



May 2020



***“You Can’t Sleep Through
Your Awakening”***

By

Rev. Jane Simmons, Unity Minister

A path of transformation

Study Guide

INTRODUCTION

What does it mean to awaken or to be awake spiritually?

Unity Minister, Rev. Jane Simmon's recent book *"You Can't Sleep Through Your Awakening"* offers many insights into this topic. Through simple stories and with clear, profound practices, Rev Jane guides us in exploring how we wake up to our lives and to our full potential.

Part of waking up is becoming aware of how we are asleep at the wheel of our lives. We need help recognizing the unconscious ways in which we repetitively react to life situations and to others. We need to unearth the underlying beliefs that cause us to act the way we do. Beyond "waking up" to fully evolve we need to "grow up" whereby we engage and learn to integrate our own shadow.

Rev. Jane teaches us a way to face our lives fully awake while giving us tools to contribute to our awakening process. She shows us how to *reauthor* unhelpful myths that ruin our sense of wellbeing. Her book takes the mystery out of awakening and living an awakened day to day life. Her personal memoir style, full of humor and pathos makes for a relatable journey .It is a heart-centered approach to personal transformation., the process that many of us at UCoH recognize empowers us to move through the challenges we encounter on our journey of awakening.

Dear Study Group Companion,

Welcome to the “*You Can’t Sleep Through Your Awakening*” book study group . These study groups are experiential gatherings of soul companions who:

- ♥ Support, nourish and inspire one another’s spiritual journeys.
- ♥ Share and learn together

Reading assignments for this study are taken from “*You Can’t Sleep Through Your Awakening*” by Rev. Jane Simmons, Unity Minister. This is a book that focuses on specific spiritual practices that can transform our lives and help us evolve to a deeper level of consciousness. Using the material in this book can bring about useful and beneficial change in our lives, and in our world.

Insights and discoveries are shared and reading materials are discussed in each book study group. You may want to keep a journal of your thoughts each week. We celebrate your participation and affirm the light of the One illuminates our journey and brings us home together.

Peace and blessings,

Rev. Denese

Book Study Guidelines

Confidentiality: Everything discussed in the book study group stays within the Circle. “What you see here, what you hear here, when you leave here, let it stay here.”

Commitment: Study companions arrive on time prepared to participate by having read the material beforehand.

Sharing: Study companions refrain from offering advice and attempting to “fix” anyone’s life challenges.

Time: Study companions are mindful to keep their sharing brief and to the point so that all companions have an opportunity to share equally.

Ice Breaker For The First Meeting

Study Group Companion Introductions

Pair up with the person next to you and spend three minutes interviewing each other using the topics below. You will be introducing your partner to the group so you may want to take notes.

Interview Topics

- * Name
- * Length of time attending Unity Church of Hawaii
- * Prior experience, if any, with spiritual book study groups or other prayer groups
- * Reason for feeling called to participate in this book study

When the three minutes are up take turns introducing the person you paired up with.

- * *What you would like to gain from participating in this book study?*

Week One: Introduction and Red Pill Awakening pgs. v-28

Weekly Affirmation — “Every challenge in my life is an opportunity for self-transformation.”

1. Discuss the idea of being asleep in life; ‘to be asleep is.....’ (p. vii)
2. Discuss what blue pill and red pill living means to you.
3. What does waking up mean to you today as you start reading this book?
4. ‘To awaken—to unmask the Face of the Authentic Self within you.’ Discuss.
5. What does the author say is required in order to awaken? (p. ix) Do you agree?
6. ‘You cannot unconsciously become conscious.’ Comment.
7. How asleep would you say you are? Others? The ‘world’? Are you ready to wake up?
8. Share past moments of awakening. What happened? What changed in your life?
9. Share any experiences you have had when ‘I’ fell away. What new knowing came?
10. Discuss the questions on page 11 and page 19. What was the most important quote or insight you had from the material this week?

End the group meeting by reading the 12 Steps of the Consciousness of Mastery Process

Suggested Practice for Week One: May 3-9.

Each day

1. Do the Red Pill Practices on pgs. 11, 19 and 28
2. Read the Rumi poem on p 18-19 and note how you mind and body reacts to it.
3. Repeat the weekly affirmation each day.

Extra Activity: Watch the movie. “The Matrix,” or organize a group viewing of it followed by a discussion.

Week Two: Realizing I Am Asleep pgs. 29-52

Weekly affirmation — “Who looks outside dreams.

Who looks inside awakens.”

1. Discuss the ‘*delay and antedating hypothesis paradox*’. What is your reaction to this?
2. “Awakening is really about increasing our awareness of the ‘what else’. Discuss.
3. What are the daily ‘bears’ that cause you to go into flight or fight? (pgs. 35-37)
4. Discuss the part that ‘*the negativity bias*’ plays in our spiritual journey. Helpful or harmful?
5. To what degree are you addicted to an inner attitude of negativity?
6. ‘An addiction is a sign of distress.’ Agree/disagree? How do you define it?
7. ‘*To be caught in an addictive cycle and driven by the need for a biochemical rush is the epitome of unconscious behavior.*’ Discuss this and the info on pages 46-47. KEY INSIGHT
8. Perception correction is actively looking for what is right. Comment on this.
9. Do you believe that the ‘*observer effect*’ is real? (p. 50) Share your experiences.
10. Discuss the assertion that looking through the portal of the heart is the solution. What was the most important quote or insight you had from the material this week?
End the group with the 12 Steps of the Consciousness of Mastery Process

Suggested Practice for Week Two: May 10-16

Each Day:

1. Spend time in nature and complete the exercise on page 33
2. Do the Red Pill Practices on pgs. 33, 43 and 52
3. Look back over the day and notice the amount of negative judgments you made.
4. Repeat the weekly affirmation each day. Optional extra: Watch the Ted Talk:
https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight

Week Three: The Fragrance of Gratitude pgs. 53– 81

Weekly Affirmation — “Everything is happening for my good.”

1. What is your reaction, resistance or openness, to the gratitude practice? Discuss.
2. Discuss your reaction or experience of the ‘*anticipatory appreciation*’ practice.
3. What is your experience of the power of intention to shift your life? KEY INSIGHT
4. What is an awakened heart? P. 58 Discuss
5. Are you aware of your own ‘*orphaned emotions or parts*’? Share the experience of losing your parents and the effect both had on your life.
6. What conclusions did we reach because of not having our need for love and protection met?
7. Discuss your experience of doing the ‘I’ exercise on page 72
8. Discuss Tolle’s definition of freedom on page 73.
9. Discuss the quote from Adyashanti on page 75
10. Discuss how the alignment between the heart and mind does the healing work. p78
11. Discuss the question as to who we are without our labels.
What was the most important quote or insight you had from the material this week?
End the group with the 12 Steps of the Consciousness of Mastery Process

Suggested Practice for Week Three: May 17-23.

Each Day:

1. Each day keep a journal of your ‘gratitude appreciation’ practice. Reflect on it.
2. Do the Red Pill practices on pages 61, 70 and 81.
3. Repeat the weekly affirmation each day.

Optional extra: watch Matt Kahn YouTube on Intention https://www.youtube.com/watch?v=8997sJ_lmtI

Or on Respecting the Shadow <https://www.youtube.com/watch?v=zRNfTVVW7co>

Week Five: The Merging of Mind and Heart pgs. 109-135

Weekly Affirmation — “The more I know myself, the more I forgive myself.”

1. Share any experiences you may have of working with ho’oponopono.
2. Do you think that taking responsibility for something is a form of blame? Share.
3. Do you agree that ‘the world’ is a mirror of what is going on in us? Discuss.
4. What is the ‘golden moment of awareness’ (p.111) Do you agree. Share
5. Is forgiveness of self or others an issue for you? Why? Share your experience.
6. “How we observe something affects what we experience.” Share your experiences.
7. Do you tend to feel persecuted whenever you are contradicted or life goes against you?
8. Do you tend to react to suffering, your own or others, with compassion? Share.
9. Do the heartmath exercise with the little child on page 131. Share your experience.
10. Is your heart still in need of your compassion for suffering from the past? Take note!

What was the most important insight or quote from the material this week? End the group meeting by reading the 12 Steps of the Consciousness of Mastery

Suggested Practice for Week Five: May 24—May 30

Each Day:

1. Practice the Red Pill Practices on pgs. 117 , 124 and 134/5
2. Practice ho’oponopono when you are triggered this week.
3. Repeat the weekly affirmation each day.

Optional extra: watch the 9 short Youtube videos by Hew Len on ho’oponopono starting with part 1 <https://www.youtube.com/watch?v=OL972JihAmg>

Week Four: Believing is Seeing pgs. 83-108

Weekly Affirmation — “My judgments prevent me from seeing the good that lies beyond appearances.”

1. Discuss the placebo effect. Share your experience of it, if any.
2. Discuss the power of belief in relationship to healing. Share your experience.
3. What do you believe is the cause of our separation? Is it our beliefs?
4. Discuss the walls of impossibility that you experience in your life.
5. What are the default negative lines that I say to myself under pressure.
6. Reflect and share your observations of the Bohn quote on p. 93.
7. Are you able to practice *compassionate self enquiry*, or is that a challenge for you?
8. At the source of our wounds are limiting beliefs. Discuss your experience of this.
9. How do you really stop your mind from reacting when you are triggered?
10. Do you believe that a negative judgment about someone is really about yourself?
11. Share your thoughts on the paragraph by Jim Lockard on page 107.

KEY INSIGHT

What was the most important quote or insight you had from the material this week?

End the group meeting by reading the 12 Steps of the Consciousness of Mastery Process

Suggested Practice for Week Four: May 31— June 6

Each Day:

1. Reflect on whether you believe that you can be happy or not. Identify any obstacles.
2. Do the Red Pill Practices on pages 88, 99 and 108.
3. Repeat the weekly affirmation each day.

Optional extra: watch a YouTube by Mooji on awakening now at <https://www.youtube.com/watch?v=VI999Z1XkZA> (short music intro)

Week Six: Be The Change pgs. 137–162

Weekly Affirmation — “When I change my belief I change my memory.”

1. Do you agree that what we remember is not the fact but the story we attach? Discuss.
2. Discuss that the brain doesn't know the difference between the real or imagined?
3. Did you try creative re-imagining to change the meaning of a past memory? Share.
4. We can reauthor painful memories that caused limiting beliefs by seeing them from the perspective of the heart. Discuss this idea and share experiences. **KEY INSIGHT**
5. What early life feelings and experiences became limiting beliefs that still effect you?
6. Are you really ready and willing to let go of your past by changing the story? Obstacles?
7. Share recent experiences of how you have used this book to handle triggering moments.
8. Discuss the statement ‘truth resides in the present’. What are the implications of that?
9. Write out a paragraph based on who you have come here to be.
10. Can we really change neural pathways and if so how do we do it?
11. Discuss the definition of faith found on p. 159. **KEY INSIGHT**

What was the most important quote or insight you had from the material this week? End the group meeting by reading the 12 Steps of the Consciousness of Mastery Process

Suggested Practice for Week Six: June 7—14

Each Day:

1. Do the Red Pill practices on pgs. 142, 153 and 161/2
2. Practice seeing challenging experiences this week from the heart.
3. Repeat the weekly affirmation each day.

Optional extra: watch short YouTube videos at www.heartmath.org/resources/videos/

Week Seven: Awakening— A Call To Love pgs. 163— 181

Weekly Affirmation — “Total enlightenment is available to me right now.”

1. Discuss the *Golden Rule* as a code for transformation.
How might that be?
2. What do you think of the idea of giving the world exactly what you think you need?
3. What was your family dysfunction? What was missing for you as a child?
4. I make the world a better place only by making my internal state a better place. Discuss
5. Do you have much time for being in the silence in your life and for listening?
6. What is the difference between making something happen and making it welcome?
7. Have you had any insights on how you unconsciously recreate childhood feelings?
8. Do you have a story like Margaret’s to share?
9. Share the single biggest insight that you got from reading this book.
10. Write up a summary in your own words of the key insights from this book for future reference. Make a cheat sheet of its most useful tools for waking up.
What was the most important quote or insight you had from the material this week?
End the group with the 12 Steps of Consciousness of Mastery Process

Suggested Practice for Week Seven: June

Each Day:

1. Read the affirmation for this week.
2. Do the Red Pill practices on pgs. 168, 172/3 and 181
Optional extra: check out www.theeffect.com and in the dropdown menu under ‘q process’ click on ‘audio & visual’, then listen to ‘Going Quantum’ Part 1 and Part 2.

WEEK	THEME	WEEKLY AFFIRMATIONS
May. 10 1	Red Pill Awakening	AFFIRMATION: Every challenge in my life is an opportunity for self-transformation. Read pages v – 28
May. 17 2	Realizing I Am Asleep	AFFIRMATION: Who looks outside dreams. Who looks inside awakens. Read pages 29— 52
May. 24 3	The Fragrance of Gratitude	AFFIRMATION: Everything is happening for my good. Read pages 53— 81
May 31 4	Believing Is Seeing	AFFIRMATION: My judgments prevent me from seeing the good that lies beyond appearances. Read pages 83— 108
Jun. 7 5	Merging Mind and Heart	AFFIRMATION: The more I know myself, the more I forgive myself. Read pages 109—135
Jun. 14 6	Be The Change	AFFIRMATION: When I change my belief I change my memory. Read pages 137—162
Jun. 21 7	Awakening — A Call To Love	AFFIRMATION: Total enlightenment is available to me right now. Read pages 163— 181

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