

SPIRIT-SYNCHRONIZED PRAYER · FINAL SESSION

The Longest Journey

From the Head to the Heart

Demonstrating Truth Principles · Final Class

Unity of Fort Lauderdale · Rev. Bryan Sawchuk



Wisdom Untethered *Class*



Facilitated by
Cynthia Roberts,
*Co-Spiritual Leader &
Licensed Unity Teacher*



August 11 – September 15, 2026



Tuesdays at 7:00–8:30 PM Eastern



Live on Zoom



Music & Meditation Experience



Saturday, September 19th, 2026
10 A.M. - 1 P.M.



Rev. Bryan Sawchuk, Juan Tobon & Laura Munevar (LaMun Duet)





JOURNEY — into — *Joy*

A Spirit-Centered Retreat
of Renewal & Connection

October 16–17, 2026
Amoris Christi / Duncan Center
Delray Beach, Florida

Unity Retreat 2026



Hosted by
Radiance Satterfield



Musical Guest:
Jennifer Ferren

Before We Begin

A moment to arrive together



Last week, we ended with Charles & Myrtle — demonstrating Truth Principles. Tonight, that's exactly where we begin.

What resonated with you from last week –
anything you want to share from the
application, integration, or reading?

This Is What Charles & Myrtle Did

At Ninth and Tracy, Kansas City



In 1903, the Fillmores incorporated the Unity Society of Practical Christianity and built a headquarters at 9th and Tracy — a school and gathering space at the heart of Kansas City.

These gatherings were conversations about demonstration — each person sharing how they had lived that week's teaching. Not the news, the drama, or the gossip. They knew focus is creative, and what you give your energy to returns to you by law. So they asked — how did you demonstrate principle this week (Truth Principles)?

Tonight continues that same tradition — conversation focused on how principle actually lived this week.

The Longest Journey

Why eighteen inches can take a lifetime

“The longest journey is the eighteen inches from the head to the heart.”

— Andrew Bennett

Most of us were conditioned early to live from fear, which pulls us into the head — pure thinking, analysis, self-protection. The heart is where we lived before fear took over, the place where love, possibility, and trust live. The “longest journey” isn't distance — it's the descent from thinking about truth to living it.

“Sell your cleverness and buy bewilderment.” — Rumi

Stop trying to figure everything out with your mind, and let yourself be amazed instead. Rumi believed the heart knows truth more directly than the thinking mind does — it just senses it, without all the analyzing.

Intellectual Wisdom vs. Allowing Spirit

Two ways of knowing something is true



Intellectual Wisdom

The Head

Reasoning. Analysis. Proving something before you'll trust it. It needs evidence, an argument, a reason that holds up. Useful — but limited to what can be worked out.



Allowing Spirit

The Heart · Fillmore's "Sixth Sense"

Fillmore taught that intuition — inner knowing that doesn't depend on intellectual reasoning — is far more reliable a guide than the head. Activated by trust, not figured out by analysis.

In plain terms: intuition is the knowing that arrives before logic catches up — and trust, not analysis, is how you activate it.

This Is Practice, Not a Switch

You can't will your way across the eighteen inches

MASTERY THROUGH INCREMENTS

"BE is not just about persistence and practice — it is mastery of skills and energy. Once you know what you want to BE, discern what you need to master, and start improving from there. This is also how we awaken the Christ Consciousness/I AM within — through increments."

— Toni G. Boehm, p. 43–44

ONE ELEMENT AT A TIME

"Choose one of the many elements being presented and practice it for a week or two — then take another and another — and within a very short period you will start to embody, integrate, and master a new natural prayer style."

— Toni G. Boehm

WATCH FOR THE TRICKSTER

The adverse ego is a "trickster... just when you start to believe you have overcome it, oops, it pops up again." Even the desire for instant mastery can be ego wanting a finish line to claim.

— Toni G. Boehm, p. 51

Energy vs. Activity of Spirit

Two things that can look identical and aren't



Activity

Going through the motions: the right words, the right routine, the form without the flow. You can do all of it and still feel nothing move.



Energy · Grace

Spirit actually moving through you — felt, alive, unmistakable. Not performed. Allowed.

Demonstrating principle — seeking alignment with Source first — is the difference between the activity and the grace of Spirit. In plain terms: doing spiritual things and experiencing Spirit are not the same thing.

Be Still, and Know

Two scriptures. One practice, deepened over years.

“Be still, and know that I am God.”

— Psalm 46:10

“Peace, be still.”

— Mark 4:39

Be still. And know — know thyself. The new experience is the peace that comes from being still.

TWENTY YEARS IN — AND STILL JUST BEGINNING

Practicing this for almost twenty years — wax on, wax off, over and over — and I still feel like I'm just beginning to touch the surface of the depth. ‘Peace, be still’ moves into the energy of the heart, the body as the conduit. It's an experience of energy, of substance — it's Spirit. What you receive there is the still small voice. You're not tuning into something outside yourself. You're tuning into your own higher self, in harmonic resonance with Source Energy at a purer level — allowing that Pure Consciousness to flow through.

Full Circle

What we practice tonight is what we just talked about

Everything we've named tonight — the eighteen inches, intuition over analysis, energy over activity — stays an idea until it's practiced. Tonight's three practices are that demonstration.

Golden Breath

Pause · Breathe · Allow · Receive

Prayer of Alignment

Principle lived tonight, not just talked about.

This is the essence and the tone of demonstration — an experience of Spirit, not of the head. Allowing Spirit to flow through, exactly as last week's example showed us.

Let's Take a Breath

5-Minute Break · Practice begins when we return

Practice One: The Golden Breath

- 1 Take a deep breath; bring your attention to the heart.
- 2 Consciously connect with the golden, radiant light of the Christ Field.
- 3 As you connect, let it expand — notice the light around it.
- 4 Breathe in whatever you're sensing, like a dark smoke.
- 5 At the heart space, let the golden light transmute it to light.
- 6 Breathe that clear energy back out as a blessing to all.

Practice Two: Pause · Breathe · Allow · Realize

A four-step return to center — usable anywhere, anytime

Pause

Breathe

Allow

Realize

ALLOW

A

Always

L

Let

L

Light (Energy)

O

Open

W

the Way

“Allow” isn't passive.

It's an active, repeated choice to let the light do what force can't. Every time you return to this practice, you're choosing it again — not achieving it once and being done.

The Prayer of Alignment

Silent practice for **Personal** prayer | Spoken practice for **Chaplain** prayer — worked example: **bills**

Personal SILENT · INTERNAL

Praying alone. Nothing is spoken aloud — the words happen only in your awareness.

- 1 **PAUSE**
Stop. Close your eyes. Let the request go quiet.
INTERNALLY
"I release my grip on this."
- 2 **DROP INTO THE HEART**
Pause. Breathe. Allow. Realize the Presence already here.
INTERNALLY
"I am aligning. I imagine the golden, luminous Christ Light filling my heart."
- 3 **RETRANSLATE & ALIGN**
Trade the worry ("bills") for the Gift already present.
INTERNALLY
"I AM one with Infinite Supply, here, now."
- 4 **BE THE CONDUIT**
Hold silence. Let Presence move — don't push or will it.
INTERNALLY
"Not my will. Thy will."
- 5 **SEAL & RELEASE**
Let it go completely. Do not chase the outcome.
INTERNALLY, WHISPERED
"It is sealed in the trust of Truth. Thy will BE done."

Chaplain SPOKEN · OUT LOUD

Praying with someone. You retranslate their request before you ever speak it aloud.

- 1 **LISTEN**
Receive the request. Do not agree to the outcome.
THEY SAY
"Pray that my bills get paid."
- 2 **DROP INTO THE HEART**
Pause. Breathe. Allow. Realize the Presence already here.
INTERNALLY, FIRST
"I am a conduit. I imagine the golden, luminous Christ Light filling my heart."
- 3 **RETRANSLATE OUT LOUD**
Speak the Gift of Spirit in place of the specific outcome.
SAY ALOUD
"We hold you now in the awareness of Infinite Supply and Divine Abundance."
- 4 **DECREE**
Claim the Law working on their behalf — not your will for them.
SAY ALOUD
"Universal Intelligence now attracts every person, idea, and energy in alignment with the Christ Frequency of Truth."
- 5 **SEAL & RELEASE**
Close together. Release them — the outcome is not yours to manage.
SAY ALOUD, TOGETHER
"It is sealed in the trust of Truth. Thy will BE done."



Both paths meet in the same heart space — **BE the Presence**, then release.

In accordance with Universal Law · Right use, the Law works · Adapted from Toni G. Boehm, *Spirit-Synchronized Prayer*



Template: Retranslating a Money Concern

Into the gifts of Spirit

- | | | |
|---|--------------------------------------|--|
| 1 | Name it as it comes | <i>"I need ___ money for ___." — say it exactly as it first shows up.</i> |
| 2 | Pause · Connect · Align | <i>Golden Breath, or 10-second Pause-Connect-Align-Silence. Let urgency settle.</i> |
| 3 | Ask the deeper question | <i>What is the Gift of Spirit? Abundance . Power . Ease . Release</i> |
| 4 | Speak the retranslated prayer | <i>"Divine Abundance now flows through [name], revealing all needed, here and now." We decree and breathe in the Gifts of Spirit</i> |
| 5 | Release the outcome | <i>"Thy Will IS Done — in accordance with Perfect Law."</i> |

Chaplains — add this layer

After Step 3, reflect the retranslation back rather than supplying it: "What I hear you asking for beneath the money concern is _____. Does that resonate?" — let them own the shift before moving to Step 4.

The Journey Continues

Eighteen inches, one practice at a time.