



EarthWhispers Abbey Retreats & Programs

Reconnect with Nature. Awaken Your Creative Spirit.

Sponsored by Shalom Spirituality Center via Zoom

With Felecia Babb and Sue Schuerman

MYSTERY BOX SERIES

April 21, 2021 – Natural Element: Earth

Homework:

Collecting/Creating

Go for a walk and collect anything that calls to you. When you get home, journal about what each object means to you. Is its meaning a past, present, or future orientation? Rearrange the items into a mandala. How do the things or the work of art you created speak to you now? Return the objects to nature.

Time's Healing Power

We all carry past grievances with us. Situations or people or maybe ourselves who let us down, didn't serve us well, or hurt us. We're not talking about trauma here. Trauma is a deep wound that requires more time than we have and more guidance than we can offer today. But the everyday kinds of disappointments. Someone let me down. I wasn't skilled or experienced enough and handled a situation badly. I wasn't able to experience something or an opportunity was denied for some reason.

This exercise uses the power of time as an aide in helping us heal. So, begin by listing five past experiences that cause lingering resentment, disappointment, or self-pity.

These hurts and grievances are real. However, you can look to the future, asking questions and finding nurturing actions.

Isolate and question one thought you have about one of these past incidents. Write down your thought.

Now turn that thought around. Is the turn-around truer than the original thought?

In what ways was your original thought logical or understandable at the time?

With your new understanding, what action can you take in the present moment to heal?

Resources:

Zimbardo, Philip and Boyd, John. *The Time Paradox: The New Psychology of Time That Will Change Your Life*. Atria Books, 2009.

Sonshine, Scott. *Stretch: Unlock the Power of Less and Achieve More Than You Ever Imagined*. Harper Business, 2017.

Remen, Rachel Naomi. *Kitchen Table Wisdom, Stories that Heal*. Penguin, 2016.

Boyle, Gregory. *Tatoos on the Heart: The Power of Boundless Compassion*. Free Press, 2011.

Talks:

Philip Zimbardo

Scott Sonshine

Tara Brach, Not Enough Time

Rachel Naomi Remen, the Art of Living Every Moment of Your Life

Gregory Boyle

Blessing:

“May you remember peace this week with the Nothingness and Wholeness, which cannot be added or divided.”

Please share homework and comments on **EarthWhispers** Abbey Facebook group:

[Facebook.com/groups/earthwhispersabbey](https://www.facebook.com/groups/earthwhispersabbey)