



2026 Theme: OPEN AT THE TOP

February Theme: Embracing the Edge

Week 6: *Walking the Edge of Life (Outer Individual)*

February 8th thru February 14th, 2026

Spiritual living means showing up, even when it's hard. What does it look like to live Spiritual Principle even when it feels risky or uncomfortable? This week, we examine the outer expression of our inner edge — where our values become visible.

TALK NOTES:



2026 Theme: OPEN AT THE TOP

February Theme: Embracing the Edge

Week 6: *Walking the Edge of Life (Outer Individual)*

February 8th thru February 14th, 2026

GOING DEEPER

This week, we're invited to practice **LIVING** Spiritual Principles beyond our comfort zone; beyond thinking about them to embodying them. We're being invited to trust that the Spiritual Principles we espouse are not fragile – that they are meant to be lived.

Each day this week... pause, ask and answer:

- ★ Where am I being invited to show up more fully?
- ★ What fear(s), doubt(s), or concern(s) show up in your internal conversation(s) that get in the way of you **LIVING** the Spiritual Principles you believe in a visible way.

Each day this week... commit to your personal growth:

- ★ One small, brave step that I will take today to make my beliefs, my values more visible is:

Journal about your experience of completing (or not) your daily personal growth commitment. Remember, self-honesty is most effective when we are kind and loving with ourselves.