

Unitarian Universalist Small Groups Ministry Network Website  
SMALL GROUP SESSION  
**THIS IS WHAT I THINK/FEEL IS SPIRITUAL...**  
Rev. Glenn H. Turner, First Universalist Church UU, Auburn, ME

OPENING WORDS & CHALICE LIGHTING:

(This) is the real spiritual awakening, when something emerges from within you that is deeper than who you thought you were. So, the person is still there, but one could almost say that something more powerful shines through the person.

[Eckhart Tolle](#) (adapted)

**Don't Make Lists**

Every day a new flower rises  
from your body's fresh soil.  
Don't go around looking  
for fallen petals  
in a fairy tale, when you've  
got the golden plant  
right here, now,  
shooting forth in light from your eyes,  
your awakening crown.

Don't make lists, or explore ancient accounts.  
Forget everything you know  
and open.

**An Excerpt from *Marrow of Flame: Poems of the Spiritual Journey* by Dorothy Walters**

MEDITATION

CHECK IN: (40 - 50 minutes)

What you share may be about your physical or spiritual health,  
cares or concerns for loved ones, issues you are facing.

Each person in the group speaks uninterrupted, for five minutes each, if there  
is time remaining, additional sharing and responses are welcome.

FOCUS: "**THIS IS WHAT I THINK/FEEL IS SPIRITUAL..**"

“You aren’t actually a someone, a person, who is conscious. You are the awake space of awareness itself, within which all the “thought up” entities in your world appear. Out of all these imagined entities, you have simply made the mistake of thinking that one of them is you.”

— [Enza Vita](#)

Teilhard de Chardin says that "we aren’t human beings having a spiritual experience, but spiritual beings having a human experience."

When you look at what has been written about what is spiritual, you find that it is described as both a profound inner sense, and as an opening to something outside the self. We are all very different in how we experience what we might call the “holy” or the “inner light.” This is our opportunity to say how it is for us.

Discussion:

How do you define “spiritual?”

What do you think or feel is spiritual in your life?

#### LIKES AND WISHES

How did this session go for you? Is there anything you’d like to call particular attention to?

#### CLOSING WORDS:

...Spiritual opening is not a withdrawal to some imagined realm or safe cave. It is not a pulling away, but a touching of all the experience of life with wisdom and with a heart of kindness, without any separation. - *Jack Kornfield*

May our hearts be open to both inner and outer wonder as we touch the mysterious presence of Life.