



2026 Theme: OPEN AT THE TOP

April Theme: The Practice of Becoming

Week 14: *Living with Presence and Deep Awareness*

April 5th thru April 11, 2026

"The point of experience is not to escape life but to live it. Each of us carries some wisdom waiting to be discovered at the center of our experience, and everything we meet, if faced and held, reveals a part of that wisdom. We have a language of truth growing in our heart that only living can decode." *The Endless Practice: Becoming Who You Were Born to Be*, p. 36 (Mark Nepo)

"Man does not (We do not) exist to make a lasting impression upon his (our) environment. Not at all. It is not necessary that we leave any impression. It is not necessary, if we should pass on tonight, that anyone should remember that we have ever lived. All that means anything is that while we live, WE LIVE, and that wherever we go from here we shall keep on living." *Science of Mind: A philosophy, A Faith, A Way of Life*, p.270 (Ernest Holmes)

TALK NOTES:



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GOING DEEPER

This week, we're invited to explore what changes when we choose to be fully present in this moment... **WHATEVER** this moment is?

Here are some journal prompts to support you in *Living with Presence and Deep Awareness*. Remember, self-honesty is most effective when we are kind and loving with ourselves.

- How do I escape being present in the moment?
- How can I intentionally direct my attention to spiritual truth today?
- What spiritual practices help anchor me in the present moment?
- What spiritual perspective has emerged from my own challenges?