do you listen to each center of intelligence---gut, heart, head, & Spirit? Which center do you tend to rely on most?
2. Reflect on a decision you made recently. How might engaging all 4 centers of intelligence have shaped your approach differently?

# The Amazing Paradox of Surrender---Admitting personal powerlessness opens us to experiencing infinite power.

**01** Open to what is Surrendering is not about giving up. It's about accepting the reality of the situation you are in.

**02** Acceptance is the Key You must start where you are. Acknowledge where you are. And then make plans to move from there.

**03** Exploring the Opposite an approach that invites us to challenge our deeply held beliefs. But it's more than flipping ideas. It's about liberation.

**04** Wind at your Back tacking or windward sailing. Rather than fighting the wind, a sailor angles the sail just right to capture its power. Zigzagging or working with the wind rather than fighting it.  
Don't try to teach a cat to bark.

*As you relax, gently bring to mind a dream or goal you may be holding too tightly. Notice whether there's a sense of wanting things to go exactly your way, as if only one outcome will do. Now consider whether this need for control is shaped by past experiences or the voices of others urging you to be cautious. Observe this feeling with a soft, clear awareness without the need to change anything. As you continue to breathe deeply imagine gently loosening your grip creating space for new possibilities*

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## **Journal concerning the meditation & then we will share:**

- 1. Now write what you saw & felt during the meditation.**
- 2. Include as many details as possible, describing the process and the feelings you experienced.**

# Let Go/Surrender & Engage the 4 Centers of Intelligence

*Spirit often fulfills our desires in ways that defy our expectations. Be Open to the Universe. Surrender Control. Don't restrict the flow of the good by thinking it has to arrive in a specific way.*

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Often your own beliefs are restricting the flow of abundance.  
When we cling to ideas of scarcity, we reinforce limitations.  
Shifting these beliefs can open to unforeseen opportunities.

*Engage all 4 Centers of Intelligence. Each center provides unique insights and guidance. Together they create a balanced holistic approach.*

Have we forgotten how to play? Returning to playful activities reunites you with your creativity & joy. CREATIVITY & PLAY

### Explore with Curiosity

Design an activity that you will enjoy that is just expanding your awareness of what catches your eye

### Solo Dance Party

Put on some music  
Dance & sing  
Move, sway, let yourself feel the music

### Journaling about fun & play

At the end of the day, write about what you did for fun that day & how that time impacted you

“Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul” book by Dr. Stuart Brown. Scientific data that shows the value of play... We need play to invite our creativity to the party. **TOO LET NEWNESS EMERGE/USE CREATIVITY**

*Do your present patterns include fun & play each day? If not, realize you are OUT OF BALANCE. Commit to including at least an hour a day of fun & play.*

**The Holistic Dance of Abundance.** *1. Focusing your Mind 2. Shifting your consciousness 3. Taking concrete steps 4. Sharing your journey 5. Being Open AND the five principles are not linear. The five principles interweave, overlap, and interact, creating an ongoing dynamic experience of abundance. Be Open to the Universe. Surrender Control. Don't restrict the flow of the good by thinking it's all done.*

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But it all begins with a clear declaration of what you want. Own your purpose. Shift your consciousness by identifying beliefs that limit you; then reframe. Persist through action. Engage fully with each action. Sharing your journey is a vital part of the process. Collaborative solutions emerge. Welcome the Unexpected. Adjust and adapt. Abundance is a living, unfolding, evolving presence. Manifestation is not something you finish; it is something you become.

*This week, take a moment to celebrate how far you've come on this journey of abundance. What have you learned? It is important to set an intention to continue growing and manifesting in alignment with your highest potential. Abundance is not just about receiving; it's about creating, sharing, and allowing life's endless possibilities to flow through you.*

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**Abundance is a practice, a birthright, and an invitation to live a life rich with purpose, joy, and connection.**

**Be Willing To Birth Something New That Serves  
a Higher Purpose**