



USG SGM ~ Awakening ~ 2022

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

www.soulmatterssharingcircle.com

Chalice Lighting All suffering, stress and addiction comes from not realizing you already are what you are looking for. - Jon Kabat-Zinn

Check-in *Share your highs and lows since we last met focusing on what drains you and what lifts you up. We give each other the gift of listening without asking questions or offering advice to allow people the safety to share what's in their hearts.*

Intro: "Awakening" From Old English "awæcnan" which means to "spring into being, arise, originate," also, less often, "to wake up." Also from Middle English "Waken" which means "to remain awake on watch especially over a corpse."

Spiritual Exercise A - Awaken the Children... and Ourselves

This exercise invites you to embody your ability and responsibility to awaken others. There is a heaviness to our days. Covid, racial trauma, political division, looming climate catastrophe cast a shadow of grief and fear even on our most happy of days. Describing it as a "glass half empty" feeling doesn't even begin to describe what many of us are wrestling with.

And so the work of reawakening hope becomes the job of all of us.

In her powerful poem, [What to Tell The Children](#), Rachel Kann asks us to focus our hope-inspiring efforts on those younger ones who we are handing our world to. In doing so, Kann also challenges us to awaken ourselves. Awaken to what we've done - or not done - with our time here. Awaken to what we've learned, for better or worse. Awaken to the new way of being and loving and living that must be built.

But how exactly will the poem awaken you? Each person's response to this powerful poem will be unique. Each of us will receive a different message of comfort or challenge. Each person's insight will be their own.

Figuring out that unique message is the goal. That's all this exercise is. It's that simple, and that big.

So, carve out a morning or evening to soak in Rachel Kann's poem in video form. Maybe take it in more than once. Make it a meditation. Reflect on it using whatever discernment practice feels best to you: journaling, jotting down thoughts, drawing images, creating a poem or painting of your own in response. Here's the link to the poem:

<https://www.youtube.com/watch?v=BG2ZrHqISZ0&t=19s>

Spiritual Exercise B Awaken to Enough

Often, we're encouraged to awaken to our larger dreams and hidden hunger "for more." But sometimes what we really need is simply to awaken to what already is, to allow in and awaken to "I'm enough." So this month, take a morning or an evening to explore your relationship to "enough."

Specifically, you are invited to meditate on the following two reflections:

- A Poem: Who You Are, Right Now, by John Welwood
<https://lotusheartmindfulness.com/lotus-heart-blog/2019/5/28/forget-about-enlightenment>
- A Song: The Slowdown, by Michael Shynes
<https://www.youtube.com/watch?v=BNvE7d-AKRI>

Take them in one at a time, reflecting on each by journaling, jotting notes or drawing what comes up for you.

You can leave it there if you want. But if you want to go deeper, you could do the same exercise for multiple days in a row and see how your reflection changes. Another way to dig deeper is to do the exercise with a friend or family member, reading the poem and listening to the song together and then discussing what comes up for each of you.

Quotes for Inspiration/Readings

Woke(ness)... is an encouragement for people to wake up and question dogmatic social norms. It requires an active process of deprogramming social conditionings, focusing on consistent efforts to challenge the universal infractions we are all subjected to... In order for one to stay woke, one must first, be woke... Those who are woke must engage themselves in ways that actively challenge the world we live in. - *Raven Cras*

Everything that irritates us about others can lead us to an understanding of ourselves. - *Carl Jung*

You tell me to live each day as if it were my last... But why the last? I ask. Why not live each day as if it were the first — all raw astonishment, Eve rubbing her eyes awake that first morning. - *Linda Pastan*

Who You Are, Right Now - *John Welwood* Full poem at <https://lotusheartmindfulness.com/lotus-heart-blog/2019/5/28/forget-about-enlightenment>

Forget about enlightenment.

Sit down wherever you are

And listen to the wind singing in your veins...

Open your heart to who you are, right now...

Not the saint you are striving to become...

Questions *Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of Awakening means for you and your daily living.*

1. When did you first awaken to the truth that the world's rules, judgements and strivings did not have to be your own?
2. Have you ever read a book or watched a movie that "woke you up"?
3. What might it take for you to be able to say, "I am playing a significant part in our social awakening"?
4. What if your life is *already* what you are looking for and *already* offering you what you need?
5. Could it be that the fear you're fleeing is imaginary?

Sitting in Silence *Take a few moments to sit quietly and reflect upon your thoughts.*

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 respond briefly to 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.*

Singing

Awakened by Music <https://www.youtube.com/watch?v=fyZQf0p73QM>

This is what was bequeathed us, Gregory Orr <https://www.youtube.com/watch?v=BrvMpAavaAw>

Extinguishing the Chalice The path of awakening is not about becoming who you are. Rather it is about unbecoming who you are not. - *Albert Schweitzer*