

S P I R I T - S Y N C H R O N I Z E D P R A Y E R

What hinders your prayer? Shadow Dancing, Ego & Spiritual/Emotional Maturity

Class 3 • Tuesday, July 7, 2026 • 7:00–8:30 PM • Zoom

Facilitated by Rev. Bryan Sawchuk

"Life is an ever-progressive, ever-evolving, ever-upward spiral of conscious evolution"

~ Charles Fillmore



The Golden Breath

- 1 Take a deep breath and bring your attention to the heart.
- 2 Consciously connect with the golden, radiant light of the Christ Field & Frequency.
- 3 Breathe in whatever you're sensing through the nose, seen as dark smoke.
- 4 At the heart space, visualize the golden light scrubbing the smoke until it shines with Christ Energy.
- 5 Intentionally breathe that clear energy back out into the world as a blessing to all ready to receive.



Retranslating Prayer & The Field

- **Everything Is Energy**

We are vibrational broadcast systems — our thoughts and feelings send signals the field returns in kind.

- **Retranslation**

Pause before praying the problem; ask what Gift of Spirit lives underneath it (Infinite Supply, Divine Order, Divine Peace...).

- **BE the Field, BE Witness**

Observe without judgment; gently move the adverse ego aside so Spirit can witness through you.

Tonight's question: *What hinders your prayer?*



Retranslating Prayer & The Field

● Shares From the Past Week

Before we dive in, let's take a moment to share — what's alive for you right now? Maybe something from last week's material is still resonating, a shift you've noticed in your own prayer practice, or a question that's been sitting with you. A growing edge? There's no wrong answer here — just whatever wants to be shared.

Tonight's question: *What hinders your prayer?*

TONIGHT'S FOCUS



Deliverables for Class 3



Identify Shadow & Ego Patterns

Recognize the adverse ego and shadow aspects that block clear prayer alignment.



Practice SEM Competencies

Apply Spiritual and Emotional Maturity — honest self-observation, self-regulation, conscious neutrality.



Build Self-Care Tools

Learn tools for shadow-deactivation and self-care as a conscious facilitator of energy.

From the syllabus: "Shadow Dancing, Ego & Spiritual/Emotional Maturity — What hinders your prayer?"

FROM MY RECENT EMAIL



Affirmative Prayer & the Prayer of Alignment

 Following several questions after Class 2, I emailed a comparison handout to the class: the traditional Unity Five-Step Prayer Process, side by side with Toni Boehm's Prayer of Alignment. Here's the short version.

UNITY FIVE-STEP PROCESS

Nature

A sequential technique, performed step by step

Starting point

Personal self relaxing and concentrating

The request

Held in mind through meditation and realization

Words

Central to every step

Closing posture

Realization ("it is done"), then Appreciation

PRAYER OF ALIGNMENT

Nature

A state of BEing, cultivated through repeated practice

Starting point

Dropping beneath the personal self into the Field —
gratitude first

The request

"Retranslated" into a Gift of Spirit that already exists

Words

Minimal (others) Optional — the 10-Second practice
uses none at all

Closing posture

Surrender — "Thy Will IS Done ~ in accordance with
Universal Law"

Full handout with the worked prayer example available by email — ask if you'd like a copy resent.

Class 3 ~ Prayer Process Comparison ~ Unity of Fort Lauderdale



What Is Honest Self-Observation?

“Enlightenment is of little or no value, unless we continue to mature spiritually [and emotionally].”

~ Charles Fillmore

Being a conscious role model for others requires the capacity to BE prayer in action. That means developing spiritual and emotional maturity: honest self-observation, self-regulation, compassion, crucial conversations, accountability, conscious choices, and a deep understanding of self — including our motives and unhealed, shadow aspects.

“Life is an ever-progressive, ever-evolving, ever-upward spiral of conscious evolution.” —
Charles Fillmore



What Hinders Your Prayer?

The Adverse Ego's Pattern:

The adverse ego looks *out there* — at the situation or the person — and declares, "That's the matter with me." It externalizes the problem and assigns blame to someone or something outside itself.

Conscious Neutrality — The Starting Point:

Prayer begins from a different premise: *No one and nothing is against me.*

The Compass:

The guiding compass — the North Star to return to — is always *within*, never out there.

Reflection Question

"When I feel disturbed by a person or situation, does my attention move outward to blame — or inward to observe?"

A couple of alternate phrasings, in case one fits your voice better:

"Where does my attention go first when something feels wrong — out there, or within?"

"Am I making the situation or the person 'the matter with me,' or am I willing to look at what's stirring in me?"



What Hinders Your Prayer?

The Work Before Prayer

Before the Prayer of Alignment (or any prayer) begins, the real work is inner inquiry:

What am I noticing within myself about that "out there"?

What is the energy, vibration, and frequency I'm holding about it?

What meaning am I making about it?



Competencies & Benchmarks

Self-Observation, Self-Awareness

Honestly observe personal actions without excuses or blame.

Self-Regulation

Discern thoughts and feelings from the felt need to act on them.

Generous Listening

Listens without having to speak or fix.

Receptive to Feedback

Understands feedback invites soul growth.

Capacity to Make Conscious Choices

Choose for the highest and best of all, not just self.

Embodies Non-Resistance

Shifts to something more interesting and power-filled.

Embraces Tensions & Polarities

Without moving to judgment, blame, or projection.

Conscious Neutrality

Holds the presence of all is well, regardless of what's occurring.



Adverse Ego ~ Spiritual Ego

ADVERSE EGO

When the ego attaches itself to sense consciousness, it builds the antichrist man, who has no basis in reality. It is the adverse ego that causes all the trouble in the world — selfishness and greed make us grovel in the mire of materiality.

~ Charles Fillmore, Revealing Word

Stays stuck in the mire of materiality — me, me first, all about me. A trickster: just when you think you've overcome it, it resurfaces.

SPIRITUAL EGO

The true self; an individualized center of God consciousness; I AM; conscious identity. Due to free will and the choices of the collective, we must now 'work' our way back to experiencing the fullness of the I AM as the dominant vibration of being.

~ Charles Fillmore, Revealing Word

Humility and surrender arise from honest self-observation — the capacity to dance at the edge of mystery, knowing you don't know.



What Hinders You?

“What does hinder you? Pick up your bed and walk! What does hinder you? Pick up your Light and shine!”

~ Toni G. Boehm

Where there is Light, obstacles cast a shadow. In Jungian psychology, the shadow is an unconscious aspect of the personality the conscious ego does not identify in itself — usually created by energetic emotional remnants of trauma, not dealt with. Your shadow has the “power” to sabotage your greatest moments also adding a component of egoic “my will” or “my way” in prayer, where the small self plays God.

“Consciousness does not emerge at any depth except through struggling with our shadow... It is in the struggle with our shadow self, with failure, or with wounding that we break into higher levels of consciousness.”

~ Richard Rohr

SHADOW DANCING

You Cannot Deceive Yourself on the Level of Energy



“You want to know how spiritual you are ~ watch your reactions!”

Every cell in your being has a bio-electrical energy potential the brain registers and regulates. When you have an experience and a feeling is created, an electrical charge is stored as cellular memory. Over time these memories collect into thought-families of perceptions and beliefs. Conscious or unconscious recall recreates that charge — and you radiate it into the world through your vibrational broadcast signal.

Our triggers are most often signs of areas within us where we still need healing and growth. It's easy to fall into the trap of trying to fix in others that which we can't see in ourselves.

~ Paul Smith



The Three Basic Fears of Humankind

1. Fear of Not Being Good Enough

Self-worth issues, people-pleasing, perfectionism, loss of independence, submitting to peer pressure.

2. Fear of Abandonment

Fear of being left alone, loneliness, inability to commit, fear of intimacy, over-achieving.

3. Fear of Surrender / Loss of Control

Perfectionism, need for the last word, need to be right, inability to forgive.

Original idea by Gregg Braden



What Is a Shadow — and Is It Active?

Toni Boehm: unprocessed emotional trauma, stored as energy — running quietly in the background.

Debbie Ford: the “wounded ego” — hidden, denied, or repressed parts of us. Not an enemy: a friend whispering to wake us up, holding the keys to authenticity, freedom, and growth.

HOW DO YOU KNOW IT'S ACTIVE?

Projection

Quick, harsh judgments of other people.

Hypersensitivity

Easily offended by minor comments.

Self-Sabotage

Unconsciously undermining your own success or relationships.

Overcompensation

Acting loud, perfect, or overly nice to hide insecurity.

WHERE TO START LOOKING: OTHERS ARE THE MIRROR

Ford taught the ego hides your shadow too well to see directly — so start with your projections. What irritates or enrages you in others (their laziness, arrogance) often points to something repressed in you. What you envy (their confidence) often points to your own buried power. Watch for triggers: others' behavior, fear of looking foolish or rejected, and seeing someone else easily get what you deny yourself.



Why This Matters for Prayer & Wholeness

"Wholeness is not achieved by cutting off a portion of one's being, but by integration of the contraries." ~ Carl Jung

Wholeness isn't perfection. Integration means acknowledging our hidden parts — anger, shame, grief, even unexpressed gifts — and bringing them into conscious identity, rather than letting them run us from the subconscious.



Authentic Intimacy

In prayer, we often present an "idealized self" to God rather than our true self. Integrating the shadow lets us be honest about our real struggles — the doorway to genuine transformation.



Uncovering Grace

Authentic prayer becomes the instrument through which God helps us uncover what's repressed. The unintegrated energy we finally face becomes, itself, a form of divine grace on the path to wholeness.



Reclaiming Your Light

Avoiding parts of yourself fragments the psyche — showing up as distraction, judgment, or projection in prayer. Acknowledging those pieces unifies mind and Spirit into deeper focus and communion.

Prayer isn't a bypass around the shadow — it's one of the places we're safest to meet it.



Everyday Signs: Projection at Work

Your specific worries and judgments often point back to your own shadow, not the outer situation. A few common, everyday patterns:

Chronic, Groundless Worry

Constant concern with no real threat often masks a disowned sense of helplessness, or a strict inner rule to always stay “on guard.”

Finding Others “Too Much”

The traits that bother you most in others — dramatic, unreliable, too stressed — are often qualities you possess but suppress in yourself.

Easily Offended

Can act as a defense of self-image, a repressed desire to be as bold as the person you're judging, or hidden guilt about your own behavior.

The Shadow Side of Sensitivity

For highly sensitive people: overstimulation and burnout, perfectionism and shame, and defensive “armor” (coldness, control) to feel safe.



A Resource & Starter Prompts

Recommended Resource: “Shadow Mapping: A Beginner’s Guide to Shadow Work” by Nick Wignall — a good next step for continuing this work on your own.

STARTER PROMPTS ~ THE MIRROR OF JUDGMENT

- Who irritates you most right now? Name 3 specific traits that drive you crazy about them.
(if someone's boldness or confidence drives you crazy, it may reveal authentic power you've given away)
- What's a complaint you constantly repeat about someone close to you? If it were a hidden boundary or desire you're denying yourself, what would it be?
(e.g., always complaining they're 'too selfish' may point to your own unclaimed permission to put yourself first)
- Think of a time you harshly judged someone's behavior. In what small, hidden way do you do the same — or wish you could let yourself?
(e.g., judging someone as 'too loud' may reveal your own suppressed desire to take up space and be heard)

ONE EXAMPLE ON INTEGRATION ~ THE WHOLE-SELF DIALOGUE

“I am weak, and I am strong. I am selfish, and I am generous. I am terrified, and I am fierce.” Claim both sides with equal love — that's how you stop splitting yourself into pieces and become whole.



Tools for Shadow-Deactivation

- Honest self-observation
- Not taking things personally
- Knowing when we are projecting onto others
- Accessing our witness self
- Knowing secrets are toxic
- Transparency
- Courage to speak authentically
- Courage to face our blind spots
- Being willing to receive feedback
- Conscious Neutrality

EXPERIENCE-PRACTICE ~ Shadow Revelation: Identify 3 traits you admire in others and 3 you criticize. Whatever you see in others helps you love and heal yourself.



What Is Chemicalization?

“Chemicalization is a condition in the mind that is brought about by the conflict that takes place when a high spiritual realization contacts an old error state of consciousness.”

~ Charles Fillmore, Revealing Word

After an intense spiritual absorption process, chemicalization can reveal itself as instant flu-like symptoms, stomach ailments, chills, or things falling apart. The person knows nothing is physically wrong, but it's still uncomfortable.

“Chemicalization sounds like a negative process, but actually it is a very positive one... it is always a sign that cleansing is taking place. Something higher and better always results.”

~ Catherine Ponder



Energy Vampires & Self-Care

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of self-love.”

Energy Vampires

Those who energetically ‘suck’ or drain your emotional energy as they feed on your willingness, kindness, and compassion. They rarely take responsibility for their part in an issue.

Self-Care Practices

- Stay present to intuitive hits & body cues
- Drink lots of water to flush negative energy
- Get active — move, walk, dance
- Journal to get feelings out
- Practice The Golden Breath (Tonglen)



The Golden Breath

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Confidentiality & Prosperity Investment

Confidentiality

Hold confidence any details received in a confidential setting. The only exception: knowledge of abuse of a child, or potential harm to a person. Breaking confidence has consequences — you may lose your right to serve on a prayer team.

Integrity means never asking clients for loans, or manipulating, or taking advantage of them in any way.

Prosperity Investment

As you participate in sacred service, opportunities arise for a conscious exchange of energy — given in accordance with what one believes they will receive. Hold the consciousness of: you cannot out-give God!

Suggested class: \$60 — never a barrier to your spiritual growth.



S P I R I T - S Y N C H R O N I Z E D P R A Y E R

Small Group Reflection

- *What is one growing edge you noticed in the SEM competencies / shadow information tonight?*
- *Where has the adverse ego shown up in your own life this week?*
- *What is one tool for shadow-deactivation you'll practice?*

Next week, Session 4 ~ Final (July 14): Conscious Neutrality & Living as Spirit-Synchronized Prayer.

Unity of Fort Lauderdale ~ commUnity