

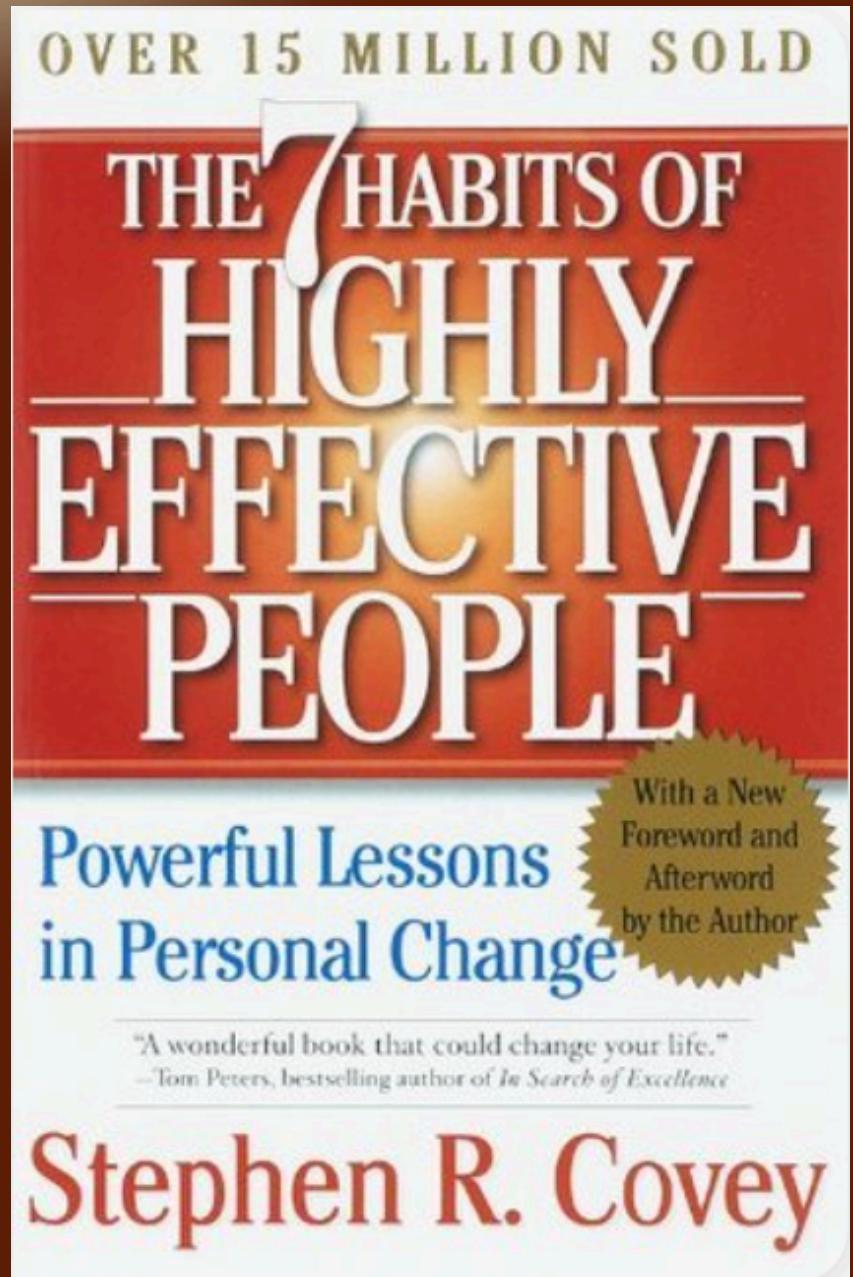
SUNDAY
FEBRUARY 1

THE TREE & THE AUTUMN WIND



with Rev. Sherry Hursey





THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

AUTHOR
STEPHEN R. COVEY

POWER OF UNDERSTANDING

The ability to perceive meaning.

Spiritual intelligence.

Insight that harmonizes wisdom and love.

The disciple who represents the power of Understanding is Thomas.

The color is gold

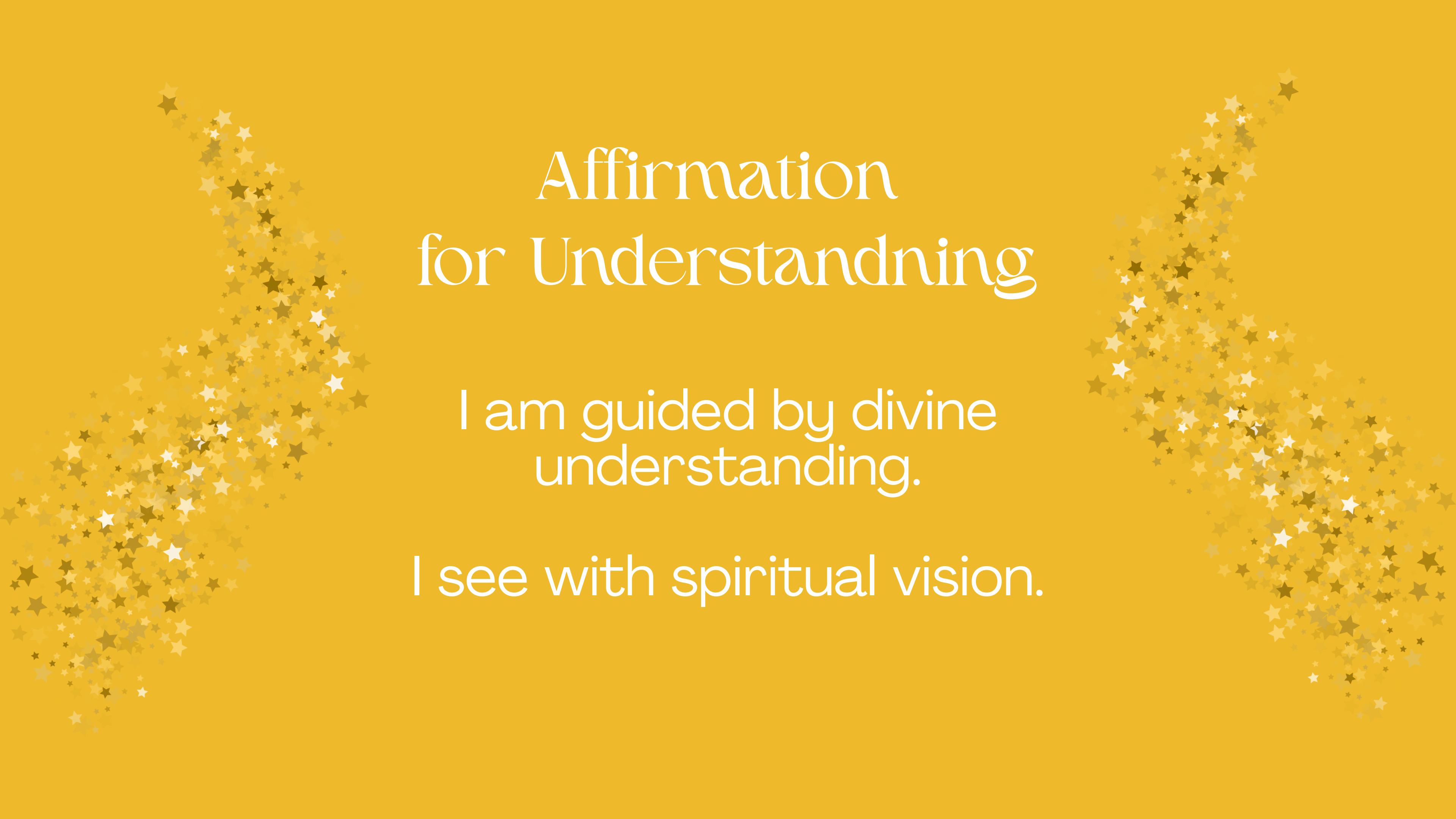
Location in the body: brain/forehead

POWER OF UNDERSTANDING

Understanding is the clear light of divine intelligence that interprets truth and gives it meaning.

When awakened, Understanding says:

“I see this as it truly is.”



Affirmation for Understanding

I am guided by divine
understanding.

I see with spiritual vision.

POWER OF RELEASE

The ability to let go of worn-out thoughts, habits, and emotions.

Cleansing and purification.
Trust in divine circulation.

The disciple who represents the power of Release is Thaddaeus.

The color is russet

Location in the body: Lower abdomen/colon

POWER OF RELEASE

Release is the divine law of elimination, by which we let go and allow life to move freely again.

When activated, Release says:

“I bless this and let it go.”



Affirmation for Release

I release what no longer
reflects divine truth in me.

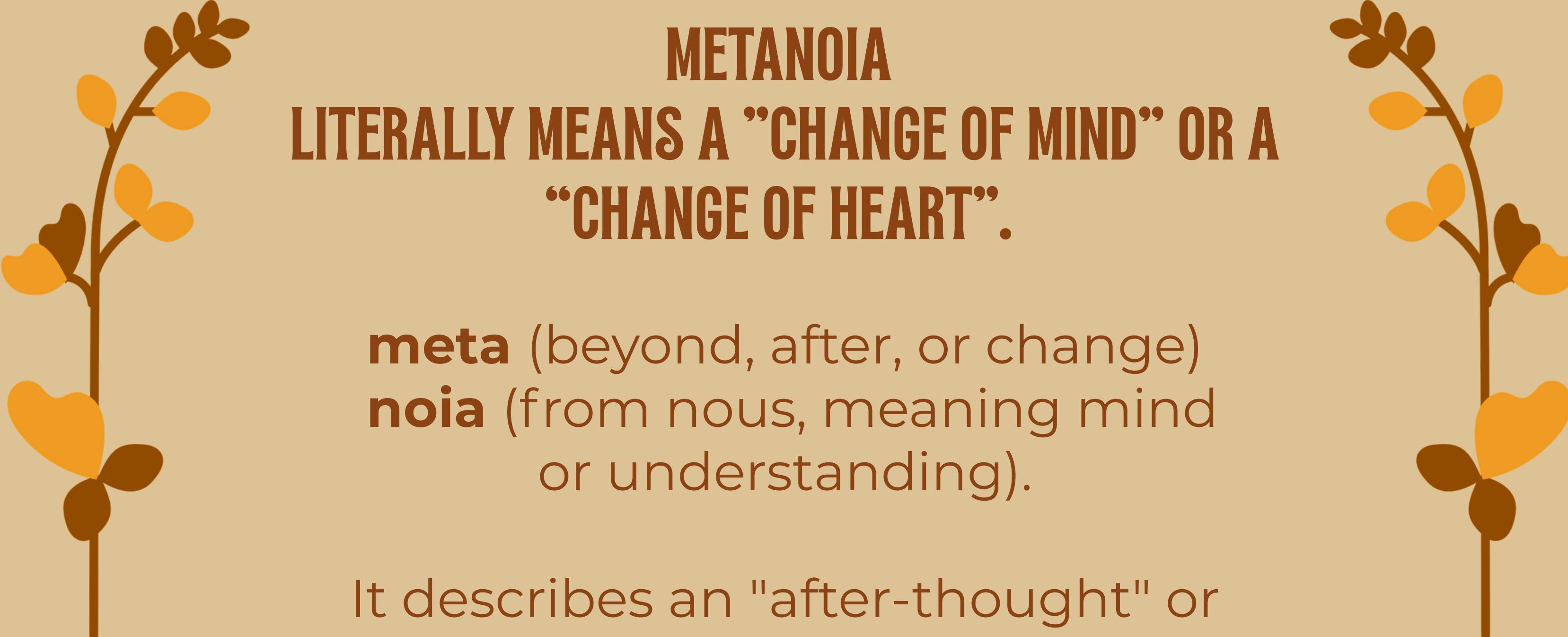
I let go and let God.

TREE & Autumn Wind

Understanding & Release

Understanding asks the question: What is really going on here? What is the meaning beneath the appearance?

Release responds: Now that I see clearly, I can let this pass. Together, they create spiritual maturity.

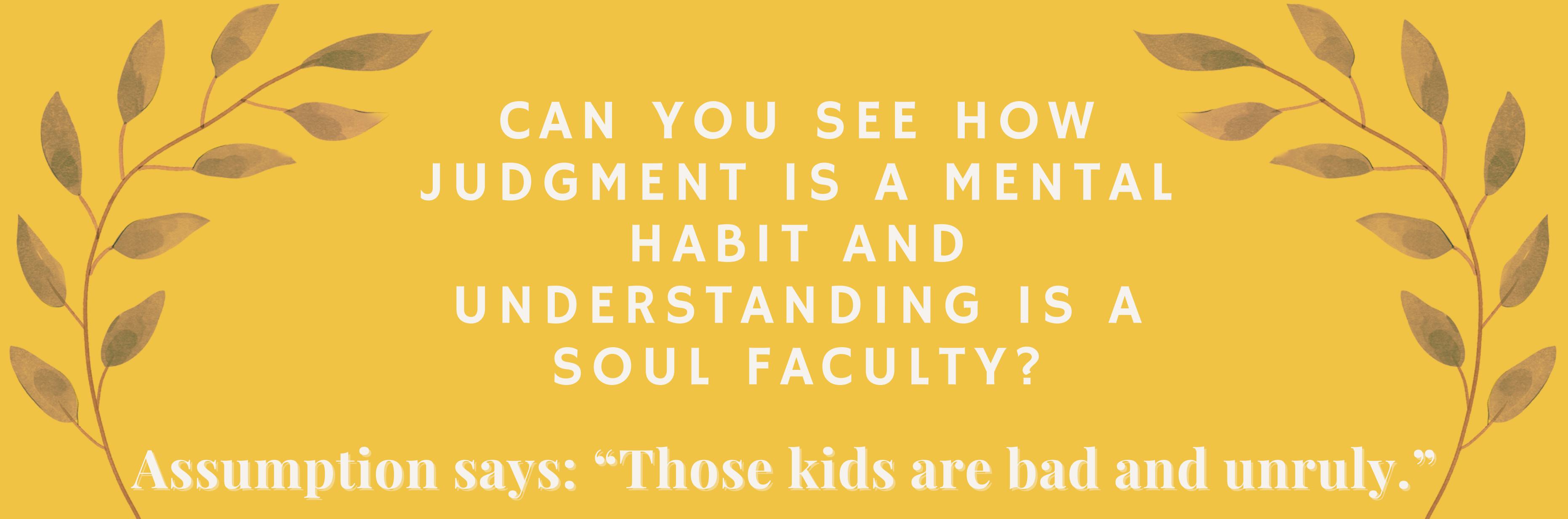


METANOIA

LITERALLY MEANS A “CHANGE OF MIND” OR A “CHANGE OF HEART”.

meta (beyond, after, or change)
noia (from *nous*, meaning mind
or understanding).

It describes an "after-thought" or
thinking differently after receiving
new information.



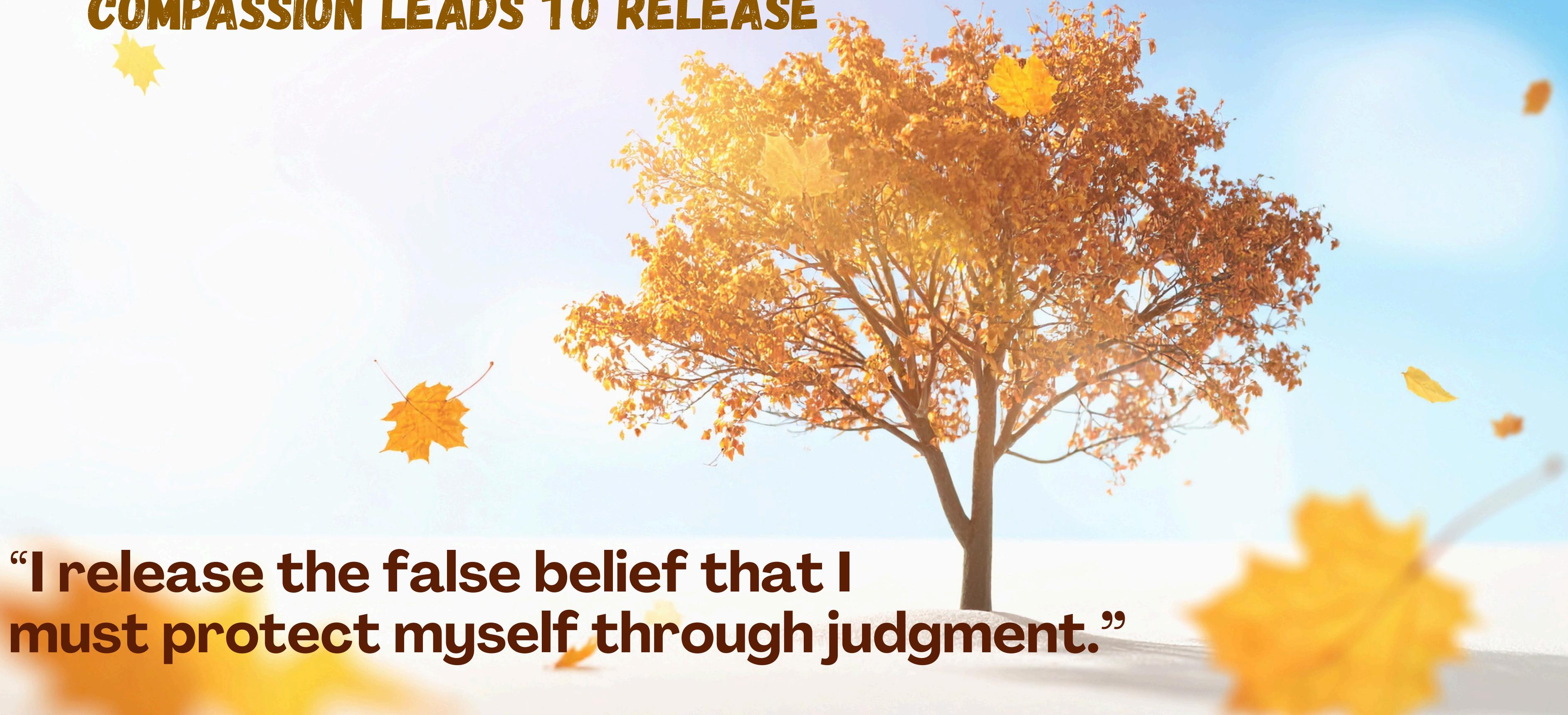
CAN YOU SEE HOW JUDGMENT IS A MENTAL HABIT AND UNDERSTANDING IS A SOUL FACULTY?

Assumption says: “Those kids are bad and unruly.”
Understanding asks: “What might I not be seeing?”



UNDERSTANDING LEADS TO COMPASSION

COMPASSION LEADS TO RELEASE



**“I release the false belief that I
must protect myself through judgment.”**



Understanding = alignment
with divine perspective

Release = liberation from
ideas that were never true.



Our old programming might say:

“People can’t be trusted.” “I must be right to be safe.”
“Love must be earned.” “If I forgive, I’m excusing.”

Higher truth replaces that with:

“Love is my true nature.” “I am safe in Spirit.”
“Understanding heals.” “Compassion sets me free.”

*Understanding is: brow/forehead
(representing illumination and
perception)*

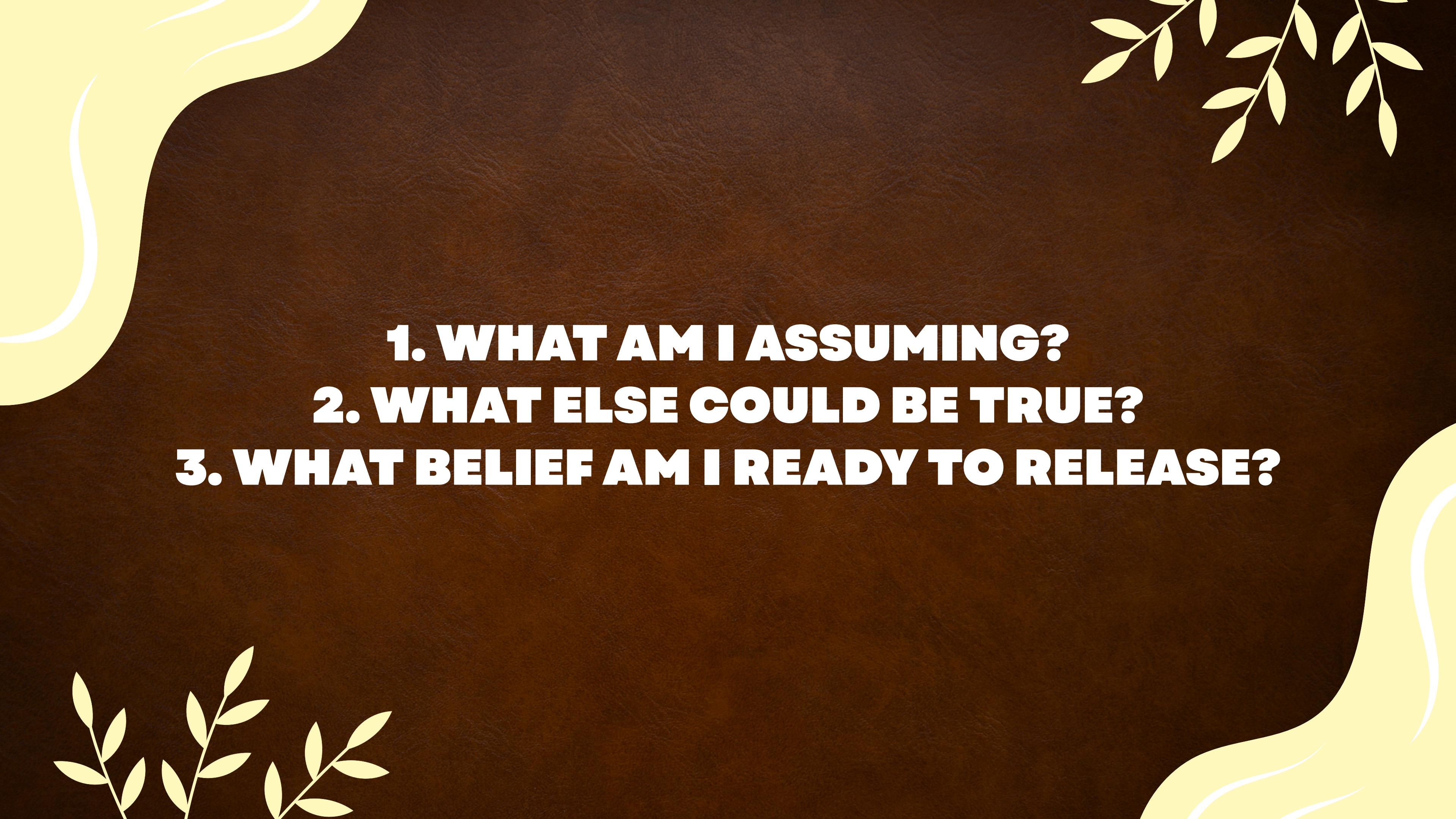
*Release/Elimination is: lower
abdomen/colon
(letting go of what no longer nourishes)*

**Just as the body releases what no longer serves it,
the soul releases beliefs that no longer match Truth.**



UNDERSTANDING REVEALS THE TRUTH.
ENUNCIATION SPEAKS IT ALOUD AND
RELEASE COMPLETES THE CYCLE.

*For example: "I understand that this fear no longer serves me.
I name it. I release it."*

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- 1. WHAT AM I ASSUMING?**
 - 2. WHAT ELSE COULD BE TRUE?**
 - 3. WHAT BELIEF AM I READY TO RELEASE?**



Understand → Feel → Release

**UNDERSTANDING IS THE INNER LIGHT
THAT HELPS US PERCEIVE TRUTH
CLEARLY. RELEASE IS THE SACRED ACT OF
LETTING THAT TRUTH SET US FREE.**



In Understanding, we gain insight.



In Release, we gain peace.