Soul and Role  
(4-19-18)

**Introductions:**

- Name, role, and how was your winter break?

**Touchstones:**

- Reminder of our norms

**Today’s Theme:**

- Current condition of your work world; soul and role
- Poetry as the truth told at a slant, storytelling of one’s selfhood
- “Ask Me”; when the river of your life becomes frozen over?

**Reflective Dialogue:**

- What word image or phrase captured your attention around the theme of new beginnings, risk taking, and adventure?
- Journal prompts that grabbed the attention of your heart?
- Other noticings?

**General offerings for the group:**

**Closing:**

- What would you like to carry from this gathering back to your work world at DU?

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*Soul and Role Touchstones*

- Bring 100% of self
- There is always invitation, always opportunity; never invasion
  - No fixing, no saving, and no advising
  - Openness to learning from others
- Speak for yourself; tell your story
  - Listen to the silence
  - Confidentiality
For a New Beginning

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.

~ John O'Donohue ~

(To Bless the Space Between Us)
Questions for Consideration

1. Are you aware of or have you caught a glimpse of any “new beginning” quietly forming and waiting to emerge? Describe the qualities and characteristics of this emerging new beginning.

2. What, if anything, is holding you back from emerging into a new identity, new job, new way of living, or new way of being you?

3. If you image stepping out onto new ground with energy and “young eyes” and finding yourself on a “path of plentitude”; what do you see as you gaze ahead? What do you see with the eyes of the mind or the eyes of the heart?

4. The poet encourages you to “Unfurl yourself into the grace of beginning that is at one with your life's desire. Awaken your spirit to adventure; Hold nothing back, learn to find ease in risk...” Do
you consider this sound advice? Who or what might support you as you unfurl into risk and adventure?