

USG Racial Healing SGM ~Living with Intention ~ January, 2021

drawn from Soul Matters materials, see the full packet for more of all of these elements
www.soulmatterssharingcircle.com



Session Plan

Chalice Lighting

At the center of your being, you have the answer; you know who you are, and you know what you want. ~ Lao Tzu

Check-in *Share how you are doing and about any racial healing that has occurred recently.*

Quotes for Inspiration/Readings

I want to stop transforming and just start being. ~ Ursula Burns

Conscious change is brought about by the two qualities inherent in consciousness – intention and attention... Whatever you put your attention on will grow stronger in your life. Whatever you take your attention away from will wither, disintegrate and disappear. ~ Deepak Chopra

Questions *Don't treat these questions like "homework" or try to answer every one. Instead, make time to meditate on the list and then pick the one question that speaks to you most. The goal is to figure out which question is "yours."*

1. What did your parents intend to do with their lives? Did they fulfill it? And whether they did or didn't, what did you learn from watching them try?
2. What is your intention when you wake up? Some begin the day by asking, "What do I have to get done?" Others ask, "What do I want this day to be about?" Which are you?
3. Are you too intentional? Is it time to put down all the "doing" and pay a bit more attention to "being"? Has your long list of intentions left you feeling exhausted and even lost?
4. They say intention arises from within. So, what do you do to stay in touch with the fire in your belly?
5. They say intention takes pause. So, when was the last time you stopped, stepped back and allowed yourself to ask, "Am I going in the right direction?"
6. They say, "Habits eat good intentions for breakfast." So, what new habit might you put in place that enables your intentions to become real?
7. What if it's not about what you intend to do with life, but about what life intends to do with you?
8. Have you ever felt that life was living you rather than you living it?
9. Is it finally time to give up that unrealistic intention? The one you've failed at following through on again and again? The one you've been beating yourself up over, again and again? Is it time to intentionally be gentle with yourself and let it go?
10. Are you as good at assuming the good intentions of others as you are at defending your own?

Three Deep Breaths

Sharing/Deep Listening *Respond with your thoughts and experiences with the topic. We create a safe space by listening deeply and not responding. When sharing, connect with what is true for you. When listening, give the speaker your full attention rather than thinking about what you will share.*

Reflection and Gratitude *This is a time to reflect briefly on something another person said or to relate additional thoughts that may have occurred as others shared. Consider lifting up one comment or experience for which you are particularly grateful.*

Song Woke Up this Morning, Ruthie Foster <https://www.youtube.com/watch?v=ZpPOSFpfj8>

Extinguishing the Chalice

When I dare to be powerful — to use my strength in the service of my vision, then it becomes less and less important whether I am afraid... I am deliberate and afraid of nothing. ~ Audre Lorde