

Ordinary Mysticism: Your Life as Sacred Ground

Study Questions – Week Five

November 2nd – 8th

Based on “*Ordinary Mysticism*” by Mirabai Starr

Connection: Building and Tending Beloved Community

Begin by reading this aloud (with different readers in your group).

In this chapter, Mirabai Starr challenges one of religion’s oldest myths - the idea that salvation or enlightenment arrives through a single, extraordinary being. She calls us to stop waiting for the lone prophet or savior and to recognize that we are living in a time of collective awakening - an awakening within us and among us.

Enlightenment, she reminds us, is not reserved for the chosen few. It lives and breathes in the love and connection we cultivate with one another.

The sacred is never a solitary path. We cannot claim the light for ourselves while withholding it from another. The real transformation happens when we show up for each other, listen deeply, and stay open to the messy, beautiful web of relationship that holds us all.

Our growth unfolds in relationship - sometimes as the learner, sometimes as the teacher, always as part of something greater: a vast, shared belonging.

To “renew our vows to be Beloved Community” is to recommit to the sacred work of relationship itself - remembering that we belong to one another, and that healing and wholeness arise from reciprocity, compassion, and shared care.

Discussion Questions

**1. If you could teleport and spend a day with anyone, who would it be?
Why?**

2. When someone *truly* sees you, what do they notice that most others may not (yet) recognize?

3. What is a hard lesson you've learned in relationship, and how did it grow your capacity for compassion?
4. How do you keep your heart open without becoming naïve or cynical when those in power, and many in society, act without mutual respect or integrity?
5. To be a beloved community, how can we hold love and mutual belonging as a way of being - *something we practice daily* - rather than just a feeling that comes and goes?



Week 5 - Take Home Soul Care _____

- **Reading for next week** – Chapter 6, “Ordinary Mysticism”

PLEASE NOTE: *The chapter contains the topics of death and suicide.*

- **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 – Connection & Building Beloved Community

• Compassion in the Wild

Intentionally connect with a stranger or someone outside your comfort zone (a kind word, eye contact, small gesture, open-hearted smile, a quiet blessing).

- Reflect: What did it touch or awaken in you about belonging, judgment or fear?

• Identify three groups or communities that have shaped you. Then, reflect and journal on these questions:

- What moments of beauty, healing, longing, or brokenness stood out to you there?
- How are you being invited to tend the spirit of *Beloved Community* in your own circles today?