

Participant Sheet #3, Grief & Healing

Welcome & Candle-lighting

Light a candle. The group may wish to say these words together:

Your light is in our eyes.
Your beauty is in our hearts.
Your goodness is everywhere.



Group Spiritual Practice

Listening in an Open-Hearted Way

In her book, Conversations, Diane Millis offers this practice of entering our heart so we bring open-hearted listening to our conversations.

Sit up straight but relaxed and place both feet on the floor.

Close your eyes completely or partially by looking toward the ground. Rest your hands in your lap. Begin breathing slowly and deeply.

Observe your breath as it enters your nostrils and fills your diaphragm. Notice the sensation as your breath is released through your nostrils. As you breathe, you may notice your body beginning to relax.

However, your mind may continue to move rapidly. To quiet and clear your mind, imagine a place deep within you that is filled with peace and stillness.

As you continue to breathe deeply, gently turn your attention from your head to your heart. Continue to breathe in and out as you enter your heart and rest in its stillness and peace.

If you find yourself distracted by thoughts, ever so gently return your focus to your breathing. Remain and rest there for as long as you wish.

When you are ready, open your eyes and bring this heart-filled awareness to your daily activities, especially your conversations with other persons. Practice listening with your heart by re-entering your heart throughout your conversations.

Diane Millis, Conversations, The Sacred Art: Practicing Presence in an Age of Distraction,
Skylight Paths. 2013