

# WEEK 2

## RENEWAL OF HEART

### » RENEWAL OF HEART «

There's nothing more disappointing in showing up to do great work—on the job, on yourself, or with others, and to find that your heart is simply not in it.

Authenticity, joy, and dedication give way to inner struggle, withdrawal and resentment.

The heart cannot thrive alone—it needs supportive relationships to love and be love. Howard Thurman said, "Man cannot long separate himself from nature without withering as a cut rose in a vase." The same is true of love and the heart. We cannot long separate ourselves from love without beginning to wither.

### » KEY POINTS OF THE WEEK «

- To highlight areas where we need greater self-care.
- To renew the heart and purpose of our relationships.
- To identify and access our supportive relationships.

### » QUOTES FOR THE JOURNEY? «



*The beginning of love is the will to let those we love be perfectly themselves, the resolution not to twist them to fit our own image.*

~ Thomas Merton



*For one human being to love another; that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation.*

~ Rainer Maria Rilke



*Describe the steps you would take, the gifts you would buy, the generosity you would bestow, the kindness you would offer, the enthusiasm you would have, the attention you would give, and anything else that appeals to you, if you were to begin giving yourself the things you want someone else to give you. ~ Cheri Huber*



## DISCUSSION QUESTIONS

1. What are the key qualities of a supportive person?
2. What does a support system mean to you? Do you have a support system, and if so, what do you like about it and what about it could be improved?
3. In what areas of your life are you most called to improve your self-care?



## » OPTIONAL PROCESS «

### OPTION 1

#### Experiential Process:

#### **Eyes Of The Sacred**

There are three ways people often see us. The first category are the people who see us in the “eyes of the world.” They are those who classify us by how we look or dress, how much wealth we have, or how we appear or don’t appear to fit in with the most common “in group” as they see it.

#### **Have you experienced this first type?**

The second category of people are those who see you for who they want you to be. This can be great. A child who sees a loving parent, or a boss who sees us as a prized employee. But, this can also be negative. A friend who only sees us for what we can offer them, a partner who is more interested in having us fulfill their needs than in fulfilling our own.

#### **Who are the people that tend to see you in this way?**

The third category, is the rarest, but perhaps the most valuable. It is the person who sees us for who we say we want to be. These are our teachers and mentors, our most supportive friends and relationships.

#### **Who sees you in this way?**

If the people you chose for the last question are long gone, perhaps it is time to search out these people, or to work to see if

some of the people in category two can shift into category three. Take a moment to consider those you have seen in these three ways—people you saw and defined based upon how they looked or appeared to act, people you see as who you want or need them to be, and those you see as their own highest vision of themselves.

We can view ourselves from so many different perspectives:

You can see yourself in the eyes of your parent.

You can see yourself in the eyes of a friend.

You can see yourself in the eyes of someone who misjudged you.

You can see yourself as you were ten years ago.

But... can you imagine seeing yourself as the Divine sees you? Can you take a minute, to see yourself in the eyes of Absolute Love?

#### **What would it be like to live in this vision all of the time?**

## OPTION 2

### Experiential Process:

#### LOVE LIGHT

This week as a spiritual practice—choose someone who you may feel fractured with emotionally, socially, politically.

It may be someone who you love, but feel your relationship is so damaged, or the person so unhealthy, that reconciliation with this person is impossible at this time.

It may be someone who has hurt or caused you harm in some way.

This week, visualize this person surrounded with a vibrant light. A light that gives love—gives vitality—gives strength.

As you surround this person with this light say to yourself

“I wish you well. I wish me well.”

“May you give the greatest love and receive the greatest love.”

Also take a moment to visualize yourself. It could be as you are now, or at a time where you felt challenged or fractures.

Surrounding yourself with light say to yourself

“I wish you well. I wish me well.”

“May you give the greatest love and receive the greatest love.”

**Arise my Spirit, arise and shine.  
Let thy light illuminate my path,  
and let Thy wisdom  
direct my way.**

**Compel my will to do Thy  
bidding, and command my  
soul to look to thee.**

**I will follow Thee, my Spirit,  
and learn of Thee.**

**I will sit in the Silence and  
listen and watch, and I will see  
Thy light and hear thy voice.**

**I will follow Thee and will not  
depart from Thee, for in thee  
alone is Peace.**

**~Ernest Holmes**



### OPTION 3

#### Experiential Process:

Begin by having each participant share:

What would I do today/this week to take care of my needs if there were no limitations?

Ask the group if anything they heard would be possible even in light of present circumstances?

Now ask,

What would I do today/this week to take care of others needs if there were no limitations?

Again,

Ask if anything anyone heard could be possible even in light of present circumstances?

Ask the group what creative commitments they are willing to make for self-care and caring for others.

Try:

- Ask five people to pray for you for a particular demonstration for an entire month.
- Phone a friend—Reach out to a friend you care for each day this week. Make the time.
- Reach out to people you care about and ask them, “Is there anything I can do to be of greater support to you?”



## » PRAYER FOR THE WEEK «

*As I breathe in the invisible Breath of Life, I know I am breathing in God Life, which is everywhere present filling, vibrating the seemingly invisible Breath of Life into all Its creation — in all time, in all forms, in all dimensions.*

*As I consciously breathe in the Breath of Life, the Gift of Life, I am Full-filled in Body, Mind, Soul and Heart, in all dimensions of my Being. I AM the Energy, the Expression of Loving Kindness and of compassionate relationships as that is the Truth of my being.*

*I feel the warmth of my loving Heart radiating out into every cell, every organ of my body. I extend that light of soft golden Energy to those around me. My body is held in the softness and strength of the Loving Essence of Life which draws to me relationships where we are grounded in Caring, Trust and Appreciation. I feel the opening of my Awareness to see, hear and touch things that I know will bring Joy to me and those for whom I care.*

*I place and release into the Living Law these energies, colors, warmth and sounds that are the 'language' of prayer beyond my words. I know this vibrant Energy, that is the Law, receives them fully and manifests them beyond what I can express. I know that these desires are the goodness of God seeking expression through me as it fulfills Itself. This and Greater Good are NOW infused with my profound Gratitude as I declare myself an open vessel to receive and to circulate out into my world.*

*And So It Is.*

## » NEXT WEEK «

Our topic next week is "Restoring our Dreams." Take some time to journal what some key dreams and aspirations you have had for your life. You may be surprised to find just how many have come true.