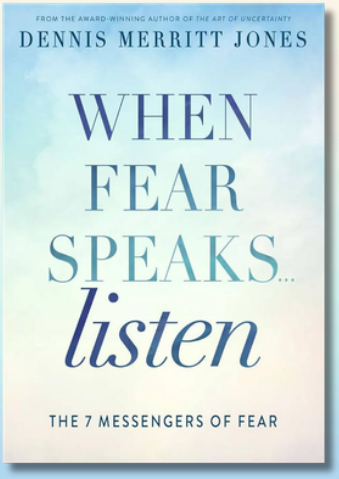
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READING COMPANION & SMALL GROUP DISCUSSION GUIDE



WEEK 6
October 25 - October 31

PART 2
Uncertainty

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UNCERTAINTY (DESCENDANTS CHANGE, DOUBT, PROCRASTINATION)

Our attachment to the need to know and control the Unknowable is generally accompanied by a considerable amount of anxiety and emotional suffering.

Resistance to Change is fathered by Doubt, while Procrastination applies the glue that keeps us stuck. When combined, they enhance and glorify the Fear of Uncertainty.

We were born to be creators. To accomplish this Divine assignment, we have to be willing and able to come to the edge and step out of the box of certainty.

Uncertainty is the life-laboratory where new creation happens despite Fear's presence.

The biggest obstacle between ourselves and the greatness we have come here to demonstrate lies in our own belief system...

Everything great that has ever been done was, at some point, considered impossible until someone did it.

By Dennis Merritt Jones

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UNCERTAINTY (DESCENDANTS CHANGE, DOUBT, PROCRASTINATION)

READING COMPANION

Think about these questions as you read. Journal the questions and "aha" moments that come up for you



When you don't know what will happen, how do you respond? If you are uncomfortable, how does this affect your actions and reactions?



Where are you staying in a familiar situation because change feels uncertain? What is that comfort costing you?



In one uncertain area of your life, what are you afraid of losing? What can you influence, and what are you trying to guarantee?



When has trying something unfamiliar led to something good in your life? What did you discover about yourself that could support you now?



What would it mean to "doubt your doubt"? What possibility might you revisit if you questioned the belief that you couldn't do it?



If you could make room for the discomfort of uncertainty, what one thing would you try? What could it make possible, and what would help you take the first step?



What connection do you see between Uncertainty and the other Messengers?

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WEEK 6 - SMALL GROUP GUIDE

Small Circle Agreements

Confidentiality
I help create a safe environment by maintaining confidentiality.

Right to Pass
It is okay not to share.

"I" statements
I speak for myself and remember that I can never know someone else's experience.

Change your mind as often as you like
Stay open to new ideas and new revelations from our shared wisdom.

Be Present
I listen to others compassionately, respectfully, and appreciatively.

Notice our own reactivity and assume good intentions
We take responsibility for our own reactions and meet each other with love.

Advice-free zone
I practice sacred listening and refrain from giving advice.

Opening Affirmation: *I am grounded in this moment and open to new possibilities. I welcome what we can learn together.*

Check-in:

- Where did uncertainty show up this week?
- Did anything turn out differently than you expected?
- What helped you feel grounded?

Discussion Questions:

- For each chapter, what stood out for you?
- Pick a question from the reading companion and share your answer.
- From your reading / Sunday talk - what inspired, frustrated, confused or clarified something?

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Closing: *Each person shares one positive takeaway from the group meeting today.*

Closing Affirmation: *I can take a meaningful step without knowing the whole path. I trust my ability to learn, respond, and seek support as I go.*

Week 5 Practices:

- **Listen beneath the hesitation.** When you delay or resist something unfamiliar, ask, "What am I afraid of losing?"
- **Choose the next step.** Focus on one useful action you can take without needing to guarantee the outcome.
- **Make room for discovery.** Try approaching an unknown with "I'm curious to see what happens." Notice what this changes.

- **Carry a question mark.** Draw a "?" on a small card and keep it somewhere visible. Let it remind you that in the unresolved, you can continue living fully. When you notice it, take a breath and allow yourself to leave one question unanswered.
- **Keep a small experiment log.** Choose something unfamiliar with little at stake: try a new class, tool, or way of doing a task. Write what you expected, what happened, and what you learned.
- **Make a two-column page.** Label the columns "What I can influence" and "What I can't guarantee." Place one current uncertainty on the page, then circle an action you can take.

For next week: Read Part 3: Listening to Fear

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FALL PROGRAM RESOURCES



https://www.unitypaloalto.org/when-fear-speaks-listen

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