

# ***Freeing the Spirit Experience***

## **Weekly Individual and Small Group Opportunity**



May 29<sup>th</sup>, 2020

*Greetings everyone. Attached is this week's Freeing the Spirit practice.*

*Once again here's what you need to participate;*

- *A Smart TV, a phone, tablet or computer with YouTube access*
- *A calm, connected presence to share*
- *30 minutes*
- *A quiet space*
- *This program can be offered to everyone who might appreciate it, on ANY day ANY time. Use is not restricted to people who normally attend the regular weekly Wednesday gathering.*

*The following pages contain all you need to proceed. The link to a YouTube song playlist URL is included. The songs are in order with the places to play the songs noted in the document. Simply enjoy reading the reflections, poems and prayers, while pausing to watch and listen to the music where noted. In between readings and songs, people can pause for a moment of reflection and conversation with one another.*

*Your weekly comments and suggestions are always appreciated. Please send them to me at [aterhoch@stamant.ca](mailto:aterhoch@stamant.ca).*

*As always, we remember, whether on our own, or in the company of others, there are tens of millions of people around the world who at this very moment, with the same thoughts and feelings we have. We are all human together, unique & the same in beautiful ways.*

*And so allow yourself to be here for 30 minutes, in this moment, just as you are. Take a calm, full breath, slowly relax as you breathe out, and begin...*

## Freeing the Spirit 11 – PATIENCE and TRUST



Click [HERE](#) for the YouTube Video Playlist or enter this URL into your browser ;

[bit.ly/STAspirit11](http://bit.ly/STAspirit11) (URL is case sensitive)

Welcome to the Weekly Freeing the Spirit. Our theme this week is ***Patience and Trust***. We'll open our practice once again with the first video in the playlist, a mindful moment sent to us by Kathleen Legaspi...

### Mindful Moment

Patience and Trust are two of the most important qualities in life and in relationships. We rely on trusting others when we are looking for support. And we rely on their patience with us as we express what we need. We trust others in moments of struggle. And we are patient with others when they feel vulnerable.

When our patience is challenged, we can pause and practice being present with a breath. When we take a deep breath, we can say quietly to ourselves, I am anxious, upset, my patience is thin!! That is normal. When we pause like that and acknowledge our struggle, we can often renew our patience. When we can be patient with others, it is easier for them to trust us. When we trust one another, we are agreeing that we make one another feel safe. When we are patient with others, it says to them, I respect you and what you have to say.

Patience and Trust connect us to one another, and provide us with comfort, with strength and confidence. Patience is hard for us all at times. In the past three months, we've all had to dig deep and find patience. Waiting for activities that we love to resume. Wishing to visit with people we miss. Patience is indeed something we've all practiced in the past little while.

This song originally by Guns N' Roses is a cover version by jazz musician, Nora Jones. She recorded it from her home just this month, it made her feel good and she wanted to share it with others...

### Song 1 – Patience

Patience leads to trust. Trust is a deep feeling of safety, of connectedness and of faith. Trust comes with a bit of risk at times. When we trust a situation or a person, it can mean two things; we are confident in the risk of letting go of control, or, we are trying to form a bit of confidence with something new. And so trust has deep meaning for us in life. Trust takes time to nurture. Here are a few people's thoughts on the meaning of trust.

*What do each person's words bring to mind for you?*

**"Trust the dreams, for in them is hidden the gate to eternity." - Khalil Gibran**

**"Trust starts with truth and ends with truth." Santosh Kalwar**

**"The best way to find out if you can trust somebody is to trust them!" – Ernest Hemingway**

**"Trust has to be earned, and should come only after the passage of time." – Arthur Ashe**

**"Trust yourself, you know more than you think you do." – Benjamin Spock**

**"Trust is a fragile thing. Easy to break, easy to lose and one of the hardest things to ever get back."**

**"Trust leads to approachability and open communications." – Scott Weiss**

**"Trusting you is my decision. Proving me right is your choice."**

**"Trust is earned when actions meet words." – Chris Butler**

Lets read the lyrics of the next song as the band Santana explores trust and faith. ***What do these words make you think and feel?***

Let there be light, let there be joy  
Let there be love and understanding  
Let there be peace throughout the land

Let's work together in harmony  
Let's build a better world, no suffering  
And in times of darkness, just reach out  
'Cause there is a promise, it won't be denied

Let there be light, let there be joy  
Let there be love and understanding  
Let there be peace throughout the land

This is truly paradise  
Being here in this celestial garden  
With all the ones you love  
Where nothing dies or ever grows old  
And to be bathed in light  
That cast no shadow

Yes, this is the kingdom within  
Still you know  
Sometimes I miss seeing and feeling  
The spirits dancing in the flesh

Let there be light, let there be joy  
Let there be love and understanding  
Let there be peace throughout the land

Joy, understanding, peace, light - these are common hopes we all have. Our patience and trust in ourselves and in one another connects us in these hopes. Let's listen to Santana sing the song now...

### **Song 2 – Let there Be Light**

As we discussed earlier, patience and trust are closely connected. We must have patience to support others to trust us, and we look to them to have patience and trust in us too. We trust in one another because we've shown one another we care. This is our faith in one another as friends, family, colleagues and supports in one another's lives.

In this next song, Lauren Daigle sings about her trust... Trust in one another, and have faith in what we value in our life to help us create peace...

*When You don't give the answers  
As I cry out to You  
I will trust, I will trust, I will trust in You*

When we are weary, we must have faith in what matters most to us. People, prayer, ceremony, ritual, and all things that bring love and light into our lives. This is Trust in You...

### **Song 3 – Trust in You**

This is a poem about trusting and having faith in what comes next...

## **move on**

go on your way  
My beloved child  
turn aside from  
the swerving path  
untangle your gaze  
to center on Me  
stand in courage  
hugging wisdom  
and savouring patience  
leaning upon My love  
release what's behind you  
and walk on in the joy  
of what you know well  
and rest your heart in trust.

This next song is a collective of Indigenous young people singing a song and playing music video about connection and belonging. Patience and trust are essential in our relationships, especially when someone is struggling. Entitled LOVE and HOPE, the song asks the wider community to listen with their hearts to the lived experiences of Indigenous young people, their friends, families and communities and to consider the role they play in addressing the impacts of racism and the alarming rates of Indigenous youth suicide.

## **Song 4 – Love and Hope**

We must all reach out to those in need around us. Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. In the power of touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, lies our connections to one another and the seeds of trust in our communities. When we are patient in our support and in our friendships with each other, when we take time to listen to the heart, we can create trust and we can change one another's lives.

## **A poem about Deep Listening**

let us listen, just for a short while  
let us silence our minds and open our hearts just for a while  
let us listen from within  
listen, not to gain knowledge, not to formulate questions,  
but rather, to chance upon sacred bonds and profound wisdom  
let us not rouse the intellect but embrace the spirit  
if thoughts cloud the brain, let them pass  
if words tingle on the tongue, let us breathe them away silently  
return to them later  
but here, here, here in this precious time of sharing  
let us listen, let the words wash over us  
and seep into a still quiet pond  
let us listen

And now let's listen to our final song. See how it's different parts feel to you. It begins in the quiet sounds of the stringed instruments of the orchestra. And slowly the rest of the orchestra and the band come alive. The singer stands and sings about struggles, trust and the truth he sees in his guiding light.

### **Song 5 – Guiding Light**

'Cause even when there is no star in sight  
You'll always be my only guiding light

Our guiding light can be many things. Family, God, faith in friendship, special prayers or poetry, nature or any other part of our experience that warms our heart and allows us to trust in life. What is your guiding light? How do you stay connected to your light in life.

We'll close with a prayer for one another...

***God, Creator, teach us what it means to have faith in our waiting. When we face trials that are beyond our understanding, help us to trust and to create peace as we wait. Help us be joyful in hope, patient in struggle, and faithful in ourselves and with those around us. May we trust that all things move in accordance with natural time. May we be patient and trust in today's plan. Amen.***

May we each find peace in the weekend ahead...

### **\*\*\*THIS WEEK'S BONUS FREEING THE SPIRIT PRACTICE...**

The forecast is so beautiful this weekend! It is a great opportunity to repeat last week's experience, and take some time to be patient and present with nature...\_With gratitude for nature in mind, and the feeling of nature in our hearts, watch this video again to prepare us for a special activity, a Nature Walk!

### **Planning a Nature Walk**

*Think about where you will take your nature walk this week. Who will you invite to come with you, maintaining safe distances of course...*

- **Invite a small group of one or two friends so you can maintain safety while still talking together**
  - **Practice gratitude along the way for things that make you feel alive, peaceful and warm.**
1. Walk to a point on the path and stop. Come completely still and quiet.
  2. Look around, listen, take some deep breaths...
  3. What do you see, hear, smell and feel?
  4. Talk with each other about the thing(s) that see, that you are grateful for in nature.

Move along the trail and stop a few more times and repeat 1-4 If you are on a sidewalk or trail and come across other people, maintain safe space between you, but be sure to greet whoever you see and express some gratitude for the lovely things that Spring offers us! *Take care of each other...*