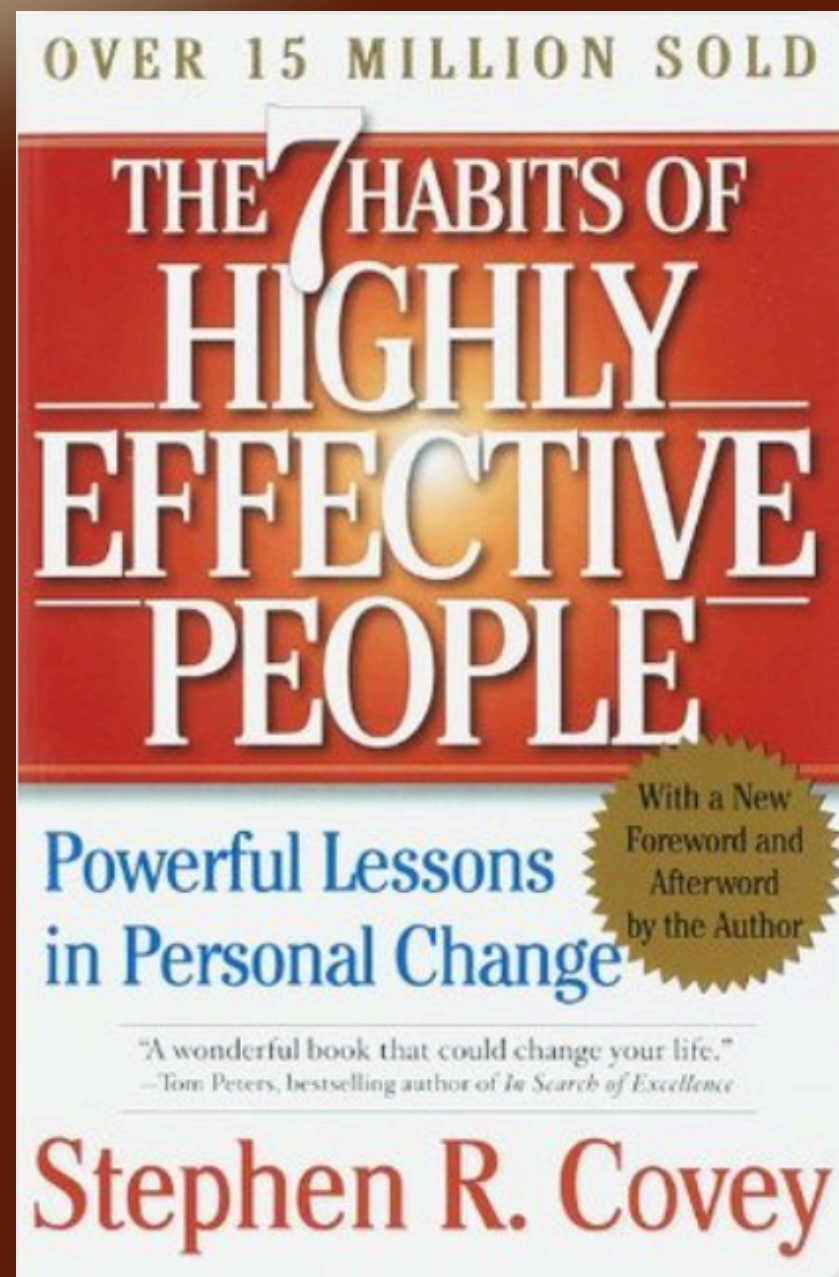


**SUNDAY  
FEBRUARY 1**

*with Rev. Sherry Hursey*

# **THE TREE & THE AUTUMN WIND**





# 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.

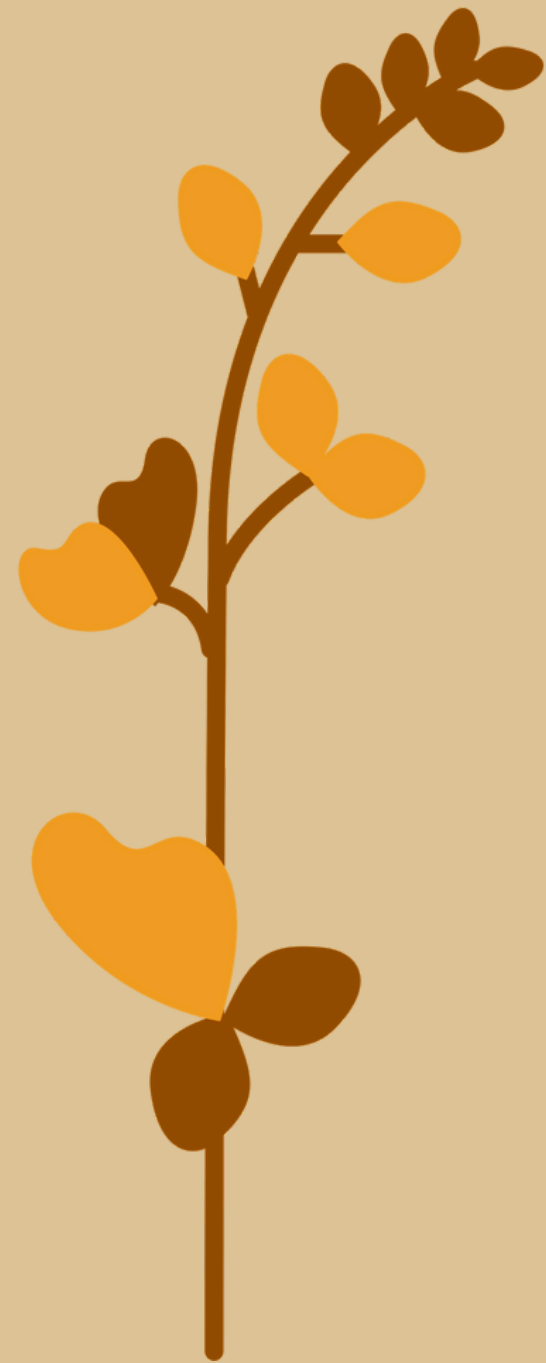


# TREE & Autumn Wind

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.***

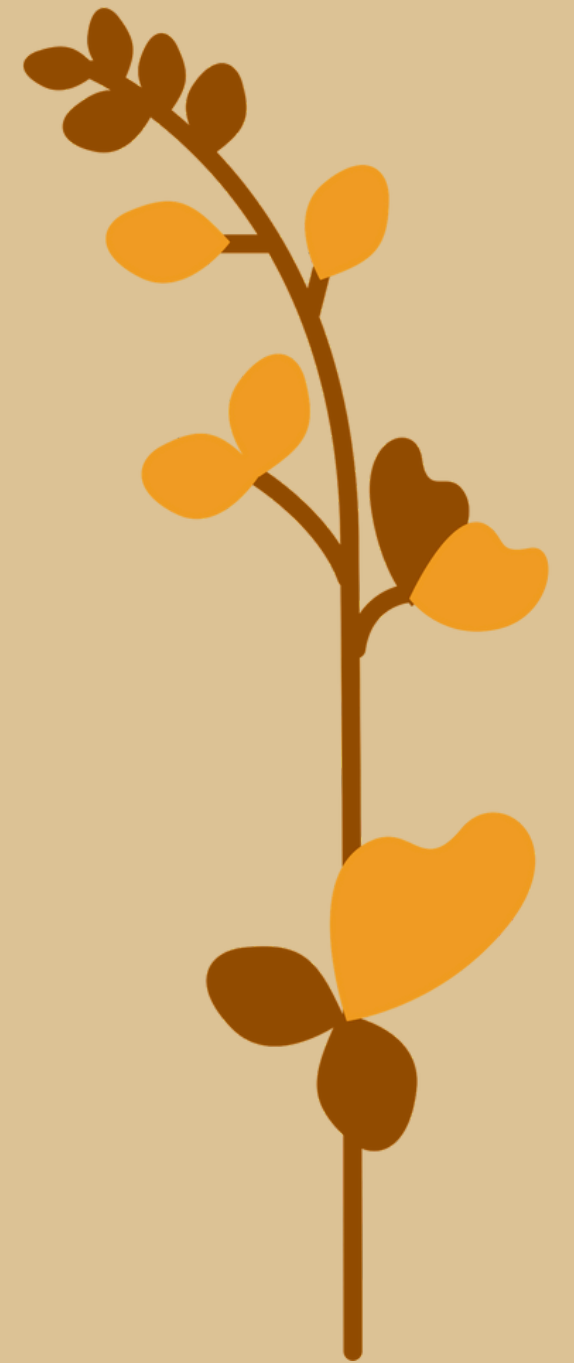


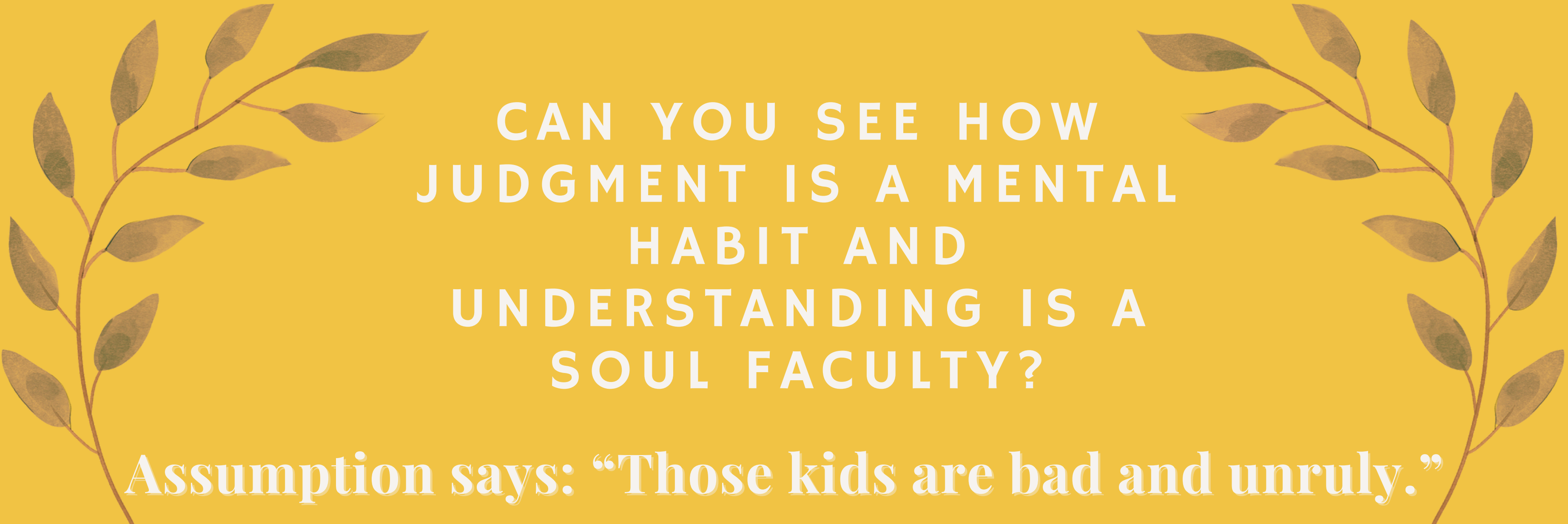
# METANOIA

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.**

