



Ordinary Mysticism: Your Life as Sacred Ground Study Questions – Week Four

October 26 - 31

Based on “Ordinary Mysticism” by Mirabai Starr

Transmission – At The Feet of The Masters

OPTION - Begin by reading this aloud (with different readers in your group). OR –
Begin by asking each person to share what they found most interesting in this chapter.

“A great soul can animate your blueprint for greatness. A wise being can reawaken your inherent wisdom. A person who is very loving can open the way for you to have a direct experience of love.” (Page 98)

Transmission is the invisible passing of energy, wisdom, love, or awakened presence from one being to another, most often without words. You don’t need to be a guru to transmit something sacred. Everyone is transmitting all the time. A kind friend transmits comfort. A passionate artist transmits inspiration. A mindful teacher transmits insight.

The truly awakened transmit something deep - the wisdom and presence they embody. As such, their very *presence* helps spark and awaken that same energy/potential within others.

“We are all great at something, and our greatness usually lines up with our love.”
(Page 96) The things we love most deeply - and the areas where we have a natural knack – often reveal the unique way the sacred transmits through us.

“When we read insightful writers, listen to evocative music, look at great works of art, we receive a boon, and it enlarges our capacity for encountering the sacred. Like any good guru, it wakes us up. The world needs more awakened people.” (Page 97)

Masters and mastery appear in many various forms - artists, cooks, teachers, musicians, nature-lovers, friends - and through their masterful expression, they make an impression. In their presence, we can *entrain* - fall into rhythm or harmony with their energy - and in doing so, something sacred awakens within us. *Entrainment is the body’s and soul’s natural capacity to fall into resonance with the energy we’re near.*

“We respond to these masters because of the mastery imprinted in our own soul. We recognize the magic in them because it mirrors the magic in us. They remind us not only who we could be, but who we already are. All we need to do is train our gaze to the beauty they are pointing to and weave it into the tapestry of our days.”

(Page 98)

Transmission isn't magic or mysterious force - it's resonance of the spirit. This week, as we sit at the feet of the masters, may we remember that transmission flows through us as well. What we embody and carry in our hearts - our love, awareness, and creative spirit - can stir those same qualities to life in others.

Discussion Questions

1. Who has “transmitted” (awakened or inspired) something within you - through their presence, teaching, truth or example? Describe the experience.
(This could be a spiritual teacher, Jesus, a friend, a mentor, a family member, a book, sacred site, etc.)

2. There is a difference between trying to *influence* someone and naturally transmitting from a state of *being*. If you could consciously choose what to transmit *more of* in your life, what would it be?

3. Entrainment is the body's and soul's natural capacity to fall into resonance with the energy (including awareness) we're experiencing.

3a. Can you recall a time when you felt your energy naturally entrain or harmonize with someone else's - perhaps becoming calmer, more peaceful, more intuitive or more focused in their presence?

Examples: Maybe you noticed your breathing slow around a peaceful person, your intuition sharpen around an awakened teacher, compassion rises within you during group singing, or your potential sharpen when working alongside someone masterful.

3b. What qualities in others do you tend to *entrain with* most easily?

4. If transmission and entrainment are always happening - constant exchanges of energy and influence - how do the people, environments, ideas, and media you engage with shape your inner state or “frequency”? Where might your surroundings or habits need adjustment to support greater harmony and alignment?

Week 4 - Take Home Soul Care

- **Reading for next week** – Chapter 5, “Ordinary Mysticism”
- **Mysticism in Practice**
 - ~ **Continue the Daily Practice**

At the start of the day, place your hand on your heart and ask: “*What is my deepest intention today?*” Identify it and say it aloud. Invite it to guide your day. Then, at bedtime, reflect a moment on that intention... and give thanks for the way it guided you today.

Optional - Practice Entrainment & Transmission

- **Energy Awareness Practice — “What Am I Transmitting?”**

Purpose: To cultivate awareness of your own energetic impact.

Several times throughout the day, pause and ask: “*What am I transmitting right now?*” Notice your tone, posture, and inner state.

Are you radiating calm, tension, enthusiasm, distraction, openness, frustration...?

Without judgment, take a slow breath and intentionally shift your energy toward what you intend to embody and transmit/share.
- **Receiving Transmission** — Identify a quality or energy you’d like to receive and embody more fully. Consider something you’ve witnessed or felt expressed through another person or a unique experience. How can you intentionally invite or expose yourself to this quality/energy in your daily life?