



2026 Theme: OPEN AT THE TOP

February Theme: Embracing the Edge

Week 7: *The Edge of the Known (Inner Collective)*

February 15th thru February 21st, 2026

What lies beyond the familiar? This week, we explore the shared unconscious—the stories, beliefs, and truths that live beneath our awareness—and lean into the sacred unknown that calls us into collective healing.

TALK NOTES:



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GOING DEEPER

Howard Thurman writes: "It is important to remember that it is out of the silence that all sounds come; it is in the stillness that the word is fashioned for the meaning it conveys. Here the sound without sounds can be most clearly heard and meanings out of which all values come can be plumbed."

Journal prompts for this week:

- ★ On a scale of 0 to 10 with zero being not at all, how comfortable am I being in silence in these different situations?
 - When I'm alone ____
 - When I'm part of a discussion ____
 - When I'm hearing something that I disagree with ____
 - When I'm hearing something that I agree with ____
- ★ What fear(s), doubt(s), or concern(s) show up in my internal dialogue when I resist the urge to fill uncomfortable silence with words.
- ★ When I contemplate that ***silence is not the absence of communication — it's the birthplace of it*** I think:
- ★ What would it mean for us as a community to "dare to be silent together," to let meaning arise from that deeper well?

Spiritual Practice:

Commit to your personal growth by spending at least 5 minutes each day this week to pause, practice being silent, and listen. Then journal about your experience.