

● ◡ ◡ 2022 ADVENTURE IN FAITH ◡ ◡ ●

LEADING
with LIGHT

✧ ✧ ✧ LIVING FROM YOUR INNER ✧ ✧ ✧
CONSTELLATION *of* TRUTH

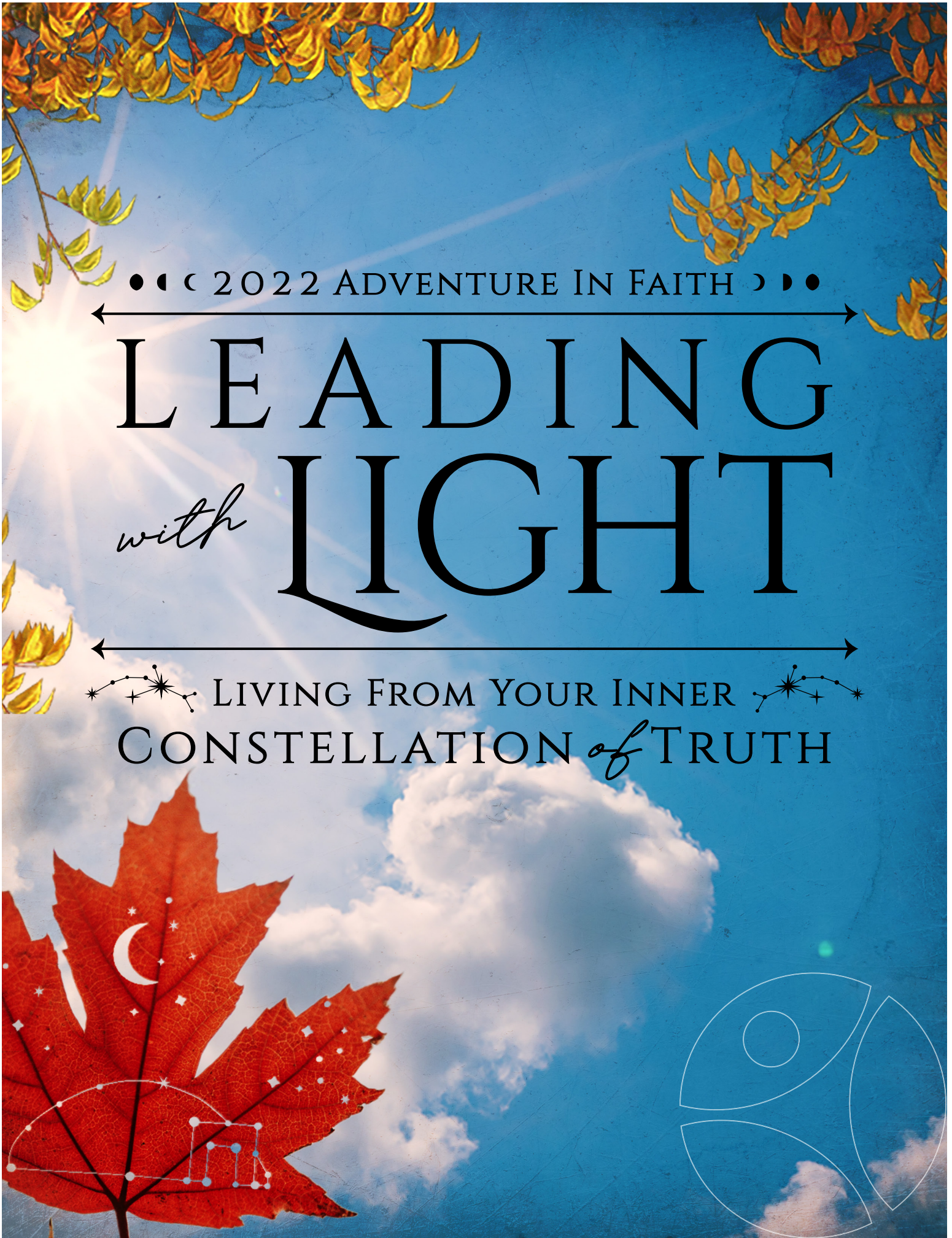


Table of Contents

Introduction.....	3
Trusting Your Voice	5
Being Who You Are Meant To Be.....	10
Oneness as Uniqueness.....	14
A Diversity of Stars	19
Seeing in the Dark.....	23

2022 Adventure in Faith Committee

ALuna Chen
Rev. Nadine Cox
Nicole Dalby
Lauren Martin
Dr. Michelle Medrano
Rev. Josh Reeves
Sarah Shin
Kim Simon



FACILITATORS

This book was created as a group facilitators guide. However, you may encourage your group members to download it from the Mile Hi Church Adventure in Faith landing page.

GROUP TIMES AND MEMBERS

Group sessions should last one hour but no more than an hour and a half. Ideally, each group should have no more than ten participants including the facilitator(s).

OPENING AND CLOSING BLESSINGS

A brief blessing should start and end each group session. The facilitator will do an opening blessing, and as trust grows in the group, it might be beneficial to invite a participant to say a closing blessing.

KEY POINTS

These key points sum up what we intend the participant to understand in each week's session. You can choose to share these points with the group or use them as your own guide for how to effectively use the curriculum.

Each week concludes with an affirmative prayer. Invite participants to say this prayer every day as a way to deepen in the week's topic and to practice together with the group.

DISCUSSION QUESTIONS

These questions are designed to create meaningful sharing in your group. You can choose which, if any, to ask.

PROCESSES

The meditations, worksheets, and experientials are designed to assist the participant's inner exploration of the weekly topic. Choose the ones you feel will be most resonant with your group.

AFFIRMATIONS

You are invited to share these with your group each week.

WEEKLY PRAYERS

Each week concludes with an affirmative prayer.

FOR NEXT WEEK

At the end of each session, share an idea to contemplate or suggested practice leading into next week's theme as a suggestion.

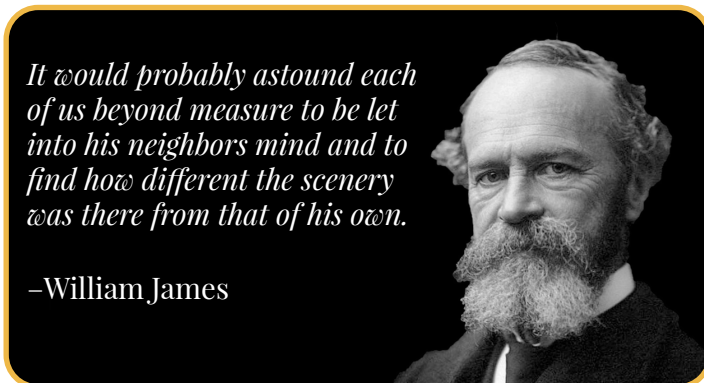
SHARING GUIDELINES

It is recommended that you review these guidelines in your first session and refer back to them as needed.

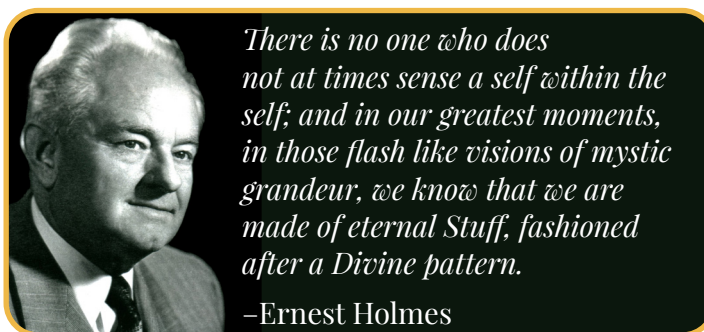
SHARING GUIDELINES (*Handout to download*)

- ◆ I respect the confidentiality of what is said by others, either to me or to the group.
- ◆ I speak from the I/me voice. I am authentic and stay on topic while still expressing my true feelings and concerns.
- ◆ I listen to others with an open mind and refrain from giving advice.
- ◆ I choose to share or pass, as needed, and will push through my own personal tendencies in group participation.

- ◆ I choose to engage in respectful communication that honors the group.
- ◆ Since I am an integral part of this group, I agree to show up and fully participate.



LEADING WITH LIGHT LIVING FROM YOUR INNER CON- STELLATION OF TRUTH



What does it mean to lead with light? Leading with light means leading with the best of who you are in all that you do. It's a spiritual practice of choosing your best in each moment.

When things seem to be breaking down around us, the resilience to rely on the powers within us become that much more important. It is these powers that are our inner constellation of truth. This Adventure in Faith is all about identifying them, practicing them, and trusting these powers to create meaningful results in your life.

It can seem like the amount of things that disconnect us increases, while at the same time we engage less with the things that connect us. It is time to reconnect with our inner constellation of truth, knowing that leading with our light creates greater connection, purpose, healing, and a feeling of being truly alive.

This series is an opportunity to challenge ourselves to live fuller lives by relying more on intentional and authentic practices instead of superficial means of life that don't cut it these days. Understanding spiritual concepts intellectually is one thing; embodying them in our practice and in our bodies, and in our interactions is another. Let's lead with light together.

INNER CONSTELLATION OF TRUTH (Worksheet to download)

The Light of First Cause

The Light of First Cause is the quality of light you choose to begin your day and your interactions with others. This is no easy practice especially if we have become conditioned to a more reactive way of living to circumstances or behaviors of others. This quality of light is the one you are choosing to make the foundation of all your interactions. It is creative and represents your inner strength.

What is the quality of light I choose to lead with?

The Light of Response

When faced with instances that might normally draw a negative reaction, your Light of Response is your conscious use of your inner power, to respond with a higher vibration than the one directed at you.

What is the quality of light I choose to respond with?

The Light of Reflection

The Light of Reflection is how we view ourselves in our past and present. It very much creates the ground in which our future self is built. When you look back at your life, your day, or just at yourself, as if from a star way yonder in the sky, what is the quality of light you choose to view yourself with?

What is the quality of light I choose to reflect with?

The Light of Aspiration

The Light of Aspiration is our North Star. It is that quality you may already have but also the one you may need the most to grow in or that quality which will grow you the most.

What is the quality of light I choose to aspire to?



TRUSTING YOUR VOICE

An important part of leading with light is speaking your truth. This means not only cultivating your connection with your inner constellation, but it also means learning to have faith in your own voice. That in each moment, you either know just what to say or are powerful enough to admit that you don't know what to say but can powerfully speak from what resonates within you regardless.

There is a spiritual aspect to trusting your own voice, but there is also the pragmatic reality for many of us, that in these times, speaking your truth can get you in trouble. In an era where fringe-politics and cancel culture rage, all the shouting can cause us to shut down, fearing judgment or that we might not be heard if we share our opinions.

The purpose of this opening week of Adventure in Faith isn't to get you to more fervently express your views on social media or to give someone a real piece of your mind—it's about grounding in your own being and being a part of creating safe spaces of listening and acceptance around you so your voice can roam free.

KEY POINTS OF THE WEEK

- ◆ Identifying your inner constellation of truth can create the means in which your true essence can better express in your life by leading with your light.
- ◆ Trusting your voice is about learning to more deeply listen to yourself, and more courageously be willing to speak authentically in your life.

- ◆ Speaking your truth has creative power; at first it may disrupt, but if pure in heart, it can bring about great harmony.

QUOTES FOR THE JOURNEY

Friend, you are a divine mangle-mangle of guts and stardust. So hang in there! If doors opened for me, they can open for anyone.

-Frank Capra

There is a Divine urge, or a gentle pressure, within everyone. It is a dynamic Source seeking an outlet through all creation, and whenever it we let It, there is an influx of It into our nature.

-Ernest Holmes

The truth will set you free. Either that or it'll get you a punch in the nose.

-Nick Hornby

DISCUSSION QUESTIONS



Icebreaker: Who lights up your life and why?

A.R. Rahman said, *"Your inner voice is the voice of divinity. To hear it, we need to be in solitude, even in crowded places."*

1. What is solitude for you? Do you see how it connects you with your true voice?
2. How do you know your true voice is speaking?
3. Was there a time you refused to listen to your true voice, and what happened? Was there a time you really tuned into and followed your true voice? What happened?
4. What makes a safe environment for you to share freely and openly? Are there times when you should not speak your true voice?



OPTIONAL PROCESS

Process One

Inner Constellation of Truth Worksheet

Invite each member of the group to share their "lights" from the Inner Constellation of Truth worksheet.

Now, invite everyone to close their eyes and to visualize first:

- ◆ Expressing their Light of First Cause. Where do you see yourself expressing it and what is taking place? Who are you when you share this light? Do you feel different or more of yourself?
- ◆ Now, consider a recent event that stung you. It could be something major like a time when someone offended you. It could be something more slight like a minor critique from a loved one or a friend who turned down a chance to spend time together.
- ◆ Now respond with your Light of Response. What happens? Does something change?
- ◆ Now, become aware of your Light of Reflection. I invite you simply to become aware of the last 24 hours. Take this Light of Reflection and view any significant events, conversations, or activities you engaged in. Especially become aware of any ways you viewed yourself in the moment that were from a reflection that was not so much in the light but from a place of self-judgment.
- ◆ How would life be different if you viewed your whole life from this Light of Reflection?

- ◆ Lastly, allow your Light of Aspiration to fill your consciousness. Allow it to surround you and fill you with a sense of confidence and trust. Allow your inner eye of vision to be open and allow this light, as best as you can, to reveal to you an ideal form of what this Light of Aspiration can look like. What is taking place? Who, if anyone are you with? What is it you are doing? Who have you fully become in this light?
- ◆ When complete, you may go right into sharing by asking each member to share based upon the quality of light touched upon. Or you may want to invite each member to journal for five minutes before sharing.

Process Two (Handout)

True Voice Assessment

Place a star next to each statement that is true for you more than 2/3 of the time. For the ones that are not true, write a brief statement as to why.

I listen to others and postpone judgment.

I have no problem speaking my true thoughts and feelings to others.

I have a select group who I can fully let my hair down with and speak my truth to.

I take intentional time to listen to myself, be it through journaling, reflecting during a walk, or listening to myself compassionately.

The people closest to me know how I think and feel.



Things to notice:

- ◆ Just because you may not have placed many stars next to statements does not mean you don't trust your own voice. You may rightfully have some distrust around sharing it with some people or in certain circumstances.

Try this:

- ◆ Identify three areas or relationships where you want to practice speaking your true voice.
- ◆ Ask yourself what role the environment plays in speaking your true voice.
- ◆ First, is it better to speak face to face than on the phone? Do you need to make sure you are in a quiet place?
- ◆ What environment is best for you to share your true voice?
- ◆ Second, what are the supportive boundaries for sharing from your true voice?

Consider this:

- ◆ Is there listening?
- ◆ Is there non-judgment?
- ◆ Is there trust?
- ◆ If any are lacking, they must be built up for true connection to occur.
- ◆ Are there any other supportive boundaries that support you in speaking from your true voice?

Third, consider what it means for you to feel that your true voice isn't just speaking, but being understood.

Consider this:

- ◆ Was I heard?
- ◆ Was what I shared acknowledged?
- ◆ Do I feel supported in making up my own mind?
- ◆ If these aren't present, it often means the person you shared with brought their own agenda that might include other items above hearing you.
- ◆ Are there other elements that make you feel understood by another?

LEADING WITH YOUR LIGHT OF FIRST CAUSE

This week, you are invited to more consciously lead with your Light of First Cause.

Do this by:

Spending time in meditation each day, affirming your Light of First Cause. Take time to visualize important events coming up in the day and surround them with your Light of First Cause.

Before you enter a situation, be aware of preconceived ideas that might cause you to dim your Light of First Cause. Let them go!

Notice how leading with your Light of First Cause makes you feel. Is it different than normal? For many of us, the word isn't control, as in feeling more control of our life, but it's better to say that our life feels more like our own. It resonates and feels more congruent with our heart and spirit.

AFFIRMATION

I trust my inner voice and Spirit are one in the same. I know that God is at the center of all that I am called to do. Spirit lives through and as me in every encounter I face.



PRAYER FOR THE WEEK

Let us settle into this space of knowing that in all the vastness of existence, in all things little or large, in all thoughts, feelings and ideas lies the ever present, existence of God. In each moment, in each breath, we center into this knowing and confidence that God is all there is, all there ever was, all there will ever be. In this knowing of God's presence, we recognize that if God is all there is then that God presence is within each and everyone of us, connecting us through an unbreakable bond of Oneness. And because we know that God is all there is and God is present in each of us, we have the confidence and power to trust our own voice. We believe in that God presence in us that gives us powerful intuition and allows us to know that those strong thoughts back with strong feelings are true. We trust in our voice, knowing that we are each living our own path and know best what is true for us. We are empowered in the strength of this conviction to speak our truth and trust our inner guidance, knowing at all times we are supported, protected and grounded in the truth of the ever-present God. We know that in each moment we do the best we can with what we have, lean into this knowledge with full trust and faith that we are creating what we want and need in our life. Our voice is strong. Our live is valuable. Our path is perfect. And so we breath into a profound sense of gratitude for our voice, for our courage, for our strength of conviction and our beautifully guided intuition. Now, we release these words into law, loudly, proudly with conviction knowing that as we say them, they are so. And so it is.



◦ ◦ ◦ 2022 ADVENTURE IN FAITH ◦ ◦ ◦

INNER CONSTELLATION OF TRUTH



THE LIGHT OF FIRST CAUSE

The Light of First Cause is the quality of light you choose to begin your day and your interactions with others. This is no easy practice especially if we have become conditioned to a more reactive way of living to circumstances or behaviors of others. This quality of light is the one you are choosing to make the foundation of all your interactions. It is creative and represents your inner strength.

← **What is the quality of light I choose to lead with?** →



THE LIGHT OF RESPONSE

When faced with instances that might normally draw a negative reaction, your Light of Response is your conscious use of your inner power, to respond with a higher vibration than the one directed at you.

← **What is the quality of light I choose to respond with?** →



THE LIGHT OF REFLECTION

The Light of Reflection is how we view ourselves in our past and present. It very much creates the ground in which our future self is built. When you look back at your life, your day, or just at yourself, as if from a star way yonder in the sky, what is the quality of light you choose to view yourself with?

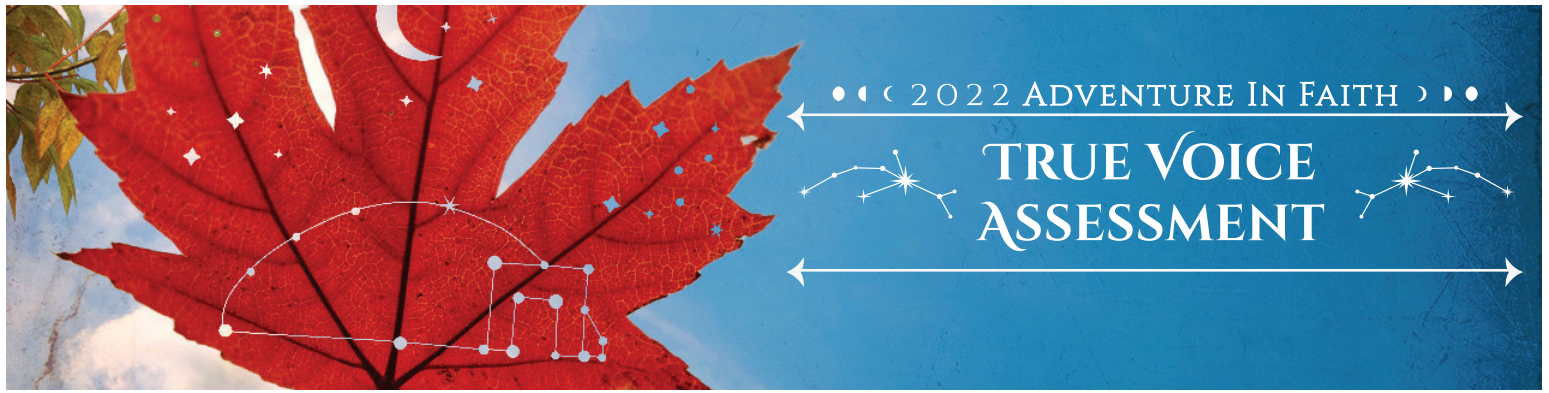
← **What is the quality of light I choose to reflect with?** →



THE LIGHT OF ASPIRATION

The Light of Aspiration is our North Star. It is that quality you may already have but also the one you may need the most to grow in or that quality which will grow you the most.

← **What is the quality of light I choose to aspire to?** →



Place a star next to each statement that is true for you more than 2/3 of the time. For the ones that are not true, write a brief statement as to why.

	I listen to others and postpone judgment.
	I have no problem speaking my true thoughts and feelings to others.
	I have a select group who I can fully let my hair down with and speak my truth to.
	I take intentional time to listen to myself, be it through journaling, or reflecting during a walk, or listening to myself compassionately.
	The people closest to me know how I think and feel.

Things to notice:

Just because you may not have placed many stars next to statements does not mean you don't trust your own voice. You may rightfully have some distrust around sharing it with some people or in certain circumstances.

Try this:

- ◆ Identify three areas or relationships where you want to practice speaking your true voice.
- ◆ Ask yourself, what role does the environment play in speaking your true voice.
- ◆ First, is it better to speak face to face than over phone? Do you need to make sure you are in a quiet place?
- ◆ What environment is best for you to share your true voice?
- ◆ Second, what are the supportive boundaries for sharing from your true voice?

Consider this:

- ◆ Is there listening?
- ◆ Is there non-judgment?
- ◆ Is there trust?
- ◆ Where any of these are lacking, they must be built up for true connection to occur.
- ◆ Are there any other supportive boundaries that support you in speaking from your true voice?

Third, consider what it means for you to feel that your true voice isn't just speaking, but being understood.

Consider this:

- ◆ Was I heard?
- ◆ Was what I shared acknowledged?
- ◆ Do I feel supported in making up my own mind?
- ◆ If these aren't present, it often means the person you shared with brought their own agenda that might include other items above hearing you.
- ◆ Are there other elements that make you feel understood by another?