

## USG Racial Healing SGM ~ Awakening ~ April, 2022

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

[www.soulmatterssharingcircle.com](http://www.soulmatterssharingcircle.com)



### Session Plan

#### Chalice Lighting

The breeze at dawn has secrets to tell you. Don't go back to sleep. [Rumi](#)

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

#### Quotes for Inspiration/Readings

This is the time  
For you to compute the impossibility  
That there is anything  
But Grace.  
Now is the season to know  
That everything you do  
Is Sacred. [Hafiz](#)

Enlightenment is ego's ultimate disappointment. Chögyam Trungpa

I believe God is everything, say Shug. Everything that is or ever was or ever will be... She say, my first step away from the old white man was trees. Then air. Then birds. Then other people. But one day when I was sitting quiet and feeling like a motherless child, which I was, it come to me: that feeling of being part of everything, not separate at all. I knew that if I cut a tree, my arm would bleed. And I laughed and I cried and I run all around the house. I knew just what it was. In fact, when it happen, you can't miss it.  
Alice Walker

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](#)

You make an actual vow to hear the cries of the world, to step into the experience of awakening to the suffering of the world, and the desire to bring an end to that suffering.

[Rev. angel Kyodo williams](#), on what it means to be on the path of enlightenment

#### Questions

1. Are you the type that believes awakening most often arises slowly from discipline and dedication or the type that believes it is something that sneaks up on us and hits us like a ton of bricks?
2. When did you first awaken to the truth that the world's rules, judgements and strivings did not have to be your own?

3. Have you ever read a book or watched a movie that “woke you up”?
4. Have you ever tried to “wake up” someone?
5. Have you ever “heard” life say “[Sing me awake!](#)”?
6. Are awakenings easier when you are younger or older?
7. What might it take for you to be able to say, “I am playing a significant part in our social awakening”?
8. What if your life is *already* what you are looking for and *already* offering you what you need?
9. Could it be that the fear you’re fleeing is imaginary?
10. Has pain or loss ever led you to the door of awakening?
11. [They say](#) what irritates us about others is actually something we don’t acknowledge about ourselves. So, what annoying friend or family member is trying to awaken you to something you are struggling to admit about yourself?
12. Is it possible to have an awakening and your exterior life remain the same as it was?
13. Could it be that your ambitions are an impediment to your awakening?
14. What if the path to awakening is simply “[wanting what you have](#)”?
15. What are you willing to do to ensure that those around you don’t forget the awakening that Covid brought them?

### **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**

Mega, New Light

<https://www.youtube.com/watch?v=eDp9t-98gmE>

#### **Extinguishing the Chalice**

You are not meant for crawling, so don’t. You have wings. Learn to use them and fly. [Rumi](#)