

Unity of Tustin – Adventure in Faith 2018

Living From the Mountaintop: Be the Mystic You Were Born to Be

Week of September 30 through November 4, 2018

**Our hearts, hands and eyes are open as we are immersed in a holy field of life, love, and wisdom.
A mighty quickening of mind-body-Spirit is happening right here, right now.**

Challenges for the Week. Each Spirit Circle member is invited to select an area of “challenge” or growth during AIF.

Individuals support one another in that growth by serving as accountability partners.

You may want to share your answers to the week’s Soulful Adventure questions with your Spirit Circle.

<i>Sunday Theme</i>	<i>Color</i>	<i>Meditation Exercise</i>	<i>Challenges for the Week</i>
September 30 Introduction & Prologue Before Birth & After Death	Red	Your Welcoming to the World – Page 30	Page 32
October 7 <i>Chapter 1: You Are Infinite</i> <i>Chapter 2: Prison Without Bars</i>	Orange	Establishing Your Mountaintop - Page 30 Leap Meditation – Page 80	Pages 58 and 84
October 14 <i>Chapter 3: Beyond the Senses</i> <i>Chapter 4: Changing Frequencies</i>	Yellow	Valley Floor Meditation – Page 102 River Meditation – Page 129	Pages 105 and 134
October 21 <i>Chapter 5: Love and Diversity</i> <i>Chapter 6: Flow</i>	Green	Lake Meditation – Page 152 Tree Meditation – Page 177	Pages 155 and 181
October 28 <i>Chapter 7: As Far as the Soul Can See</i> <i>Chapter 8: Mystical Grace</i>	Blue -Indigo	Lake Meditation – Page 152 Tree Meditation – Page 177	Pages 214 and 238
November 4 <i>Chapter 9: Masters of Brightness</i> <i>Chapter 10: Freedom</i>	Violet	Light Meditation – Page 260	Page 263

Sunday, November 4

CELEBRATION BARBEQUE

With support from our Hospitality Team, the MUTS and You!