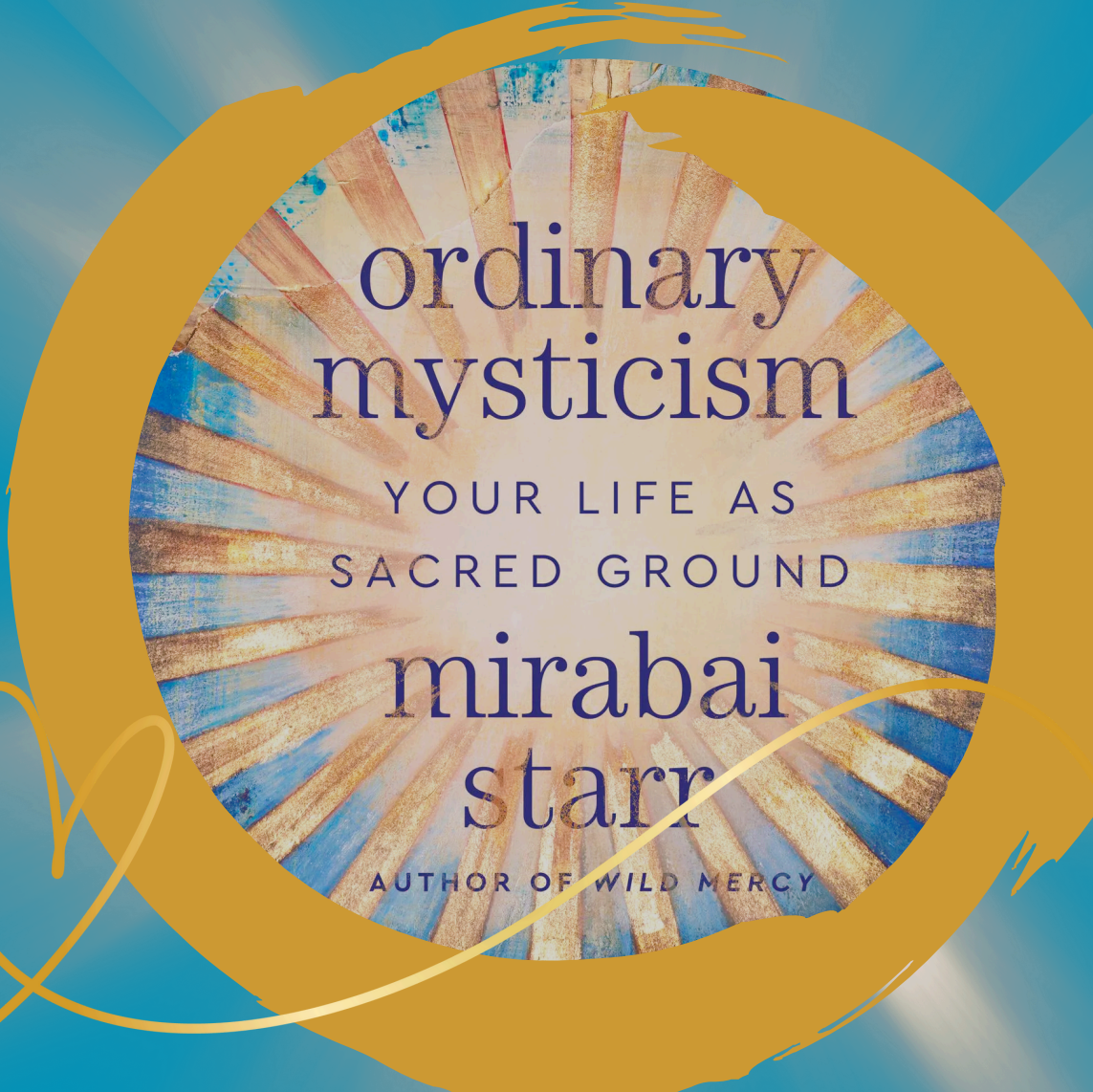


Participant's Guide



ordinary mysticism

YOUR LIFE AS
SACRED GROUND

mirabai
starr

AUTHOR OF WILD MERCY

2025 Fall Study Series


unity[®]
of The Blue Ridge

The Purpose

Unity book study groups are designed to build meaningful connections.

Together we:

- Engage in rich discussion
- Stretch our awareness and perspectives
- Deepen our spiritual practice
- Grow spiritually
- Enjoy and build connections

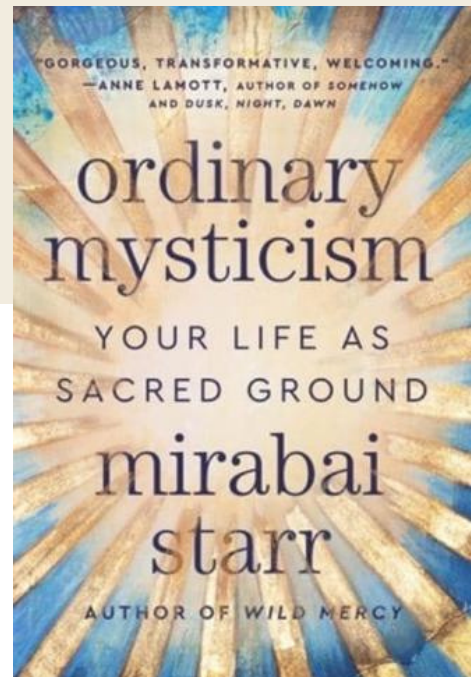
This 7-week study is based on *Ordinary Mysticism: Your Life as Sacred Ground* by Mirabai Starr.

Beginning October 5th, Rev. Darlene will introduce each week's topic in her Sunday message. During the following 7 weeks, small groups will gather to explore the same theme through study questions and group discussion.

Weekly study questions will be included in the weekly Thursday e-news (and at www.unityblueridge.org) for the upcoming Sunday and following week book groups.

Date and Time of my Book Group:

Host Facilitator Contact Info:



“

Welcome to the temple of your ordinary life.

Your life is holy ground, and you are a mystic... because all it means to be a mystic is to have a direct experience of the sacred.

Mysticism is not about concepts; it's about communing with ultimate reality... It is an intimate connection with Love Itself.

My God both transcends anything I could conceive of and lives inside of everything I do and am.”

— Mirabai Starr

Chapters & Weekly Theme

Centered around a common book, "Ordinary Mysticism" by Mirabai Starr, we integrate small groups with Sunday messages and Spiritual Principles. Together, we study and explore, deepen our spiritual practice, and build connections.

WEEK 1

10/5/25 - 11

Chapter 1 - Intention: Deciding to Be the Mystic You Already Are
Pages Introduction - 48

WEEK 2

10/12 - 18

Chapter 2 - Attention: A Fearless Gaze
Pages 49 - 69

WEEK 3

10/19 - 25

Chapter 3 - Surrender: Radical Amazement
Pages 70 - 95

WEEK 4

10/26 - 31

Chapter 4 - Transmission: At the Feet of the Masters
Pages 96 - 120

WEEK 5

11/2 - 8

Chapter 5 - Connection: Building & Tending Beloved Community
Pages 121 - 158

WEEK 6

11/9 - 15

Chapter 6 - Feelings as Messengers: Broken Open
Pages 159 - 186

WEEK 7

11/16 - 22

Chapter 7 - Unfolding: The Restless Butterfly
Pages 187 - 208

Each Chapter within this book includes a guided Meditation.
*To listen to a recording of these meditations
read by Mirabai Starr, scan this CODE or visit:*
<https://mirabaistarr.com/ordinary-mysticism-meditations>



Participant's Guide

We are gathered for the 2025 Fall Study Series, "Ordinary Mysticism," with the shared intention of deepening our spiritual journey.

Our purpose is to cultivate connection with one another, our authentic Self, and the Divine. Through study, reflection, and sharing, we encourage and inspire each other to grow spiritually, to build meaningful connections, and to experience joy in the process. *Guided by divine love and infinite wisdom, we honor the sacredness of our time together as we explore the mystical presence in ordinary life.*

Sacred Agreements

- Encourage authentic sharing and honor diverse perspectives.
- Maintain confidentiality - What is shared here, stays here.
 - Take responsibility for the energy I bring.
 - Practice compassionate listening and speaking.
- Refrain from criticism, judgment, advice-giving, interrupting, or fixing.
 - Honor both laughter and tears.
- Be mindful of how much and often I talk, allowing space for others.
 - Use centering words or phrases to return to topic.
(i.e. "Let's reboot... or Let's return to the topic.")
 - Start and end on time.
 - Notify host if unable to attend.
 - Refrain from advertising, promoting, or soliciting.
 - Have fun!

We also agree to honor the host(s) home by leaving promptly after the book study is over.

Book Group - Weekly Format & Flow



Opening Prayer – Acknowledge Spirit's presence.

Consider sharing the role of opening prayer by reading or saying a prayer.



Check-In Round (2 -3 minutes per person)

- *Share one thing you're grateful for today. OR*
- *Share a positive insight from this week. OR*
- *Share something that made an "Ordinary Mysticism" impact this week. OR*
- *Share an aha from last week's homework assignment.*



Discussion / Study Questions (50ish minutes)

Each week, study questions will be provided. During discussion, aim for a balanced conversation where everyone has the chance to contribute - or pass if they prefer. *Cover as many questions as time allows, focusing on thoughtful dialogue rather than rushing through.*



Wrap-Up (2-3 minutes per person) – In closing, take time to share any prayer requests.

Then, in a final circle, each participant is invited to reflect by completing the phrase:

"One thing I'm taking with me from today's gathering is..."



Closing Prayer

Optional Opening Prayer

We open this sacred gathering by acknowledging the One Power and Presence which sustains and illuminates us. Each of us is a unique expression of Spirit. Together, we are a powerful combination of souls, opening to inspiration and the abundant blessings that flow through this shared sacred experience.

We honor the choice each person made to be here.

We bless our community and gatherings throughout this week.

With gratitude for this opportunity, we say: Thank you, God, and so it is. Amen.

Optional Closing Prayer

Thank you, Holy Spirit, for your presence within us today, and as we move into this week. We know we are blessed by one another, and we hold each other in prayer.

The Light of God surrounds us. The Love of God enfolds us.

The Power of God protects us. The Presence of God watches over us.

Wherever we are, God is - and all is well.

