

Spiritual Reflections

Presence & Potential Staying Connected

Talk series book: Chapters 4-7

Quote

So then, putting away falsehood, let each of you speak the truth with your neighbor, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil.

– Ephesians 4:25-32

Opening Prayer

As we turn within, I invite you to close your eyes if that feels comfortable, or soften your gaze as we breathe into this present moment.

Breathe into your heart space and feel the comfort of divine love within.

I stand in my spiritual power with poise and strength.

I align my thoughts, beliefs, words, and actions with my spiritual values.

I am connected with my noble self, others, and Spirit.

And, so it is. Amen.

Closing Prayer

With a nice, deep cleansing breath we turn within to the inner peace of spirit.

With each breath, we open our heart to divine love.

With each breath, we say 'Yes!' to the harmonizing energy of Spirit in the stillness of the Silence.

I am one with the power & presence of Spirit. I am calm, poised, clear-minded.

I align my thoughts, beliefs, words, and actions with my spiritual values.

I am connected with my noble self, others, and Spirit.

I am a peaceful presence.

And, so it is. Amen.

Talk Highlights

- I stand in my noble self with spiritual strength – secure in the presence of divine love.
- My spiritual values shine through my thoughts, words, and actions. My values are:
- I am unique in your experience of life. I allow my noble self to shine. I allow others to have their unique experience of life. I accept our differences.
- I take responsibility for my emotional responses. My emotions do not own me. I honor my spiritual boundaries and I allow you to take ownership of you.

Practice:

- When I find myself being judgmental, I see the world as a mirror reflecting myself back to me and ask, “How am I like that?”
- When I find myself being fixed in my need to be right, I become curious about what I can learn from others.
- When I find myself being manipulative, I reestablish my spiritual boundaries and respect the boundaries of others.
- When I find I am angry, I shift the energy to a response that is empowers me.

Reflection Questions

1. Describe a situation where you are professing your values and beliefs and without attacking or judging another.
2. What the consequences are to you when you find yourself not accepting that there are differences between you and others?
3. What is the payoff to you when you **do not accept** that there are differences between you and others?
4. Under what circumstances do you find it difficult to “take responsibility for your own anger” and when it is easy.