

Unitarian Universalist Small Group Ministry Network Website
Session Plan
Self Awareness
Bobby and MiJa Thompson, Unitarian Church of Baton Rouge, 2008

Opening Words

And a man said, Speak to us of self-knowledge. And he answered saying: Your hearts know in silence the secrets of the days and the nights. But your ears thirst for the sound of your heart's knowledge. You would know in words that which you have always known in thought. You would touch with your fingers the naked body of your dreams.

Kahlil Gibran

The unexamined life is not worth living. [Socrates](#), in *Plato, Dialogues, Apology*
Greek philosopher in Athens (469 BC - 399 BC)

Check In

Topic

We hear a lot about "Right Relations" as it refers to those relationship outside of ourselves. We are observers of our own life, which puts us in an immediate relationship with ourselves.

Questions

1. Have you ever thought of being in relationship with yourself?
2. How would you describe your relationship (love/hate, respectful, working, etc.)?
3. How has it evolved over time?
4. Is your relationship on good terms?
5. How do you "keep love alive" in this relationship?

Closing Words

In the little book "The little Prince" by Antoine de Saint Exupery the fox gives the little prince a secret, a very simple secret. "It is only with the heart that one can see rightly. What is essential is invisible to the eye."

Love yourself greatly
That is the best you have to give to the world.
Hold no one in higher esteem than yourself.
That puts you in great company.
Go in peace and Love