

USG Racial Healing SGM ~ Wonder ~ December, 2022

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

www.soulmatterssharingcircle.com



Session Plan

Chalice Lighting

The other world is this world rightly seen. Nisargadatta Maharaj

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

Quotes for Inspiration/Readings

we have to become more worthy
of our own skins

we have lost the miraculous gaze

we only give it to the newborn [adrienne maree brown](#)

When our heart wins the battle against our fear, wonder is ahead. Paulo Coelho

Questions

1. What was your first experience of wonder? Your first moment of awe?
2. What childhood book served as a doorway into wonder for you? How does its imprint on you remain?
3. Has age impeded or assisted your experience of wonder?
4. How has the *location* of wonder changed for you over time? Has it shifted from the stars to the woods? From the birth of planets to the birth of your child? From the physical feats your body allowed to the storied wrinkles of your hand?
5. At this stage of your life, do you prefer [child-like wonder](#) or [adult-like wonder](#)?
6. Is it possible to love someone without being – in some way – in awe of them?
7. Could it be that your challenge isn't noticing wonder, but savoring it? What strategy or habit might you take on to make sure wonder lingers?
8. If you were to list your top 10 values/priorities, where would "experiencing wonder" be on the list?
9. When was the last time you stood in wonder at your life partner?
10. Can you imagine someone standing in wonder at you?

11. If you were to make one change to your daily routine to let a bit more wonder in, what would it be?
12. They say the three main impediments to wonder are worry, accomplishment and judgment. When any of those three take center stage, wonder leaves the room. Is this in any way true for you?
13. What would make your holidays more wonder-filled?

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

Wonder, Naughty Boy featuring Emeli Sande

<https://www.youtube.com/watch?v=pAyLYU0xlzg>

Extinguishing the Chalice

The more I wonder, the more I love. Alice Walker