

Together in Exploration

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Light Chalice

Silent time to settle in

Check-in - Share whatever you wish; an event, a revelation, an anticipated journey or outing, a change in your life, other

Pause for a moment

Todays discussion will center around symbols, symbols that represent who we are:

"A symbol works two ways: It is something itself, and it also suggests something deeper... No symbols have absolute meanings...Begin by asking what they could mean, or what they have meant." Source: virtua Lit interactive Poetry Tutorial

On prosperit.org, I discovered an interesting commentary about the value of symbols in our lives.

"Having symbols that represent our potentials will make it easier to explore and improve the Spirit.

Symbols allow us to look at our personality by holding a mirror to our personality, and allowing us to see our traits, and assist us to explore and improve our Spirit.

As pictures to describe personality traits, symbols are worth thousands of words.

For example, The Buddha is a symbol for enlightenment."

Focus on the symbol you chose to represent you. Consider the following questions:

1. What is your symbol? Describe it if you do not actually have it with you.
2. Why have you selected it? Explain what it means to you.
3. Is there more than one idea or concept represented in your symbol?
4. Did you learn anything new about yourself now that you have focused on a symbol?
5. Ten or twenty years ago, would you have chosen the symbol you selected for today?

Discussion and sharing of symbols.

Note: This session might be more interactive than the typical format, particularly if the group is relatively small.

Rather than answer each question, or one or two questions, participants tended to create a narrative for their symbol.