

SLIDE 1

Two Languages

MIND

Uses thoughts/logic

I-it; subject-object

Conditional

Judges; seeks external proof

Knows ABOUT

Divides/dualistic

HEART

Uses feelings/intuition

I-Thou; subject-subject

Unconditional

Non-judgmental

KNOWS

Unites/non-dual

SLIDE 2

Adapted Lectio

1. Pick a time and ask “what captured my attention?”
2. Ponder/Savor thoughts, feelings, sights, feelings, sights, sounds, etc. that came up at that time.
3. Read for meaning (combines head and heart)
“What might event/thoughts/experience that captured your attention be saying about shape and presence of paradise in your life at this time (about how you are being loved/hoped/faithed)?”

THE NEXT TWO STEPS COME AFTER MESSAGES HAVE BEEN DISCERNED

4. Sit with messages that come up. Which one seems closest to your heart?
5. Ask: How can I apply that “answer” to my life at this time?

SLIDE 3

Love Letters and Roadside Flares

“What if the Divine is constantly igniting roadside flares to get our attention? What if there actually is a Supreme Organizing Principle with a ribald and unbridled sense of humor? And what if each of us have this ardent inner suitor who’s writing us love letters every day what often go unopened?”

(Outrageous Openness; Tosha Silver)

SLIDE 4

Love

How has love been offered to me today? To what has it invited me (or challenged me) to open?

SLIDE 5

Hope

How has hope been offered to me today? What doors have opened for me or what doors have I been challenged to open?

SLIDE 6

Faith

How has faith been offered to me today? What have I been invited (or challenged) to walk through?

SMALL GROUP QUESTIONS

Is it easy or challenging for you to discern what comes from the mind and what comes from the heart?

At what times do you find it easiest to discern messages of love, hope and faith? At what times do you find it most challenging?