



Flying Free

**Faith in Action
2024**

Based on

**“The Universe Always Has a Plan”
by Matt Khan**

Small Group Study Guide

Spiritual Life Center

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Flying Free - Faith in Action 2024

Dear Friends,

Are you ready to embrace the Universe's plan for your life?

I am thrilled to introduce this year's Faith in Action program, featuring Matt Kahn's inspiring book *The Universe Always Has a Plan—The 10 Golden Rules of Letting Go*. This powerful work is more than just a guide; it is an invitation to embark on a profound spiritual transformation.

Matt Kahn, a spiritual teacher and intuitive, presents 10 Golden Rules designed to help you achieve emotional freedom. These rules are not only divinely curated but also incredibly practical, tailored to meet the demands of our everyday lives. As we journey through this book together you will be reacquainted with a deep-seated desire to follow the excitement of passion, inspiration, and playfulness—qualities that may have been long lost in the hustle and bustle of life.

This year's program is about letting go of self-sabotage, overcoming hardships, and releasing anger to discover true liberation. Through Matt's heart-centered perspective, you will be guided toward the infinite current of unconditional love that nourishes your heart and soul. His energetically encoded mantras and exercises will catalyze your spiritual growth, allowing you to access more profound levels of ease, freedom, and joy.

I invite you to join us on this transformative journey. Our Faith in Action program includes small group discussions, where we will gather in homes to explore the profound concepts presented in "*The Universe Always Has a Plan*." These gatherings provide a unique opportunity to connect with like-minded individuals, engage in meaningful conversations, and support each other as we unlock the Universe's plan for our lives.

Let's come together to embrace the golden rules of letting go and witness the incredible milestones that will become our testimonies. By participating in the Faith in Action program, you will enrich your life and contribute to a collective energy of growth and transformation.

I look forward to sharing this enlightening adventure with you and witnessing the beautiful changes it brings to our lives.

With warm regards,



Senior Minister
Spiritual Life Center

Study Group Shared Agreements

Purpose: The purpose of shared agreements is to create a safe and healthy environment for the group. It is important that the group reviews these guidelines and that there is consensus before beginning any spiritual group.

Confidentiality: Everything shared by group members is confidential. What is said here, stays here.

Compassion: Group members come from a place of unconditional compassionate acceptance of one another as human beings. Judgmental comments, and even unspoken thoughts, threaten the group process.

Truth and Integrity: Group members are encouraged and supported by the group to honestly and authentically be who they are. Speaking the truth involves risk and can only occur safely in a compassionate environment.

Respect: Group members show respect for each other and the group by avoiding interrupting others, arriving on time, and allowing everyone time to share their thoughts and ideas with the group. We practice sacred listening and refrain from giving advice or trying to fix or solve others' problems.

“Listen to others with inward stillness, without opinion, assent, or dissent, without criticism; hearing through the words into the soul of the other.”

Rudolph Steiner

Sharing Time: Take space, make space. Group members demonstrate respect by avoiding interrupting others, arriving on time, and allowing everyone time to share their thoughts and ideas with the group.

Participation: Group members agree to participate in discussion and group activities; however, each person has the right to ask to sit out or to modify his or her participation.

Conflict: Whenever people come together and speak truthfully the potential for hurt feelings, misunderstanding and conflict exists. If such a situation arises, group members agree to address it within the group process or one-on-one with the facilitator. Unresolved conflict is toxic to the whole group and not just to the parties involved.

I accept these shared agreements as the foundation for a successful study group.

Sign: _____ Date: _____

STUDY GROUP PRAYERS

Suggested Opening: The Co-Creator's Prayer

Loving Presence, with grateful hearts we join together as co-creators and friends. We come together to support each other as we learn, share, and explore how to live life more intentionally. We open our minds to receive your wisdom. We open our hearts to express your love. We open our souls to radiate your light.

May each of us hear what we are meant to hear and speak as you direct us. Now may each of us speak your intention or prayer for this gathering.

(Intention or short prayer from each who wishes to speak them.)

We now enter into sacred agreement with each other to honor our intentions as we support each other in our spiritual growth. We listen to others with inward stillness, without opinion, assent or dissent, without criticism, hearing through the words into the soul of the other.

Thank you, God, for your loving presence with us and within us; may all we say and do be in harmony with you. Thank you, God!

Suggested Closing Prayer

Thank you, God, for your loving presence that has guided and directed us in this session. We honor each person in this group and trust in the process of each other's unique spiritual journey. We hold in sacred trust the personal matters we have shared in this gathering.

We go forward in positive expectancy of ever-increasing good as we remain ever mindful of your presence, power and love within us.

We thank you, God. Amen.

Faith in Action Weekly Colors

SLC uses Chakra colors each week as we journey toward greater awareness and aliveness.

Chakras, as an ancient spiritual system, show the path of integration of mind, body, and spirit leading to enlightenment.

The SLC community joins together during this seven-week period and wears the color of the week on Sundays to show their commitment to the journey.

On the next page, you will find the weekly affirmations ready for color printing to cut out and post at your desk, refrigerator, mirror or anywhere else. These are reminders of the current stage of this book study journey we are all taking together.

Blessings!

WEEKLY AFFIRMATION CARDS:

Your next page can be printed out in color (on cardstock if you like) as a means to create affirmation cards for each week of the Faith in Action program.

Print this page of FIA Affirmations in color, cut out weekly, and enjoy:

Week One	Faith in Action 2024	Spiritual Life Center	slcworld.org	I have done nothing wrong. My life unfolds in order for me to become who I am. My soul is whole and complete. I fly free.
Week Two	Faith in Action 2024	Spiritual Life Center	slcworld.org	Forgiving others opens me to the gifts of ever experience. Thank you to everything and everyone who comes my way. I fly free.
Week Three	Faith in Action 2024	Spiritual Life Center	slcworld.org	My breath is the living presence of well-being. My well-being is a service to others. I am happy and whole. I fly free.
Week Four	Faith in Action 2024	Spiritual Life Center	slcworld.org	I release any attachment to outcomes. When I align with my sou. I always get exactly what I need. Divine order prevails. I fly free
Week Five	Faith in Action 2024	Spiritual Life Center	slcworld.org	In stillness, I welcome change in my life. Each change makes me better and better. I am evolving into my highest self. I fly free
Week Six	Faith in Action 2024	Spiritual Life Center	slcworld.org	It is ok for me to dislike. I discern my highest good by letting courage take the lead as I creatively express myself. I fly free
Week Seven	Faith in Action 2024	Spiritual Life Center	slcworld.org	I pledge allegiance to my heart. I love me. I love you. I love us. I fly free.

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Flying Free

Faith in Action Fall 2024
The Universe Always Has a Plan
By Matt Khan



“You’ve reached a turning point in your reality.”

Matt Khan

Faith in Action Song

I AM That I AM
By Paula Mandella

**I AM listening to the call of the universe
Beckoning me to make my way home
I AM opening to infinite divinity
Ever within me, I AM not alone**

As the pull of the sun urges the blossom to come forth
I AM that I AM
As the ocean in a wave unceasing breaks upon the shore
I AM that I AM

As the archer bends the bow and gently lets the arrow go
I AM that I AM
As the beacon shining out from inside the lighthouse glows
I AM that I AM

~
As the spring of living waters deep in the well renews
I AM that I AM
As the symphony in one chord draws everything in tune
I AM that I AM

As the weather vane points in the direction of the wind
I AM that I AM
As a deeper dimension that expresses from within
I AM that I AM

~
As the stirring of a chrysalis dreams of breaking free
I AM that I AM
As the silence in the thunder reminds me to release
I AM that I AM

As the sweet relenting emptiness fills me to the brim
I AM that I AM
As the ultimate ending from which we all begin
I AM that I AM

Week One: You've Done Nothing Wrong

Introduction, Chapter 1 Pages ix --24

Golden Rule #1 Mantra:

*In order to be who I was born to become,
life couldn't have happened any other way.*

Chapter 1: You've Done Nothing Wrong

1. What is your initial reaction to being told “you’ve done nothing wrong.”
 - A. Using the exercise on page 21, explore easily can you accept this as being true for you?

2. What is the difference between seeing life form the ego’s perspective vs the Soul’s perspective?

3. What is regret?
 - A. How does regret get in our way.

 - B. Explore some of the ways we can shift out of regret.

4. Explain what Kahn means when he says that it is ok not to forgive.

5. If we don't forgive, how do we move forward?

6. Discuss why raising your vibration, while a pivotal spiritual practice, does nothing to stack the deck of outcome on your favor.

Week Two: Release Blame, Embrace Thankfulness

Chapters 2 & 3 Pages 25 - 54

Golden Rule #2 Mantra: *I allow those who blame and have wronged me to be forgiven. In forgiving others, I am set free.*

Chapter 2: Anyone Who Blames Isn't Happy

1. Describe how blames is a game where we try to assert dominance and make ourselves out to be better than someone else.
2. Blame is how we project our unhappiness on others. Why do you think we choose to project our unhappiness rather than own it.
3. If you are comfortable, please share an example of how you projected unhappiness and whether you felt better or worse after.
4. Having examined your own blame game explore what Kahn means when he says that "forgiveness comes by recognizing the relationship between blame and the degree of unhappiness."
5. Discuss how recognizing another's unhappiness leads to more forgiveness.

6. What do you think Kahn mean when he asserts that the outside world can never reflect your inner reality?

A. Explore Kahn's idea that the belief that the world reflects you inner self means that you define yourself as the problem.

Chapter 3: Hardships Can Be Fast-Tracked through Thankfulness

Golden Rule #3 Mantra: *Thank you for this gift.*

1. The suggestion for working through hardships is to simply say thank you for *every* thing that comes your way might seem shocking. Explore how letting go of resistance or the need to be right can lead to true freedom.
2. Kahn turns the idea that reality goes where our attention goes on its head – discuss what he means. How does that change your perception of “paying attention.”?
3. Discuss how adversity allow us to use each moment toward the “evolutionary advantage of all.
4. Why are we so afraid of negativity? How can we use negativity to expand our consciousness?

Week Three: Embody Your Potential

Chapters 4 & 5
Pages 55 -78

Golden Rule #4 Mantra: *My happiness is a service to all.*

Chapter 4: Feeling Better Helps Everyone Heal

1. How does the fact that we are energetic beings give us the tendency to develop co-dependent relationships?
2. It is easy for an empathic person to “crumble” in the presence of a reactive person. What tools do you use to stay centered and not go under?
3. Describe how standing in your own light and power is more helpful than joining someone in their misery.
4. How do you develop the Soul’s attribute of Trust?
5. Explain how your happiness is a service to all.

Chapter 5: Well Being is a Signal that You are Ready to Embody Your Potential

Golden Rule #5 Mantra: *My breath is the living presence of well-being. The more mindfully I breathe, the more alive I feel.*

1. What does “well-being” mean to you? How does your idea of well-being differ from what Kahn is saying?

2. Explain how we limit our sense of well-being limiting our breathing. What are ways we can enlarge our experience of breathing?

3. Describe how the attribute of Focus brings depth and meaning to life.

4. List some ways you can deepen your relationship with your Breath.

5. Read the exercise on page 74 out loud in your group. Share your reaction to this poem.

6. We tend to be more comfortable around like-minded people.
 - A. Name 2 or 3 pitfalls of limiting yourself to only like-minded people.
 - B. Name 2 or 3 constructive reasons for spending time with like-minded people.
 - C. Explore how you can find balance in the types of people with whom you engage.

Week Four: The Universe Always Has a Plan

Chapter 6 Pages 79 -94

Golden Rule #6 Mantra: *The Universe always has a plan-no matter how anything seems to be.*

Chapter 6: The Universe Always Has a Plan

1. Explore the idea that time is the ego's mortal enemy while being the Soul's greatest ally.
2. Discuss the purpose of time.
3. List some ways you can stop being in opposition to time and let it work for you.
4. What is the difference between getting all you want and receiving all you need?
5. How do you go beyond the Law of Attraction?
6. If you did the exercise on page 90, please share how opening to the gift of *not* getting what you want felt.

7. While it is true that we must take action, we cannot control everything.

A. Discuss why not everything is up to us.

B. How do we learn to do what is ours then let go?

The Joy of Change

Chapter 7 Pages 95-110

Golden Rule #7 Mantra: *I can see how everything changes me for the better whenever I am still.*

Chapter 7: Everything Changes but it Can Only Change You For The Better

1. Take a few minutes to explore why change make us uncomfortable
2. Discuss how circumstances can stay the same but you can rise and become a better person.
3. Define what an Unwilling Participant is.
4. How do you become a Willing Participant in change? What is the real meaning of Surrender?
5. Explain what adversity really is and how it can be your greatest gift.
6. What the ways that you cultivate stillness?

7. Explore the idea that the Soul knows that degrees of pain in pleasure often exist in the very same place.

8. Have you ever felt like you were being punished? If so, how did you overcome that feeling.

Week Six: Becoming Emotionally Free

Chapters 8 & 9 Pages 111 -138

Golden Rule #8 Mantra: *It's OK.*

Chapter 8: In Order to be Emotionally Free, It's Ok to Dislike

1. Define "dislike."
2. What are some of the benefits of disliking?
3. There is a difference between blindly embracing an experience and being aware of the current experience. Explore the concept of Acceptance vs Discernment.
4. How do you feel about being given permission to dislike? Does it make you uncomfortable or is it freeing?
5. What does this conversation do to your perception of unconditional love?

Chapter 9: Projecting Anger Drains You of Energy

Golden Rule #9 Mantra: *I am only as angry as I'm in need of creative expressing myself.*

1. What is the difference between disliking and projecting anger? Which is more productive?
2. How do you avoid becoming a victim of anger – either your own or someone else's?
3. Explore how the energy of unexpressed anger is the eruption of unexpressed passion.
4. Take some time to explore what you might need to express but are holding onto or expressing through anger. Share with the group only if you are comfortable.
5. Why don't other people always need to know *your* truth?

Week Seven: Liberated by Love

Chapter 10 Pages 139 -152

Golden Rule #10 Mantra: *I love you.*

Chapter 10: Love is Your Liberator

1. During this Faith in Action, we have learned that others are only acting from the motivation of *their* journey. Describe how this idea is changing your relationship with the outside world?
2. How can the understanding of other people's motivations help dissolve the notion of problem solving?
3. When Kahn says that love begins with honesty, what does he mean?
4. Discuss ways you can become more comfortable expressing how you are feeling.
5. What can you do to move unconditional love out of the subconscious mind thus making love a more familiar experience?
6. Discuss the 3 simple invitations:

A. Come as you are

B. Be as you wish.

C. Feel it now.

7. Why is Life NOT an illusion?

