

A PAUSE...
A CONTEMPLATION

You have considered...

With Norma: What is your origin story?

With Willie: What is your current story?

And now with me: Whose story
are you living out of... and into?

A POEM THAT EXPRESSES WHERE I AM WITH YOU TODAY.

I AM HOPEFUL THAT THIS WILL RESONATE WITH YOU.



And...In this exercise...

- Let's be fully present here, in this space that we have created.
- Let's serve each other as the trees and branches and appreciate the Wrens and Ravens who show up here for us; and for whom we play that role.
- Let's not be lost ... and indeed be found!

Whose story?

A sharing.

From my head.







AND, WHILE THIS IMAGE REFLECTS MY INITIAL SENTIMENT, I
RECOGNIZED THAT I WAS NEITHER ACKNOWLEDGING OR
REVEALING WHAT WAS IN MY HEART.

Steven Snyder says...

- What you want is emotional
- What you think, is logical
- Then, he suggests
- Go to the subconscious mind and ask, “With regards to XXX, what do I want the MOST!”

So, I took a different approach with regards to the question:

“Whose story that I am living out of ... and whose story that am I living into?”

Rather than soliciting a focused answer “about be, have or do”, I asked this.

“What is the most important thing I need to know?”

So, I took Steven's advice.



FOR TODAY, I INVITE YOU INTO A GUIDED MEDITATION
WHERE YOU WILL HAVE AN OPPORTUNITY TO EXPLORE THE
QUESTION:

“WHAT IS THE MOST IMPORTANT THING I NEED TO KNOW ABOUT
WHOSE STORY I AM LIVING OUT OF, AND,
WHOSE STORY AM I LIVING INTO?”

A GUIDED MEDITATION



WELCOME BACK!

READY TO GO FORTH AND ...?

GO **BE** WHO **YOU** ARE!

QUESTIONS TO PONDER

- What is the most important thing I need to know about “**whose story** am I living out of?”
- What is the most important thing I need to know about “**whose story** am I living into?”
- What are the implications of my insights?
- How do my answers “inform” my understanding of my life?

And...of course... questions that surface from your wisdom.