



S E S S I O N 3 · S P I R I T U A L & E M O T I O N A L M A T U R I T Y

Conscious Neutrality & Self-Regulation

Living Above the Line — Not as a Concept, But as a Practice

Facilitated by Rev. Bryan Sawchuk

Based on the work of Rev. Toni G. Boehm, Ph.D.

"Are you spiritually awake — but still reacting the same old ways?"

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OPENING CENTERING



Let's Begin Within

Take a breath. Feel your feet. Feel the chair beneath you.

Notice that you are here — and that something in you chose to show up.

Whatever is happening in your life outside this time—
it doesn't require your attention right now.

This hour and a half is for you.

Not for you to fix anything. Not to perform being spiritual.

Just to notice, be present, willing & open

What SEM Is — and Isn't

SEM IS NOT...

- ✗ Performing peace or positivity
- ✗ Spiritual bypassing — slapping a label on pain
- ✗ Suppressing or ignoring your emotions
- ✗ Being beyond being triggered
- ✗ A destination you arrive at
- ✗ Something you do to other people

SEM IS...

- ✓ Regulating WITHIN — in any circumstance
- ✓ Noticing without judgment or shame
- ✓ A living, conscious daily practice
- ✓ Turning the lens inward — using the outside as a mirror
- ✓ Moving from reactive (3D) to responsive (4D)
- ✓ Soul evolution — one conscious choice at a time

SEM is the practice of becoming aware of the pattern — and choosing differently, one moment at a time.

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The Journey So Far

SESSION 1 · APRIL

Introduction to SEM

- What SEM is — and isn't
- Spiritually awake vs. spiritually mature
- 3rd vs. 4th dimension of consciousness
- Meaning-making — the stories that run us
- Adverse ego & survival patterns
- Notice → Pause → Breathe → Choose
- Assigned: Your ONE Thing (30-day mirror)

SESSION 2 · MAY

Honest Self-Observation

- The Witness vs. the Judge — learning to observe
- Above / Below the Line revisited
- The power of a clear Yes or No
- "I am noticing..." — the reframe practice
- What am I noticing within me — about me?
- Journaling: one honest observation per week
- ONE mirror: one person/situation for the month

What Are You Noticing?

Are you willing to share?

01

What did your ONE mirror
show you this month?

*A person, situation, or pattern you've been
observing.*

02

Where did you notice
yourself reacting?

*A moment when the small self took the
wheel.*

03

What was one moment
you found the gap?

*Even a nano-second counts. Notice → Pause
→ Choose.*

"The noticing is the beginning. The choice is the practice. The change is the life."

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Today We Go Deeper

Two practices that move SEM from concept to lived reality:

01

Conscious Neutrality

Not detachment. Not performance.

A chosen interior state — stable, present, and unattached to outcome — that allows you to respond from the higher self rather than react from the small self.

02

Self- Regulation

Not suppression. Not control.

The capacity to notice that a reaction is arising — and in the tiny gap between noticing and engaging — make a conscious choice aligned with your highest self.

Conscious Neutrality

The Home Base of the Mature Adult

What It Is NOT

Not indifference
Not emotional flatness
Not spiritual bypassing
Not pretending
Not 'I don't care'
Not detachment from life

What It IS

A chosen, stable interior state
Present — fully in the room
Unattached to a specific outcome
Able to be moved without being swept
away
Responding from the higher self
Alive and engaged — not frozen

What It Looks Like

Someone pushes your buttons —
you feel it, and you don't become it.

A plan falls apart —
you notice the fear, and you choose trust.

Someone is unkind —
you are undefended, not unaffected.

"You can be moved without being swept away. That is conscious neutrality."

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ABOVE & BELOW THE LINE

Living Above the Line

Not a permanent address — a practiced direction

ABOVE THE LINE · 4TH DIMENSION · CONSCIOUS NEUTRALITY

Responsive · Curious · Present · Trusting · Open · Able to be moved without being swept away

"The universe is for me in this." · "I am noticing, and I am not becoming it." · "What is more interesting here than reacting?"

T H E L I N E

BELOW THE LINE · 3RD DIMENSION · REACTIVE CONSCIOUSNESS

Reactive · Defensive · Blaming · Closed · Survival mode · Drama as the default defense

"This shouldn't be happening." · "It's their fault." · "I'll never be different." · "I must be right."

The line is not crossed once — it is crossed many times a day. The practice is noticing when you've dropped below — and choosing to return.

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Self-Regulation

The gap between trigger and choice is where freedom lives



Notice

Something is arising.
Name it — without the story.
"I am noticing tension in my chest."
No judgment yet.

Pause

Touch your heart.
One nano-second of
conscious contact.
You are interrupting the
pattern
before it runs you.

Breathe

One conscious breath
shifts the cellular chemistry.
Cortisol begins to clear.
The frontal lobe comes back
online.

Choose

"What is more interesting
to me than reacting?"
This is 4th-dimensional
choice.
This is the practice.

Every time you find the gap — and choose — you are literally rewiring your nervous system.

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The Observer in the Field

Everything is energy. What you do within yourself — matters beyond yourself.

~ Scattered Field

Reactive thoughts.
Conflicted feelings.
Below-the-line patterns.

Energy dispersed in all directions — no coherence.
Like static on a radio.

The field around you broadcasts: confusion, contraction, scarcity.

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O Energetic Coherence

Thoughts, actions, and awareness aligned.
Above the line — the witness present.

You stop scattering your focus.
The field becomes ordered.

Like tuning a radio to a clear signal — you naturally match the frequency of love, clarity, and peace.

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* Source Connection

Operating from 4th-dimensional consciousness.
Ego yielded. Higher self present.

You are not reacting FROM the field — you are CHOOSING within it.

This is the knowing: 'I am made of and from Source — and I can operate FROM that, in this moment.'

When you are clear in your thoughts, actions, and awareness — spiritually and energetically — you install a new pattern and vibration, shifting your consciousness to a higher level of operating. This is what it means to connect with Source — not as a belief, but as a practiced energetic reality.

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What the Field Looks Like in Your Life

Same situation. Different energetic broadcast. Different reality created.

SCATTERED FIELD (below the line)

MONEY: Finances tighten. The bill arrives. The account is low.

Fear fires. Scarcity story: 'There's never enough.' Panic, control, worst-case projections. You broadcast limitation and lack. The pattern reinforces itself.

COHERENT FIELD (above the line)

You notice the fear without becoming it. You pause. You choose: 'God is my supply. I am held.' You broadcast trust. Solutions that couldn't reach you in contraction begin to arrive.

CO-WORKER: They take credit. They undermine you. They dismiss your contribution.

Resentment floods. Story: 'I'm invisible. I don't matter.' You rehearse the confrontation for hours. You broadcast unworthiness, conflict, smallness.

You feel the sting and don't become it. You turn the lens inward. You bring that to God, not to the drama. You broadcast dignity and groundedness. You respond from that place.

SPOUSE / PARTNER: They pull away. They criticize. The same pattern arises — again.

Old wound fires. Story: 'I'm too much. I'll be abandoned.' Defense mode: withdraw, attack, or shut down. You broadcast fear. The field between you hardens.

You notice the old wound without acting from it. You bring your regulated self into the room — not your defended self. You broadcast safety and presence. The field between you shifts.

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Your inner coherence is not just personal. It is relational. It is environmental. It changes the field.

Why It Works — The Science

The body is not the enemy. It is the invitation.

The Trigger

- Amygdala hijack fires in milliseconds
- Cortisol + adrenaline flood before thought arrives
- The body enters survival mode
- You are hardwired this way — it is not a flaw

The Refractory Period

- Without awareness: 10–30 min flooded
- Growing awareness: notices sooner
- Self-regulation in place: gap found in seconds
- Practice shortens the window — every time

The Rewire

- Each conscious gap creates new neural pathways
- The nervous system is literally being retrained
- Over time: calm becomes the new default
- This is neuroplasticity in spiritual practice

You are not broken. You are biological. SEM is how you work WITH your nervous system — not against it.

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Not Theory. Lived Practice.

TRIGGER: Someone criticizes you publicly.

Below the line: Shame fires. Defensiveness surges. You withdraw — or fight back. The story loops for hours: 'They always do this. I can't win.'

Above the line: You feel the sting. You pause. You notice the shame without becoming it. You respond — or choose not to. Either way, you chose.

TRIGGER: A relationship stays stuck — no matter what you do.

Below the line: Frustration, blame, helplessness. 'It will never change.' The adverse ego makes their behavior a verdict on your worth.

Above the line: Curiosity: 'What is this activating in me?' You stop trying to fix them. You turn the lens inward. That's where the work is.

TRIGGER: Life doesn't go as planned — again.

Below the line: Panic. Control. Worst-case stories. Fear that maybe the universe isn't for you after all.

Above the line: Trust — not because everything is fine, but because something in you knows it's all for soul growth. That is a chosen posture.



Contemplation

Where in your life have you been reacting on autopilot — and mistaking that reaction for reality?

What would it look like to be moved by something — fully — without being run by it?

*What is ONE moment from this past month where you found conscious neutrality, even briefly?
Honor that. It is the work.*

Take a breath. There is no right answer. Just notice what arises.

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Your Practice This Month

Continue with your ONE mirror. Add one new layer of practice:

01 Keep Your ONE Mirror

The person, situation, or pattern from last month. Stay with it.
Depth of practice matters more than variety.

02 Notice Above / Below

Each time your mirror activates you — ask: 'Am I above or below the line right now?' No judgment. Just the honest answer.

03 Use the Full Practice

When you go below the line: Notice → Pause → Breathe → Choose. Even once this month is a win. Write it down.

04 Find Conscious Neutrality

Ask: 'Can I be moved by this — without being swept away by it?'
Even 5 seconds of conscious neutrality is the practice.

Journal one honest observation per week. Bring it back next month. No guilt. No shame. Just noticing.



*"You are not your reaction.
You are the one who can notice it."*

Carry this with you:

- Your ONE mirror — one more month of honest observation.
- The question: "Am I above or below the line right now?"
- The practice: Notice → Pause → Breathe → Choose.
- The knowing: You can be moved without being swept away.

Session 4 · Last Saturday of July · 9:00 AM · Zoom

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R E S O U R C E

Our Foundation Text

Spiritual & Emotional Maturity

Rev. Toni G. Boehm, Ph.D.

Available in paperback on Amazon.

Participants are warmly invited — not required — to explore this text alongside our monthly gatherings.

Unity of Fort Lauderdale · Monthly SEM Gathering · Last Saturday of Each Month · 9:00–10:30 AM · Zoom

No registration needed · Facilitated via Love Offering · Rev. Bryan Sawchuk, Senior Minister

unityfls.org · Co-Spiritual Leader: Cynthia Roberts, Licensed Unity Teacher

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