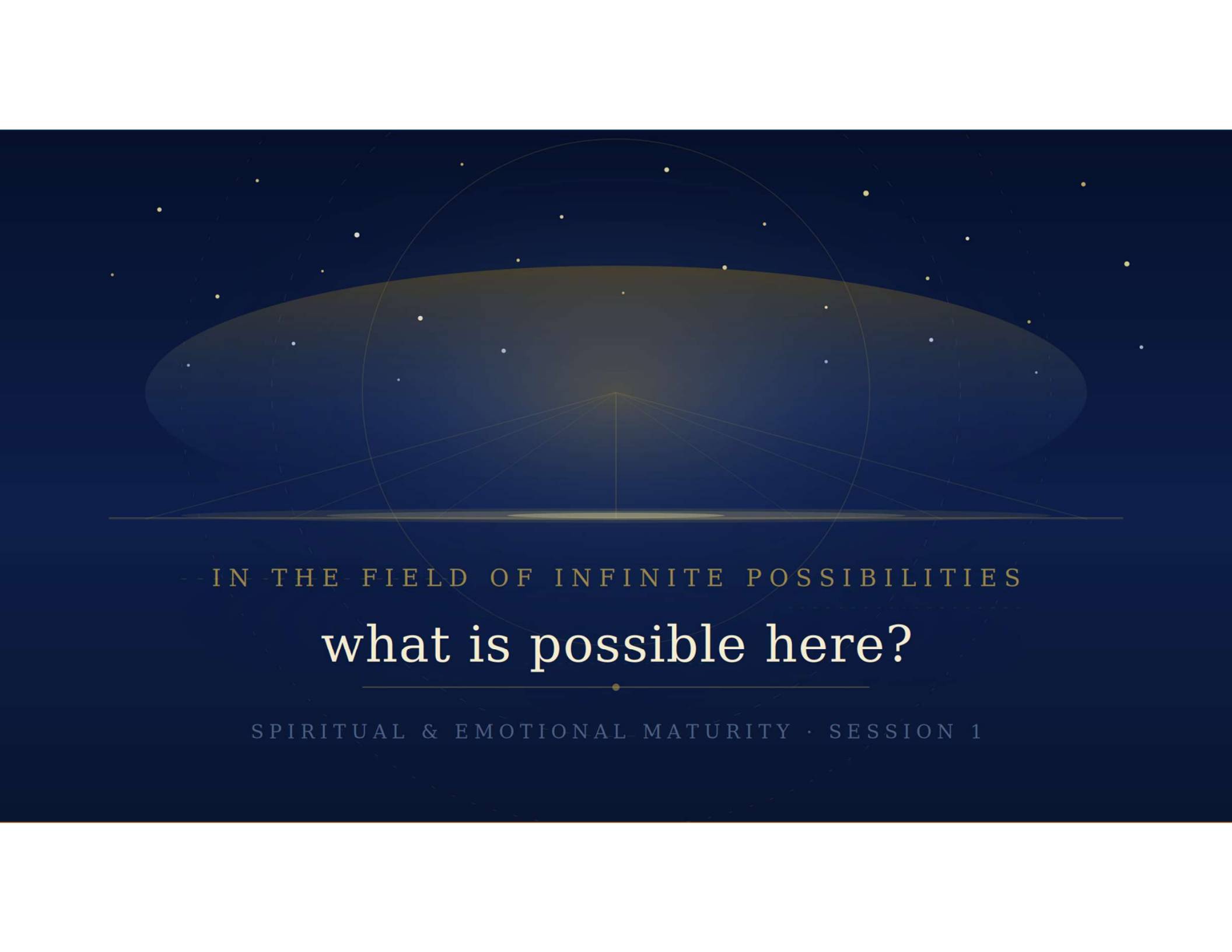


Introduction to Spiritual & Emotional Maturity

*Facilitated by Rev. Bryan Sawchuk
Based on the work of Rev. Toni G. Boehm, Ph.D.*



*“Are you spiritually
awake — but wondering
why your life hasn’t
changed?”*



IN THE FIELD OF INFINITE POSSIBILITIES

what is possible here?

SPIRITUAL & EMOTIONAL MATURITY · SESSION 1

W E L C O M E

Welcome to this Space



This is a monthly gathering — a 12-month journey of conscious soul evolution.



This is not a lecture. It is a practice space — come curious and open to new blessings as a possibility.



Everything shared here stays here. We hold this space with confidentiality and care.



There are no right answers — only honest observations.



The guiding question for this year: “What am I noticing within me?”

SESSION OVERVIEW

Today's Journey

01

What SEM Is NOT

Clearing the ground first

02

Awake vs. Mature

The core distinction

03

Dimensions & Energy

Why 3D vs. 4D matters

04

Meaning-Making

The stories that run us

05

Self-Regulation

The gap between trigger and choice

06

Your Month-1 Practice

One thing. 30 days.

Chapters 1 & 2 at a Glance

Chapter 1 — What SEM IS

- Everything is energy, made of and from Source
- We choose how to use our energy in every moment
- SEM bridges the gap between 3rd-dimensional survival consciousness and 4th-dimensional being
- Self-differentiation (knowing who you are) is a start — but SEM calls us further

Chapter 2 — What SEM ISN'T

- The adverse ego supports low self-esteem
- Decreased capacity for authentic relationship
- Scarcity consciousness (“not enough”)
- Meaning-making: treating our stories as truth
- These are not character flaws — they are survival patterns waiting to be outgrown

LET'S START WITH WHAT IT ISN'T

Spiritual & Emotional Maturity is NOT...

- ✗ Pretending that nothing is happening outside of you
- ✗ Suppressing, bypassing, or ignoring your emotions
- ✗ Being positive all the time or performing peace
- ✗ Having all the answers or being beyond being triggered
- ✗ A destination you arrive at — it is a living, conscious practice

SEM is about regulating WITHIN — so you can be the presence of conscious neutrality in ANY circumstance.

SPIRITUAL & EMOTIONAL MATURITY

is NOT...

NOT THIS · 01



Trying to fix or change others

SEM is not a project you do on other people.

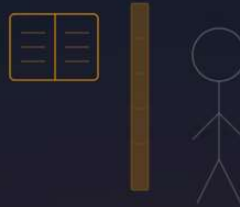
When the ego is running the show,
it needs others to change so it can feel safe.

The mature adult turns the lens inward:

*"What is being activated in me right now
that needs them to be different?"*

*Their behavior is information.
Your reaction is the invitation.*

NOT THIS · 02



Book-learned but unavailable

Knowing the principles is not the same as living them.

The ego running survival mode keeps you in your
head — not present in the room with real people.

In moment-to-moment interactions,
the body chemistry of survival overrides the theory.

*SEM is not what you know.
It's what you do when nobody's watching — and when everyone is.*

*Presence is the practice.
Knowledge without presence is just performance.*

THE ROOT · 03



The adverse ego in survival mode

The body is just practiced this way.

Fight — argue, dominate, make self right
adverse ego: "I must win this."

Flight — withdraw, go cold, disappear
adverse ego: "I must get away from this."

Freeze — shut down, comply, go numb
adverse ego: "I must make myself invisible."

*None of this is a character flaw.
It is a practiced biological pattern — waiting to be interrupted.*

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

Not fixing. Not performing. Not avoiding. Noticing — and regulating within. · Spiritual & Emotional Maturity · Session 1



This is an invitation.

Are you willing to see it differently?

What are you noticing within you?

Are you willing to share?

What meaning is my small self making?

This is a natural response — the body is practiced this way. There is no shame here. Just noticing.

THE SMALL SELF · 3RD DIMENSION

Resignation

"Nothing ever changes. Why bother."

Collapsed energy field · Apathy (Hawkins: 50) · Below the line

Protecting: *"If I don't hope, I can't be disappointed."*

Irritation

"They shouldn't. It shouldn't. This shouldn't be this way."

Activated nervous system · Anger (Hawkins: 150) · Meaning-making firing

Protecting: *"I matter. I deserve better than this."*

Both are information. Both are natural.

The question is not "why am I feeling this?"

The question is "what is more interesting to me than staying here?"

SELF-REGULATION → THE GAP → CHOOSE

4TH DIMENSION · SPIRITUALLY MATURE ADULT

Peace

"I don't need this to be different for me to be okay."

Non-reactive state · Acceptance (Hawkins: 350) · Above the line

Not indifference — trust. *The universe is for me in this.*

Clarity

"Ah — this is interesting. What is actually happening here?"

Frontal lobe engaged · Curiosity · Conscious observation

The small self noticed — and something larger moved through.

Neither is forced. Neither is performed.

They arrive when the small self is no longer driving.

This is the 4th dimension — living from the inside out.

Notice · Pause · Breathe · Choose

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

The noticing is the beginning. The choice is the practice. The change is the life. · Spiritual & Emotional Maturity · Session 1

A PRACTICAL DISTINCTION

The Difference Between Bypassing and Maturing

THE IMMATURE EGO

Runs on drama as a default defense.

“If I can make myself right and them wrong, I’m safe.”

The adverse ego — ego attached to sense consciousness — uses drama, blame, and reactivity to protect the small self.

Bypass response: Slap a spiritual label on top and call it peace.

THE SPIRITUALLY MATURE ADULT

Doesn’t pretend the hard thing isn’t happening.

Notices the drama — and notices that they don’t have to be run by it.

In service of something greater than the small self, the mature adult asks:

“What is more interesting here than being right?”

This is regulation — not suppression.

A PRACTICAL EXAMPLE

Trust — Living as If the Universe Is For You

THE IMMATURE EGO

Operates from the fundamental belief that life is indifferent or threatening.

Vigilance, control, and self-protection are the default postures.

“Something bad could happen and I need to be ready for it.”

THE SPIRITUALLY MATURE ADULT

Lives from the knowing that the universe is fundamentally for them — not because life is always comfortable, but because all of it is for soul growth and evolution.

Trust is not naïve. It is a spiritually mature choice.

✦ *Practice: Choose one circumstance that feels threatening. Ask: “What if the universe is for me in this?” Live from that trust for five minutes. Notice what shifts.*

A CRITICAL DISTINCTION

Spiritually Awake vs. Spiritually Mature

SPIRITUALLY AWAKE

You have received new spiritual knowledge.

You've had the retreat, the book, the shift.

Knowledge has arrived — but it doesn't automatically mean you've changed.

SPIRITUALLY MATURE

You have grown through the practical application of that knowledge.

And it is reflected in how you actually show up — especially under pressure.

“Awakening is the door — not the room.”

3rd Dimension vs. 4th Dimension

“In the world but not of it.” — Jesus · John 17:14

Charles Fillmore describes the fourth dimension as a metaphysical realm of consciousness — the Kingdom of God — transcending physical space, time, and matter. It is the dimension of one who lives from divine, spiritual substance rather than being bound by material conditions.

3RD DIMENSION	4TH DIMENSION
Fear, survival, scarcity	Trust, expansion, abundance
Life happens TO me	Life is created BY me
Reactive / below the line	Responsive / above the line
Adverse ego: sense consciousness	True self: individualized God consciousness
Drama as the default defense	Conscious neutrality as the home base

WHAT DOES THIS ACTUALLY LOOK LIKE?

Going Through Something vs. Not Being Spiritual Enough

Your adult child won't return your calls. You've prayed, affirmed, done the work — and the hurt is still there. The confusion is thinking the hurt means you've failed spiritually. It doesn't. Going through something real is not evidence of weak faith. SEM doesn't ask you not to feel it — it asks you to notice what the feeling is doing inside you.

Your finances are tightening and fear shows up. You know God is your supply — but the fear keeps coming. The spiritual immaturity isn't the fear. It's the judgment you layer on top: "I should be past this by now." That judgment is the confusion. The fear is just information.

The hurt, the fear — these are not signs of failure. They are signs you're human. SEM is what you do next.

WHAT DOES THIS ACTUALLY LOOK LIKE?

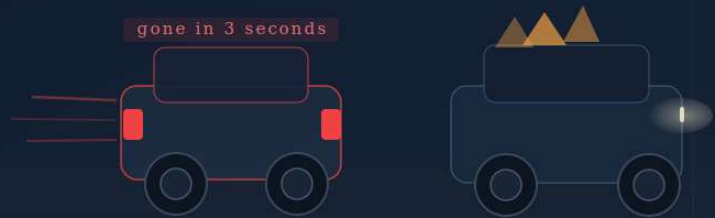
The Hard Thing Outside Is Not the Problem — Your Reaction Is the Invitation

Your coworker takes credit for your work in a meeting. The injustice may be real. But SEM isn't asking whether that was right or wrong — it's noticing that something in you went to a specific place: shame, rage, the need to prove yourself. That interior move is the invitation. Not to ignore the situation — but to ask: "What in me just got activated, and why does it have that much power?"

Someone cuts you off in traffic. The car is gone in three seconds — but you're still talking about it ten minutes later. The car isn't the problem. Something in that moment touched a belief: "I don't matter, I'm not safe." The reaction is the door into that belief. That's the invitation.

The outside event is real — and it's also not where the work is. The work is in the interior move. That's where you have leverage.

THE TRIGGER



"The car is gone.
But you're still talking
about it ten minutes later."

"I don't matter.
I'm not safe."

The reaction is the door into that belief.
That's the invitation.

THE BIOLOGY



You're hardwired this way.
It's natural biology — not a flaw.

Amygdala hijack fires in milliseconds
Cortisol + adrenaline flood the system before thought arrives

The refractory period
How long the body stays flooded after the trigger

Self-regulation shortens the refractory period
With practice, the flood recedes faster each time

*You don't pretend it didn't happen.
You become aware sooner.*

SELF-REGULATION IN PRACTICE

The refractory period shortens with awareness:

WITHOUT AWARENESS

Still activated · 10 minutes · 30 minutes · hours

GROWING AWARENESS

Activated · notices sooner · 5 minutes

SELF-REGULATION IN PLACE

Notices · gap · chooses

THE PATTERN INTERRUPT:

- N** Notice
Something is arising. Name it without the story.
- P** Pause
Touch your heart. One nano-second connection.
- B** Breathe
One breath shifts the cellular chemistry.
- C** Choose
"What is more interesting to me than reacting?"

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

The biology is not the enemy. It is the invitation. Spiritual & Emotional Maturity · Session 1

PAUSE & REFLECT

✦ Contemplation

*Where in your life have you been confusing
“going through something” with “not being spiritual enough”?*

*What if the hard thing happening outside of you
is not the problem —
but your reaction inside of you is the invitation?*

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

Defining Spiritual & Emotional Maturity

An initial 4th-dimensional state of awareness — non-reactive, the presence of ‘all is well’ under the turbulence of life.

The capacity to notice, observe, and be interested in what is happening — without taking it personally or blaming others.

A state of conscious surrender in which the adverse ego is yielded to something bigger than the self.

— Rev. Toni G. Boehm, Ph.D.

WHAT THIS LOOKS LIKE IN LIFE

DRAMA EGO — 3RD DIMENSION

- Finances tighten → panic, control, worst-case story
- Relationship friction → blame, withdraw, or fight back
- Trust feels naïve — life must be managed or it will hurt you
- Drama is the default defense of the small self

MATURE ADULT — 4TH DIMENSION

- Finances tighten → notices the fear, doesn’t become it
- Relationship friction → curious, not captured
- Trust is a chosen posture: “The universe is for me in this”
- Conscious neutrality is the home base — not the performance

Same life. Different dimension.

The Stories We Tell About What Happens

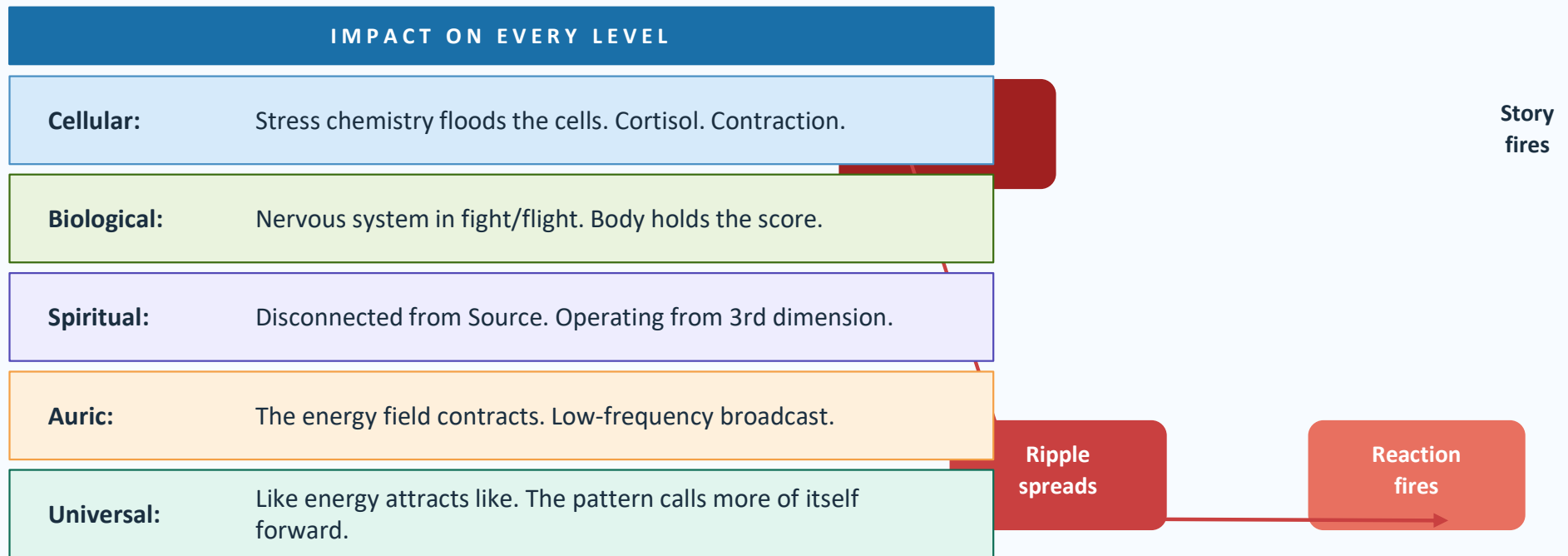
*“I recognize that I interpret the world around me and give my stories meaning.”
— 15 Commitments, Conscious Leadership Group*

What is meaning-making?

- An event happens. The adverse ego instantly attaches a story — a meaning — to it.
- That meaning is treated as TRUTH, even though it is an interpretation.
- The story then drives your emotional reaction and your behavior.
- SEM invites us to pause and ask: “What meaning am I giving to this?”

The Vicious Cycle

Our behaviors and reactions affect us on every level — cellular, biological, spiritual, auric, and universal.



Pattern interrupt: Notice → Pause → Breathe → Choose. Every conscious gap rewires the nervous system — on every level.

PAUSE & REFLECT

♦ Contemplation

*Think of one situation in your life right now
that is frustrating or unsettling.*

What story have you attached to it?

*Ask honestly: “What meaning am I making here —
and is it the only possible meaning?”*

Notice what shifts when you hold the meaning loosely.

The Heart of the Practice

Self-regulation is not suppression. It is conscious choice within the gap.

What is self-regulation?

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

The Practice: Notice → Pause → Breathe → Choose

- 1 Notice — Something is arising. Name it without judgment.
- 2 Pause — Touch your heart. This creates a nano-second connection point.
- 3 Breathe — One conscious breath shifts the energetic state.
- 4 Choose — Ask: “What is more interesting to me than reacting right now?”

THE GUIDING QUESTION

“What am I noticing within me — about me — that is having a reaction to that out there?”

NOT THIS

- ✗ A shame session about what's wrong with me
- ✗ Blaming myself for what's happening out there
- ✗ Ignoring the real thing happening outside
- ✗ A performance of spiritual wellness

YES THIS

- ✓ Curious observation of my energy, vibration & frequency
- ✓ Redirecting attention from out there to within
- ✓ Using the outside event as a mirror, not a verdict
- ✓ Moving from reactive 3D to calm, centered 4D

“We do not observe reality — we observe our REACTIONS to it. Reality is, in essence, neutral. YOU give it meaning.” — Gordana Biernat

I am willing to notice my energy, vibration & frequency — without reacting, making meaning, or running a shame session.

Curiosity is the door. “Ah — this is interesting.” That's it. That's the whole practice.

One Thing. One Month.

Choose ONE person, situation, or circumstance outside of you that consistently activates a reaction in you.

That one thing becomes your practice mirror for the next 30 days.

- 1 Each time it activates you — pause. Don't fix it. Don't avoid it.
- 2 Ask: "What am I noticing within me right now?"
- 3 Notice the story. Notice the reaction. Notice the sensation in your body.
- 4 Touch your heart. Take one breath. Ask: "What is more interesting here?"
- 5 Journal one observation each evening — no judgment, just noticing.

Use your weekly worksheet to track what you notice. Bring observations back next month.

“Awakening is the door. Maturity is walking through it.”

Carry this with you:

Your ONE thing — one person, situation, or pattern to observe this month.

Your guiding question: “What am I noticing within me?”

The Notice → Pause → Breathe → Choose practice.

Your weekly worksheet — use it. Bring your observations back.

No guilt. No shame. No blame. Just honest, curious observation.

Resource: *Spiritual & Emotional Maturity* by Rev. Toni G. Boehm, Ph.D. • Rev. Bryan Sawchuk • Unity of Fort Lauderdale