

Soul Circle Small Group Reflection Material for AUG. 2020-Theme: EMERGENCE

This month, the first group meeting will focus on the Reflection Questions and Quotes. The second meeting will focus on the “For Further Reflection”.

Reflection Questions on Emergence (from the Latin *emergere*, to bring to light.)

- What if Life isn't trying to get us to transform into something new or better? What if it simply wants us to emerge into the awareness that we are already enough?
- It's said that we don't fear change, but the loss and letting go that comes with change? You do know what you need to let go of, right? But do you know why you are holding on so tight?
- Have you been sitting and simmering in stress for so long that it now feels normal? Is it time for you, like the proverbial frog in boiling water, to notice that a boiling pot is no place to live?
- Instead of feeling punished or wronged, what if you choose to see your current mess as Life telling you, “It's time to reboot!”

Quotes about Emergence

- “Let difficulty transform you. And it will. In my experience, we just need help learning how not to run away.” – Pema Chodron
- “You cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad.” - C.S. Lewis
- “All changes, even the most longed for, have their melancholy, for what we leave behind us is a part of ourselves; we must die to one life before we can enter into another.” - Anatole France
- “Forget about what's happened; don't keep going over old history. Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it?” - Isaiah 43 18-19 (The Message)

FOR FURTHER REFLECTION

YES....And.... Watch these two short videos about improv. Reflect on how this “yes...and” approach might be a way to help you emerge into a new, different, alternative way of looking at the world.

1. Improv Lesson with Tina Fey: <https://www.youtube.com/watch?v=NmafMRJeet0>
2. Rule for Improvisation: <https://youtu.be/StESLTnGyHM>

Emerging from Anxiety. Read one or more of these essays on emerging from anxiety and reflect on how it might help you be less anxious.

- A Stoic's Key to Peace of Mind & the Antidote to Anxiety:
<https://www.brainpickings.org/2017/08/27/seneca-anxiety/>
- An Antidote to the Age of Anxiety, According to Alan Watts:
<https://www.brainpickings.org/2014/01/06/alan-watts-wisdom-of-insecurity-1/>
- Bobby McFerrin's “Don't Worry, Be Happy”: A Neuropsychology Reading:
<https://www.brainpickings.org/2011/09/23/bobby-mcferrin-dont-worry-be-happy-neuroscience-psychology/>
- How to Lower Your “Worryability”: Italo Calvino's 1950 New Year's Resolution:
<https://www.brainpickings.org/2014/01/02/italo-calvino-worryability-new-years-resolution/>