

Preparation for T481 – Awakening

Don't treat this preparation like "homework" or do every exercise or try to answer every single question. Instead, make time to meditate on the list and then pick the one or two question and/or exercises that speak to you most. The goal is to figure out which questions are "yours."

We all know what it was like. The world was alive once. When we were little. The trees whispered words. Animals spoke to us with their eyes. Playgrounds could become castles. The stars somehow told us we were special. Life could speak.

The magic wasn't imprisoned in childhood. We've all had adult moments when we've "come alive." Wonderfully lost in our work, our creativity or a kiss. Time both stopped and was set on fire.

It happened as well in moments of alignment. When our inner life and outer life fell into step. We were finally "us." Everything was clear, and enough.

There it was in the flower too. Actually, in so many simple things: freshly baked bread, blackberries, a deer standing still staring at us without blinking, our children laughing. For those fleeting moments, we lacked nothing. We felt gifted beyond comprehension. We knew what "rich" really means.

But there are always those memories. That whispering tree. That magic kiss. That moment of being true to ourselves. That priceless taste of blackberry juice on our tongue. They can be brought back. Yes, we forget what it feels like to be fully awake and for life to be fully alive. But forgetting means we can remember. It means we can help each other remember. And remembering opens a door for us to find our way back.

Questions:

1. There are awakenings that arise slowly from discipline and dedication. And there are awakenings sneak up on you and hit you like a ton of bricks? What types of awakenings have you experienced? What have these experiences taught you about awakening?
2. When did you first awaken to the truth that the world's rules, judgements, and strivings did not have to be your own?
3. Tell us about a book you read or a movie you watched that "woke you up".
4. Have you ever tried to "wake up" someone? How successful were you?
5. How have awakenings changed as you have grown older? Have they grown easier or harder?
6. What might it take for you to be able to say, "I am playing a significant part in our social awakening"?
7. In what ways is your life *already* what you are looking for and *already* offering you what you need?
8. When has pain or loss ever led you to the door of awakening?
9. What awakenings have you experienced during Covid? What are you willing to do so that those around you don't forget the awakening that Covid brought them?