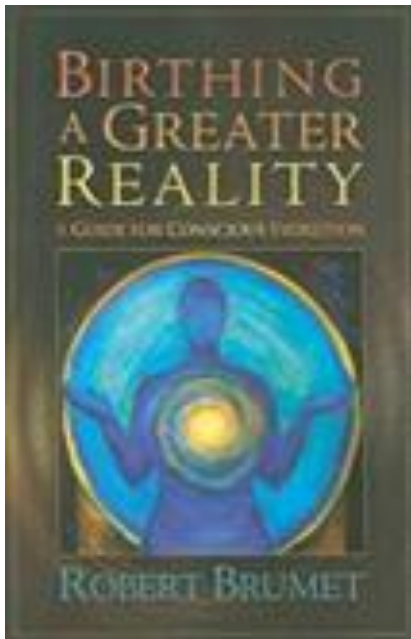


Unity of Fairfax, in partnership with
Unity Spiritual Center of Springfield, VA
Crystal Coast Unity of Atlantic Beach, NC
presents...



Birthing a Greater Reality in 2026



Workbook by
Rev. Russell Heiland

A six-week series based on
*Birthing a Greater Reality:
A Guide for Conscious Evolution*
by Rev. Robert Brumet

January 11 - February 15, 2026

Table of Contents

Introduction.....	ii
“Birth Order” of Birthing a Greater Reality	iii
Small Group Agreements.....	1
Week 1 – January 11	3
Week 2 – January 18.....	6
Week 3 – January 25	9
Week 4 – February 1	12
Week 5 – February 8.....	15
Week 6 – February 15.....	18
Conclusion	21
Acknowledgements and Gratitudes	

Introduction



Birthing a Greater Reality in 2026!

We are starting this year we with a study of the book *Birthing a Greater Reality: A Guide For Conscious Evolution*, by Unity minister, Rev. Robert Brumet.

This book was selected for its depth and breadth of insight. Although a small volume, *Birthing a Greater Reality* is rich in its teaching. Brumet skillfully weaves together wisdom from great Western minds, Hindu and Buddhist doctrines. and New Thought principles in such a way that the reader will easily be able to find the relevance of the material presented.

And there's more. The questions in the study guide this year focus on you: What do you think about... How have you experienced... How do you feel about... You will be asked to explore the contents of your mind and heart on possibly a deeper level than ever before. Your "buttons" just might be pushed. Give thanks for that; it means your awareness is expanding!

Without a doubt, small groups have proven themselves to be powerful community-builders regardless of whether the community is local or interstate. Those of you who have already participated in our small groups already know the myriad blessings that happen within the sacred container of the group. Please note that your group may not have time to cover all the questions for that week; this is perfectly ok! This is very rich material!

I encourage you to make the most of your small group experience by attending all sessions, being prepared for each session, and maintaining your group agreements. Something wonderful is happening, and you're it!

Blessings for an awesome New Year,

Rev. Russell Heiland

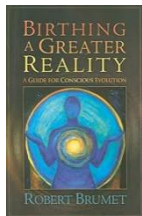
Rev. Russell Heiland

Rev. Russ

“Birth Order” of Birthing a Greater Reality



Week 1	January 11	Sunday message: One Person at a Time Read: Chapter 1 “A Brief History of You”
Week 2	January 18	Sunday message: Transform, Not Inform Read: Chapter 2 “Evolutionary Trail Markers”
Week 3	January 25	Sunday message: Everything We Need, We Are Read: Chapter 3 “A Case of Mistaken Identity”
Week 4	February 1	Sunday message: We Are Complete Read: Chapter 4 “Embracing Our Wholeness”
Week 5	February 8	Sunday message: Seeing Reality Clearly Read: Chapter 5 “Waking Up”
Week 6	February 15	Sunday message: Pregnant With Potential Read: Chapter 6 “Birthing a Greater Reality”



Note: Throughout the text, there are references to pages from *Birthing a Greater Reality, A Guide For Conscious Evolution*. This refers to:

Robert Brumet. *Birthing a Greater Reality, A Guide For Conscious Evolution*, Unity Books, 2010.

Small Group Agreements



The intention for this Small Group exploration is:

We will start and end on time, meeting _____ (day) from _____ to _____ for the next _____ weeks.

We agree to be a _____ (open/closed) group for the duration of this agreement. ("Open" means allowing new people to join the group at any time during the seven weeks.)

- ☐ We agree to the following values (check those the group agrees on):
- ☐ Confidentiality: I will keep anything that is said strictly confidential.
- ☐ Attendance: I will give priority to the group meetings for the agreed number of weeks.
- ☐ Acceptance: We accept each other unconditionally. We are not here to "fix" each other.
- ☐ Feelings: We respect each other's feelings.
- ☐ Okay to Pass: No one is required to share.
- ☐ Okay to Disagree: I accept that others may not hold the same view.
- ☐ Participation: I speak for myself only, and I listen to others attentively.
- ☐ Balance: We seek a balance in our sharing times. Everyone is welcome to share, and no one dominates.
- ☐ Prayer Support: I am willing to pray for others.

Other agreement:

Other agreement:

With God as my guide, I, _____
intend to uphold the above agreement to the best of my ability.

Group Members

This information is confidential. Please use it only for intra-group communication.

Name: Phone: Email:	Name: Phone: Email:
Name: Phone: Email:	Name: Phone: Email:
Name: Phone: Email:	Name: Phone: Email:
Name: Phone: Email:	Name: Phone: Email:
Name: Phone: Email:	Name: Phone: Email:

Week 1 – January 11

Birth of a Greater Reality, by Robert Brumet

Reading for this week: Chapter 1 “A Brief History of You”



Chapter 1 “A Brief History of You” begins with an analogy of the Creation in which the divine is expressed in feminine terms. How has your spiritual experience evolved with the weaving of the Divine Feminine in your life?

Brumet raises a provocative point when he says, “You then discovered the purpose of your creation in the flesh: to know both good and evil, right and wrong, pleasure and pain. By experiencing the polarities of life in this dream-universe, you began to discover why you are here: to be the eyes and the ears, the hands and the feet of the One.” *Birth of a Greater Reality*, p. 12.

Are we really here to be the eyes, ears, hands and feet of the One? Is this the quantum leap in the evolution of consciousness that we are asked to consider? Explain.

Brumet says that we human beings live with an astonishing amount of anxiety owing to the one-sided nature of our development. "Just ask most anyone to sit alone for one hour without thinking, talking, reading, watching TV or engaging in any of our usual self-distractions." *Birthing a Greater Reality*, p. 20-21.

Let's do a mini-test: For 5 minutes the group is going to put down papers, books, electronics and just sit. No talking, no reading, no music, no distractions. Just sit. Just breathe. Eyes open or closed, it doesn't matter. At the end of the 5 minutes, the facilitator will ask you to process the experience. Make notes of the experience during the processing time (*but not during the 10 minutes!*).

According to Brumet, “This dilemma of self-preservation and self-transcendence is a central theme throughout human history.” *Birthing a Greater Reality*, p. 21.

Share how you have encountered these competing forces in your life.

Nikos Kazantzakis said, “Blowing through heaven and earth, and in our hearts and the heart of every living thing, is a gigantic breath—a great Cry—which we call God.” Brumet comments on this by saying “This drive for self-transcendence is present in all life forms, albeit unconscious in most of them. But, with some humans, it has become conscious and may be very compelling.” *Birthing a Greater Reality*, p. 21.

Describe a personal experience of having or witnessing the release of "a great Cry."

*“The transformation of consciousness must
take place one person at a time.”*

~ Birthing a Greater Reality, p. 25.

Week 2 – January 18

Birthing a Greater Reality, by Robert Brumet

Reading for this week: Chapter 2 “Evolutionary Trail Markers”



Insights from last week’s discussion. Describe your insights or “a-ha’s” based on last week’s meeting.

Chapter 2 “Evolutionary Trail Markers” opens with a discussion of science and religion. Brumet says, “Science and religion, or science and spirituality, can be legitimate partners in the search for truth because each has its own perspective and domain of inquiry.” *Birthing a Greater Reality*, p. 31.

How have you experienced the intersection of science and religion?

Dr. Robert Ornstein claims that “our biological evolution is for all practical purposes, at an end.” *Birthing a Greater Reality*, p. 31.

Share why you agree or disagree with Dr. Ornstein.

In this chapter, Brumet introduces Spiral Dynamics (p. 47), a theory of human development. He gives his perspective of which Spiral Dynamics colors and memes predominate in the world. He says, “Orange constitutes about 30 percent of the world’s population and about 50 percent of the United States. Though it is not the most common meme in the world today, it is by far the most powerful. It impacts virtually all people on planet Earth today—for better or worse.” *Birthing a Greater Reality*, p. 51.

Explain what you think is meant the line “for better or worse.”

Teilhard de Chardin said, "Love alone is capable of uniting living beings in such a way as to complete and fulfill them, for it alone takes them and joins them by what is deepest in themselves." *Birthing a Greater Reality*, p. 38.

Have you had or witnessed the experience of being part of a "joining" in love that united people?

*"...gnosis; a knowing that penetrates into the depths of one's soul;
a knowing that does not inform, but transforms."*

~ Birthing a Greater Reality, p. 58.

Week 3 – January 25

Birthing a Greater Reality, by Robert Brumet

Reading for this week: Chapter 3 “A Case of Mistaken Identity”



Insights from last week’s discussion. Elaborate on the a-ha’s you are having as this group study is progressing.

According to Brumet, “Conscious evolution means that we grow up; we are no longer merely children of God: We are now partners and co-creators with the divine.” *Birthing a Greater Reality*, p. 65.

We often hear expressions like "put on your big girl/boy pants and deal" in response to a situation. Describe a time when you made that choice and became "conscious of becoming a partner and co-creator with the Divine. Explain your answer.

What does it mean to you when you read Brumet's assertion, "You are Spirit that has involved itself into matter and evolved itself into human form. You are Spirit calling itself *me*." *Birthing a Greater Reality*, p. 66.

In the section "The True Self," Brumet says, "Those persons who have experienced this transcendent self (and there are very many) report that this self is *infinitely more real* than their personal identity." *Birthing a Greater Reality*, p. 71.

What is the "transcendent self" and why do you think those who have experienced it consider it more "infinitely more real than their personal identity?"

The author says, "Awakening to our true nature does not deny the fact that we must still function in the world as an individual. The difference is that, when awakened, we are no longer identified with being *only* an individual. This radically changes the way we live." *Birthing a Greater Reality*, p. 73.

How has this been reflected in your life?

In this week's material, Brumet elaborates on four terms commonly used in psychology: ego, persona, shadow, and projection. Describe these terms in your own words, and cite an example for each that you have seen or experienced.

"Everything that we truly need, we already are."

~ Birthing a Greater Reality, p. 94

Week 4 – February 1

Birthing a Greater Reality, by Robert Brumet

Reading for this week: Chapter 4 “Embracing Our Wholeness”



Insights from last week’s discussion. Elaborate on the a-ha’s you are having as this group study is progressing.

In discussing Mohini the tiger, Brumet says that once she is out of her cage, “she can continue her routine and feel safe or choose to live differently and be more alive and free, but the price of freedom would not be small.” *Birthing a Greater Reality*, p. 100.

: What is “the price of freedom” to you?

Brumet offers several “how-to’s” for embracing one’s wholeness in Chapter 4 that focus on what is called “shadow work”: working with subpersonalities, dreamwork, shadow body work, forgiveness, grief work, developing a support system, and trusting the process.

What is your familiarity with, and of understanding of, shadow work?

Which approach to shadow work is most meaningful to you? Which have you tried or are willing to try?

“There is something therapeutic about being heard by another human being in a compassionate, nonjudgmental way.” *Birthing a Greater Reality*, p. 121.

From your own experience, what is therapeutic about “being heard by another human being in a compassionate, nonjudgmental way?”

Brumet says, “Embracing our deepest fears brings awareness of our innate invulnerability. Who we really are can never be hurt, lost or humiliated. Embracing our greatest fear will lead to a deep sense of trust—trust in oneself and trust in life itself.” *Birthing a Greater Reality*, p., 124.

Describe an experience of challenging your greatest fear and feeling liberated.

“We are complete.”
~ *Birthing a Greater Reality*, p. 125

Week 5 – February 8



Birthing a Greater Reality, by Robert Brumet
Reading for this week: Chapter 5 “Waking Up”

Insights from last week’s discussion. Elaborate on the a-ha’s you are having as this group study is progressing.

The text presents a seven-step process of consciousness evolution on pp. 129-130. Describe an example in your life of a transformation experience in which some or all of this process took place.

Brumet says, “Desire is intrinsic in the evolutionary imperative; it is an essential part of the life force itself. In its pure form, not imbued with attachment, it is an important aspect of the creative process. Pure desire is ‘God tapping at the door of our consciousness.’ Desire imbued with attachment is ‘the cause of all suffering.’” *Birthing a Greater Reality*, p., 134.

What has been your experience of desire and attachment as they relate to your personal spiritual evolution?

“Pleasure and pain arise in the body; happiness and suffering arise in the mind.” *Birthing a Greater Reality*, p. 137

How challenging is it to accept the idea that pain is inevitable, but suffering is not?

“An intriguing aspect of this teaching is the implication that our happiness or suffering does not depend upon the conditions of our life; it depends *only upon how we respond* to the conditions of our life. The content or conditions of our life do not matter nearly as much as our response to these conditions. This teaching tells us that we can be happy and free from suffering irrespective of any condition in our life.” *Birthing a Greater Reality*, p. 138.

Why do you agree or disagree with this assertion?

Much is made in this chapter about the value of the practices of mindfulness and insight meditation. Brumet says, "In mindfulness practice, awareness is considered an end in itself. We practice awareness simply to be aware." *Birthing a Greater Reality*, p. 146.

Describe a time you have benefitted from simply "being aware."

"What we call 'awakening' is simply seeing reality clearly, as it is."

~ Birthing a Greater Reality, p. 156

Week 6 – February 15

Birthing a Greater Reality, by Robert Brumet

Reading for this week: Chapter 6 “Birthing a Greater Reality”



Insights from last week’s discussion. Elaborate on the a-ha’s you are having as this group study is progressing.

“You are here to experience oneness and separation; infinity and limitation, reality and illusion. You are here to be the eyes, the ears, the hands and the feet of the One... Now you are ready to become *even more* than this. You are ready to become a *co-creator* of the universe. *Birthing a Greater Reality*, p. 161

How do you envision yourself being a co-creator of the universe?

Brumet writes, “As consciousness evolves, it threatens the existing sense of self-preservation—and then the struggle begins. This occurs within the individual and collectively within an organization, nation and culture... The pain of breakdown is proportional to our degree of resistance.” *Birthing a Greater Reality*, pp. 175, 176.

How have you experienced or witnessed the struggle of the evolution of consciousness?

It says on p. 179, "Vast numbers of people today are hungry for spirituality, and hungry for a sense of community. Both of these needs could be profoundly filled by a religion that is aligned with the forces of conscious evolution." *Birthing a Greater Reality*, p. 179.

In what ways are Unity and the New Thought Movement fulfilling these roles?

How do you envision yourself utilizing these teachings in your role as a conscious evolutionary?

Making friends with paradox (pp. 181-182)

Cultivating the power attention and intention (pp. 183-184)

Embracing everything; being attached to nothing (pp. 184-185)

Listening to the thousand ways the universe speaks (pp. 185-188)

Dancing with Chaos (pp. 188-190)

Pregnant with the potential of a greater reality, I am about to make a quantum leap unfulfilling my purpose in this life, which is to become a fully conscious expression of the One Presence, aka

(my name here)

Paraphrased from *Birthing a Greater Reality*, p. 192

Conclusion



I hope you have found *Birthing a Greater Reality* to be a meaningful addition to your spiritual life. By exploring the material together, you have had opportunities to gain fresh perspectives and insights you might not have had by studying on your own.

Discussion, though insightful and invigorating, of itself will not lead to change in your life or in the world. So often we study ideas and concepts, but nothing really changes. The real question is this: What will you, individually or as a group, do to “birth a greater reality?”

Make a list of the members of your group and list at least one thing each person has said or shared that you found especially thought-provoking or that touched your heart. Share your list with your group, and be sure to thank your group members for their sharing.

Is there anything else you would like to share with your group? If so, jot some notes here as a reminder of what you would like to say.

It is said that we come together in relationship “for a reason, for a season, or for a lifetime.” Your group may want to meet again either for discussion or dinner or some other reason. Take a few moments to discuss what future activities, if any, your group may pursue. It is perfectly okay if this meeting is the natural conclusion for your group.

Acknowledgements and Gratitudes



Birthing a Greater Reality would not be possible without the generous contributions of the following individuals:

Rev. Robert Brumet - author

Steve Marcom and Irina Barrett - website marketing

Gaye Newton – designer

Fran Patchett – curriculum consultant

Small group facilitators - Julie Thompson, Sam Lee, Rev. Cheryl Rose, Rev. Todd Humphrey

All the participants who are willing to “birth a greater reality”

Birthing a Greater Reality in 2026

© 2025 Unity of Fairfax

Unity of Fairfax

2854 Hunter Mill Road, Oakton, Virginia 22124

www.unityoffairfax.org

admin@unityoffairfax.org

703.281.1767