

a DIVERSITY of STARS

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We all share the same space, but what makes up your constellation of inner light may be different from others. Regardless, we all shine. Like stars in the sky, we don't need another star to dim its light in order to shine our own nor do we need to hide our light in order for others to reach their potential. There is enough room for all of us! The best way to help other stars is to shine.

Ernest Holmes in his classic book, *This Thing Called You*, states, "You rob no person when you discover your own good. You limit no person when you express a greater degree of livingness. You harm no one by being happy. You steal from no one by being prosperous. You hinder no person's evolution when you consciously enter into the kingdom of your good and possess it today."

Embrace that we are all here to shine and our light cannot diminish another's but can only help others radiate, can create a shift in the richness of our lives.

KEY POINTS

- ◆ Shining your light doesn't dim anyone else's nor should you ever consider dimming your own light so someone might feel they can better shine.
- ◆ Your inner constellation of truth may not be the same as another's. This is to be celebrated.
- ◆ Practicing your spiritual Light of Reflection helps you to see wholly, forgive, and move on.

QUOTES FOR THE JOURNEY

I have frequently seen people become neurotic when they content themselves with inadequate or wrong answers to the questions of life. They seek position, marriage, reputation, outward success or money, and remain unhappy and neurotic even when they have attained what they are seeking. Such people are usually confined within too narrow a spiritual horizon. Their life has not sufficient content, sufficient meaning. If they are enabled to develop into more spacious personalities, the neurosis generally disappears. For that reason the idea of development was always of the highest importance to me.

-Carl Jung

It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.

-Audre Lorde

There are only two ways of spreading light—to be the candle or the mirror that reflects it.

-Edith Wharton

DISCUSSION QUESTIONS



1. How did you utilize your Light of Reflection this past week?
2. Do you think you truly practice a spirit of diversity in your life, where people who look, think, or act different than you are truly respected? Where might you have some work to do in this area?
3. Holmes tells us that we rob no one when we discover our own good. What does this statement mean to you? Have you ever had the experience of thinking you couldn't have something you wanted because it might disappoint someone else?



OPTIONAL PROCESS

Process One

(Possible way to open your group)

Meditation

Anthony Doerr, in his book, *All The Light We Cannot See* says, "What do we call visible light? We call it color. But the electromagnetic spectrum runs to zero in one direction and infinity in the other, so really, children, intrinsically, all light is invisible."

What an interesting thought, that light indeed is everywhere and yet, it is also invisible.

Other words come to mind, like from *The Little Prince*, "It is only with the heart that one can see rightly; what is essential is invisible to the eye."

When you consider the "bright lights" or people in your life who shine, do you see or feel their light? Does the way they shine, bring light down from above to help you see? Or does it inspire the light in you so that you might see?

The fact that light is invisible gives us an interesting opportunity as individuals. We can dismiss its existence or we can seek to prove it wherever we go. Perhaps to truly shine is to know the light is right where we are.

In this invisible light is also our unity with all of life, spirit, and one another.

Joseph Campbell invites us to ponder the following analogy, "Let us imagine ourselves for a moment in the lecture hall...Above, we see many lights. Each bulb is separate from the others, and we may think of them, accordingly, as separate from each other. Just as the bulb seen aloft is a vehicle of light, so each

of us below is a vehicle of consciousness. But the important thing about a bulb is the quality of its light. Likewise, the important thing about each of us is the quality of his consciousness. And although each may tend to identify himself mainly with his separate body and its frailties, it is possible also to regard one's body as a mere vehicle of consciousness and to think then of consciousness as the one presence here made manifest through all."

What is the quality of your consciousness?

Are you open to be a full expression of the light that you truly are? To the unique colors you express in your relationship to the light? To how you mix and transform when experiencing the light of others? What is your place in this wide sky filled with a diversity of stars?

Process Two

- ◆ Write down any areas of your life where you are possibly living as someone you really are not or because society says you "should."

Example: Job, monogamous relationship, being a good daughter, etc.

- ◆ Write down the things about yourself that many in society may not approve of.

Example: Love to play video games, rainbow hair, sexuality, etc.

- ◆ Turn to your inner Spirit and ask what Spirit says about these ways you live that may not fully reflect you?

What does Spirit say about those things you are and do that some may not approve of?

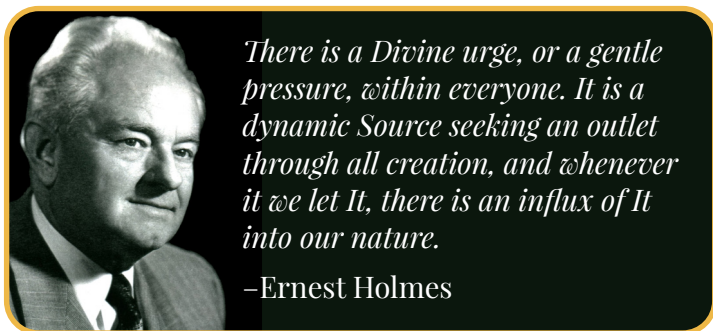
- ◆ Ask yourself what fears you have about being more uniquely and fully who you are.

PRAYER FOR THE WEEK

As many stars that are in the sky, and beings there are on earth, there are that many representations of God, as God is part of all of them. No matter if we look to the sky or the ground, where ever we look, God is present. Each, individual, item has that Divine spark, that God presence, even if it doesn't appear like anything else in the universe. That God presence, that Divine spark is part of each and every one of us, connecting us, making us part of that amazing Oneness. Yet each of us shines our own light. Oh and how beautiful and bright that light is! Short, tall, curvaceous, thin, dark skinned, or light skinned, we are all perfect in our purpose and our being. We are exactly who and what we are supposed to be. We are on the path we most need to be on to allow our light to shine the brightest and we are so confident in our path and choices that when we see a fork in the path we know the right way to go. Oh and we dance into that new path with joy because we know that we are a necessary star in the vast constellation we make up. We are here at this time, in this space, because we are meant to help complete the constellation by being who we are meant to be. We rejoice in our role, in our light, in our path, in our choices knowing that we are incredibly needed exactly how we are now and exactly as who we are becoming. We each have a vital role to play and accept with joy the gift that we all are. It is with profound gratitude that we accept the fact that we are part of something bigger and are so needed, wanted and loved for the light we shine and purpose we fulfill. Knowing these words are perfect and true, we release these words into the law and allow the beautiful constellation of bright lights to shine, and so it is.

- ◆ It might be a fear of losing people you love, or disappointing them, or a fear of not being enough.
- ◆ Turning into your inner Spirit again, ask what it has to say about expressing your uniqueness?
- ◆ Is there a way Spirit can guide you? Listen to Spirit's advice.

YOUR LIGHT OF ASPIRATION



The Light of Aspiration is most interesting. Many of us think it is something we are moving towards instead of from. It is something so deeply complete, like the whole of an acorn as seed within us, that it is reflected all around us. What is aspiration but a complete realization of what we feel is possible within, but in reality is all around us.

Aspiring for something doesn't necessarily mean you don't have it. Just as much, it's that you seek to experience something more deeply such as the joy of a relationship, the depth of authenticity, the richness of life.

As we aspire, it is wise not to be attached to the outcome but to see that aspiration itself is a creative process.

Louisa May Alcott said, "Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

AFFIRMATION

I shine together with humanity as a collective healing presence. I celebrate my light and the light of others. I let go of what no longer serves me to allow my light to shine brighter.