

Mystic



✔ Prepare in Advance

- Retrieve, review, and have ready the videos listed below (links are provided on this session's webpage).
- Candle and lighter.
- Have the *Bible Background Video* ready to view.

✔ Getting Along

Read the text for this session, Philippians 4:1-9, then view the *Bible Background Video*.

Read the following excerpt:

“When a woman in a certain African tribe knows she is pregnant, she goes out into the wilderness with a few friends and together they pray and meditate until they hear the song of the child. They recognize that every soul has its own vibration that expresses its unique flavor and purpose. When the child is born, the community gathers and sings the child’s song to him or her. Later, when the child enters education, the village gathers and chants the child’s song. When the child passes through the initiation to adulthood, the people again come together and sing. At the time of marriage, the person hears his or her song. Finally, when the soul is about to pass from this world, the family and friends gather at the person’s bed, just as they did at their birth, and they sing the person to the next life. In the African tribe there is one other occasion upon which the villagers sing to the child. If at any time during his or her life, the person commits a crime or aberrant social act, the individual is called to the center of the village and the people in the community form a circle around them. Then they sing their song to them. The tribe recognizes that the correction for antisocial behavior is not punishment . . . it is love and the remembrance of identity. When you recognize your own song, you have no desire or need to do anything that would hurt another.” (anonymous story quoted by Larry Dossey, MD, in his column “Alternative Therapies”, July/August 2003, p. 13)

Say: Sometimes we fear what we will lose in other people’s eyes. e.g. their good opinion of us, our competence, our worth. When we fear that we will lose, we begin to protect ourselves, which can make us harsh in conflict, instead of gentle. But, when we choose to see the best in each other at all times . . . and even in the midst of conflict . . . we hold each other gently in love, and are able to agree and get along.

✔ Personal Reflection

(Provide the following instructions and allow participants to wander off for 20 minutes to pray).

Invite people to consider individuals in their lives with whom they have difficulty getting along. Choose one or two to bring to prayer.

- Ask God for the grace to be open to see these people in new ways.
- Consider what might be true, noble, right, pure, lovely, admirable, excellent or praiseworthy about these individuals – however small an example of that trait might be in your perspective.
- Next, consider what might be true, noble, right, pure, lovely, admirable, excellent or praiseworthy about you.
- Imagine that you and these one or two individuals are sitting together with God/Jesus in some positive setting. Open yourself to how God sees all of you. Do any thoughts, problems, questions or requests come to mind? How do you feel? What do you want to say to God? What does he seem to say in response?

✔ Discussion

Regather the group and invite participants to share their reflections with each other.

Spend some time “singing each other’s song” to each other i.e. invite the group to call out the good aspects of each person present. What do you see in each other that is true, noble, . . . etc. Encourage each person to fully take in what is given to him/her by the group, instead of possibly deflecting what is said.

Close with prayer. Pass a candle around the group and invite each person to voice a sentence prayer arising out of the group’s time together.

By Joy Yee