



2026 Theme: OPEN AT THE TOP

April Theme: Divine Doubt

Week 20: *Carrying Our Doubt Together*

May 17th thru May 23, 2026

Rather than turning away from our Collective personal doubt, we are called to embrace doubt as an opportunity to dive deeper into the most pressing questions that we as individuals and communities face. Often, the irritation of a persistent doubt or other concern provides the motivation and focus needed to understand, explore, and grow both individually and communally. Embracing this doubt empowers the opportunity it is presenting us with. As a community of individuals, each with their own doubts, learning to understand and work with doubt together supports us in becoming more inclusive and communities open to new ideas and a more clear understanding and experience of Truth.

TALK NOTES:



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GOING DEEPER

Notice when you hear something you disagree with and ask yourself: "What exactly do I disagree with?" Give yourself some space & time to contemplate before answering. Allow yourself to follow the emotion and feeling to the heart of the matter. Journal about your awareness.

Notice when you experience an irritation with your own thinking and ask yourself: "What exactly is the irritation that I'm experiencing?" Give yourself some space & time to contemplate before answering. Allow yourself to follow the emotion and feeling to the heart of the matter. Journal about your awareness.

Notice when you are experiencing a challenge in your mental focus and ask yourself: "What exactly is the distraction that I'm experiencing?" Give yourself some space & time to contemplate before answering. Allow yourself to follow the emotion and feeling to the heart of the matter. Journal about your awareness.