

What is Your True Nature?

Unitarian-Universalist Fellowship of La Crosse, WI (Diana Haines, April 2013)

Candle Lighting:

Look deep inside yourselves, to where words do not come easily; to where truths are uncovered more easily with poetry, with quiet, with music, with dance, and with loving embrace of things beloved.

Opening Words:

“Your time is limited; don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living the result of other people’s thinking. Don’t let the noise of other’s opinion drown your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary.” – *Steve Jobs*

Check in:

What you share may be about your physical or spiritual health, cares or concerns for loved ones, or issues you are facing. Each person in the group speaks uninterrupted, and confidentiality is expected.

Introduction to Topic:

Am I shaped by the circumstances of my personal history, or am I still free to move and grow, to uncover a new path.

How do we name ourselves? Which word reveals what is most true to our nature? When I say I am a child of an alcoholic, I feel small and afraid. When say I am a therapist, I feel caring. When I say I am a father, I feel responsible. Each name brings a way of seeing and responding to the world.

Questions and Discussion:

Feel free to answer any of the following questions.

1. Describe who you are.
2. What is the single phrase that you repeat when describing yourself?
3. Are you fragile or are you strong?
4. Are you broken or are you whole?
5. When you listen to your inner life, what do you hear?
6. What is the core of your being?
7. What is your true nature?

If you are interested, please fill in the blanks to the following poem:

I am (two special characteristics)

I wonder (something you are curious about)

I hear (an imaginary sound)

I see (an imaginary sight)

I want (an actual desire)

I am (the first line of the poem restated)

I pretend (something you pretend to do)
I feel (a feeling about something imaginary)
I touch (an imaginary touch)
I worry (something that really bothers you)
I cry (something that makes you very sad)
I am (the first line of the poem repeated)

I understand (something you know is true)
I say (something you believe in)
I dream (something you actually dream about)
I try (something you make an effort to do)
I hope (something you actually hope for)
I am (the first line of the poem repeated)

Closing Words: Who Am I? By [Carl Sandburg](#)

My head knocks against the stars.

My feet are on the hilltops.

My finger-tips are in the valleys and shores of universal life.

Down in the sounding foam of primal things I reach my hands and play with pebbles of destiny.

I have been to hell and back many times.

I know all about heaven, for I have talked with God.

I dabble in the blood and guts of the terrible.

I know the passionate seizure of beauty

And the marvelous rebellion of man at all signs reading "Keep Off."

My name is Truth and I am the most elusive captive in the universe.