

USG Racial Healing SGM ~ Finding Your Center ~ January, 2023

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 or allyship that has occurred recently.*

Quotes for Inspiration/Readings

Here's what I discovered about the Wise Woman [within]: Her voice is quiet... I have to get really quiet in order to hear her. How do I know when I am hearing her voice? She is tender and truthful. She is not afraid of anything or anyone. She does not give me all the answers, but she does know what I need to do in this moment—to wonder, grieve, fight, rage, listen, reimagine, breathe, or push. [Valarie Kaur](#)

If one is not faithful to his own individuality, then they cannot be loyal to anything. [Claude McKay](#)

It took many years of vomiting up all the filth I'd been taught about myself, and half-believed, before I was able to walk on the earth as though I had a right to be here. James Baldwin

Remember, Joy Harjo

Remember the sky that you were born under,
know each of the star's stories.
Remember the moon, know who she is.
Remember the sun's birth at dawn, that is the strongest point of time. Remember sundown and the giving away to night.
Remember your birth, how your mother struggled to give you form and breath. You are evidence of her life, and her mother's, and hers.
Remember your father. He is your life, also.
Remember the earth whose skin you are: red earth, black earth, yellow earth, white earth, brown earth, we are earth.

Remember the plants, trees, animal life who all have their tribes, their families, their histories, too. Talk to them, listen to them. They are alive poems.
Remember the wind. Remember her voice. She knows the origin of this universe.
Remember you are all people and all people are you.
Remember you are this universe and this universe is you.
Remember all is in motion, is growing, is you.
Remember language comes from this.
Remember the dance language is, that life is.
Remember.

Questions

1. Who first helped you find your [true self](#)?
2. Who first helped you find “the fire in your belly”?
3. What do you do to stay in touch with the fire in your belly?
4. What if you find your center when remembering the nicest thing someone ever said to you?

5. When was the last time someone asked you about that which lies at the deepest center of who you are?
6. Is it possible that the discovery of your deepest self lies in paying attention to the person that [annoys you the most](#)?
7. Who were you before others told you “You're too much!” or “You're not good enough!”?
8. Does the idea of “[following your bliss](#)” play a role in your life right now?
9. What three things most moved you toward your center this past year?
10. Have you ever felt like you “[are finally catching up to who you are](#)”?
11. It's said that [we are every age that we have been](#). What younger self do you most want to tap into right now?
12. What would enable you to tell your white friends about how their behaviors keep you from or knock you off your center?
13. What happens inside you in the silent moments? What do you hear? What do you feel?
14. What have you learned about navigating those times in life when we lose track of our center?
15. What's your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to find it.

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

Alysha Brilla - "Centre" Feat. Sridaya Srivatsan

<https://www.youtube.com/watch?v=694nz3Ogkuw>

Likes and Wishes

A time to express an appreciation of the time together or something about the session you wish had been different or could be different in future sessions.

Extinguishing the Chalice I believe that deep wisdom resides within each of us. Some call this voice by different sacred names—Spirit, God, Jesus, Allah, Om, Buddha-nature, Waheguru. Others think of this voice as the intuition one hears when in a calm state of mind... Whatever name we choose, listening to our deepest wisdom requires disciplined practice. The loudest voices in the world right now are ones running on the energy of fear, criticism, and cruelty... But I must not lose myself at the feet of others. My most vigilant spiritual practice is finding the seconds of solitude to get quiet enough to hear the Wise Woman in me. [Valarie Kaur](#)