

UNITY SPIRITUAL COMMUNITY IN CITRUS HEIGHTS

AUTUMN JOURNEY 2020

The Hero's Journey: Navigating the Wilderness

OVERVIEW OF WEEKLY ACTIVITIES—Wednesdays, 6:30 PM, 10/7-11/25/20

10/7 Week One--Establishing the Four Foundations

Daily Exercises for the Journey:

Upon awakening read the Daily Word and any other daily meditation guides that you are using.

Set aside 20 minutes for meditation during the day and make journal entry.

At bedtime write 5 item gratitude list.

Read Bedtime Prayers aloud before going to sleep.

10/14 Week Two--Engaging the Power of Prayer

Activities

Continue Daily Exercises

Select or create 3-5 affirmations or denials.

Read these aloud or write them out 3 times each day.

Call Silent Unity for prayer and request a letter to be mailed to you.

Rewrite the Bedtime Affirmations to suit your own style and needs.

10/21 Week Three--Expanding Self-Awareness

Activities

Continue Daily Exercises

Take the Myers-Briggs Personality Type online quiz

View video on the 16 types on YouTube

View additional video for your specific type on YouTube

Be prepared to discuss some things you learned about your type at our next class.

10/28 Week Four--Mastering Mind Action

Activities

Continue Daily Exercises

Create Vision Board (Treasure Map)

Be prepared to share it at our next class.

11/4 Week Five--Experiencing The Artist's Way

Activities

Continue Daily Exercises

Write Morning Pages each day.

Complete the Artist's Way exercises

Plan to share your experience of the Artist's Way at our next class

11/11 Week Six--Exercising Creativity

Activities

Continue Daily Exercises

Complete a creative project

Be prepared to share your project at our next class

11/18 Week Seven--Completing the Journey

Activities

Plan to attend The Hero's Homecoming next Wednesday

11/25 Week Eight--The Hero's Homecoming

Join Rev. Carla and our Minister of Music Lisa Lawson as we celebrate a time of Thanksgiving for The Hero's Homecoming!