

# In The Silence

*1<sup>st</sup> and 3<sup>rd</sup> Wednesday (7:00 – 8:30)*

IN THE SILENCE is a midweek sacred service of centering prayer and contemplation for those who wish to deepen their experience of Unity's Truth principles by reflection, heart-driven dialog and prayer. This sacred time of readings, dialog, and song will lead into a period of meditation, sitting in The Silence, Unity's primary tool for spiritual transformation. The service is held on the first and third Wednesday at 7 pm in the Sanctuary. Readings and dialog are based on spiritual principles introduced in THE QUEST, which is held each Sunday morning from 10:40 to 11:15 in the chapel.

**Contemplative Music (6:50 – 7:05)**

**Check-in (7:05 – 7:10)**

One sentence (no more) describing your current state of consciousness.

**Guidance on Centering Prayer (7:10 – 7:20)**

**Relaxation (7:20 – 7:25)**

**Contemplation of Readings (7:25 – 7:35)**

**Silence (7:35 – 7:55)**

**Break (7:55 – 8:00)**

**Sacred Dialog (8:00 – 8:25)**

**Grounding and Close (8:25 – 8:30)**

# The Quest

*Sunday (10:45 – 11:15)*

We will begin the class promptly at 10:45. Until then, please remain silent, enjoy the music and read and contemplate this week's Quest.

*Week One – Starting Over*

**Contemplative Music (10:35 – 10:45)**

**Discussion (10:45 – 10:55)**

- What do I normally do when I encounter uncharted territory?
- What is the common result?
- What is going on here? What is the divine idea that is calling me? What do I really want?

**Prayer/meditation (10:55 – 11:00)**

**Exploration (11:00 – 11:05)**

- How does uncharted territory look now?
- What has shifted?

**Activity for the week (11:05 – 11:15)**

- Explore the *Possibility Junction* for each now moment (see next page)
- Deepen the experience Wednesday evening at 7 pm.

## Objective for this week:

The Quest is a year-long discovery of the inner self, our Christ nature. “Discovering” our inner Christ nature can be difficult, sometimes taking a whole lifetime.

This week we practice a method for Christ discovery where we identify in specific moments we call “Possibility Junction” and we can choose a higher level of consciousness, explore the “uncharted territory” and awaken, in a small way, to our spiritual self.

## Metaphysical Lesson:

- “We all live at Possibility Junction. Each 'now' moment is another junction, the chance to make what we want out of life...”
- Where does change begin? It begins with a realization that we are worthwhile and a part of God. We decide to be one with God.
- “This is a decision that we don't make just once and then that's it forever. It's a choice that must be re-decided at each junction of “then” and “now,” at each moment of our life.
- God's good for us is not bound by the past. It is a creative process of “rebirths” out of which life, in a different form, will always return, “new” and “better.”

## Unity principles used:

- Human beings have the spark of divinity within them, the Christ spirit within.
- Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.

## Process:

- Affirm throughout the week “I am at Possibility Junction, I choose to be one with God.”
- Allow your Christ nature to come into consciousness and ask “what is the *uncharted territory* of this now moment?”
- Hold your discovery in consciousness without judgment (non-resistance).
- Rest in confidence and gratitude (realization) as your discovery is expressed in your outer life (spiritual rebirth).

## Passage for contemplation:

“The ultimate rebirth is an awakening to Spirit, and that rebirth always leads to a better life. It doesn't matter what preceded that awareness. Truth is not obligated to what has been. Think of the evolution of civilization. If we were not able to create anew and to be reborn, we would all still be living in caves. We'd be anchored in the past, repeating our thoughts and actions in an endless loop. What *can be* is not bound by *what is* or *what was* ... God's principle of good is available at each 'new birth' in consciousness.” (p.25)

## Memorize:

Bible Passage: “Truly, truly, I say to you, unless one is born anew, he cannot see the kingdom of God.” John 3:3

Affirmation: “I am at Possibility Junction, I choose to be one with God.”