

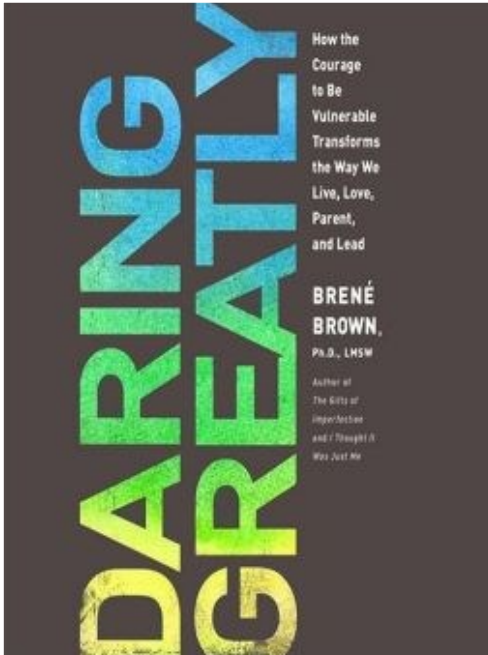


## Adventures In Spirituality 2015

# Daring Greatly By Brene Brown

6 Weeks: October 4 to November 9

Closing Event: 6-10pm Friday,  
November 13  
Fall Fest & Live Auction



### Chart of Our Course

**WEEK ONE: INTRODUCTION, CHAPTERS 1 & 2**

*Page xii to Page 57*

**WEEK TWO: CHAPTER 3**

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**WEEK THREE: CHAPTER 4**

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**WEEK FOUR: CHAPTER 5**

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**WEEK FIVE: CHAPTER 6**

*Page 184*

**WEEK SIX: CHAPTER 7**

*Page 214*

## Opening Prayer

*Together, we breathe into the sacred space we co-create here today. I am here by divine appointment. This is the holy instant. Never again in time or space will this unique group of individuals and consciousness gather together to explore, bond, ideate and inspire. We allow gratitude to infuse our time together as we generate a loving space for authenticity, courageous sharing, and awakening. We are a mighty magnet for transformational insights, heart centered relationships and expansive connections. We hold each other in light as we bless our community and each sacred circle journeying on this adventure in spirituality. We release this knowing into Law. And so it is. Amen.*

## Housekeeping

Review Commitments & Sacred Agreements. Go over any announcements.

## Check-In Round

Share whatever is most alive in your heart & mind giving reflections from Sunday, insights from the book, and blessings.

## Affirmation

*We believe in cultivating greatness. We co-create an environment that supports and nourishes innate wisdom, natural creativity, emotional intelligence and deep resourcefulness. We nurture self-sufficiency, inner confidence, and mindful living by engaging the expansive Mind present within.*

## Reading Guide and Weekly Study Questions (Begins on Page 289)

## Mindfulness Exercise

Close your eyes and relax. Notice your breath. Breathe in deeply from your heart center. There is nothing to do, nowhere to be but here in this moment. Let your spine straighten and your shoulders relax. Focus on the area around your heart, breathe as if you are breathing through the heart itself. Sit silently in this sacred space and simply come home to your center.

## Closing Prayer

### **The Prayer for Protection** by James Dillet Freeman

*The light of God surrounds us; The love of God enfolds us;  
The power of God protects us; The presence of God watches over us.  
Wherever we are, God is!*



## Adventures In Spirituality 2015

### The Commitment

Commitment transforms promise into reality. It is fueled by words that speak boldly of our intentions, and the actions which speak louder than words. It is making time where there is none. It is following through. It is the power that transforms our lives and our world. It is the daily triumph of integrity over skepticism.

- I commit myself to this process of spiritual exploration, of fulfilling my soul's longing to understand and express the divine to the best of my ability, with my thoughts, words and actions.
- I go to my heart, and invite other circle members to do the same, because I believe in the connecting power of God that dwells in the one heart of which we are all a part.
- I celebrate the greatness in myself and in you. Our lives are filled with infinite possibilities woven together in Oneness.
- I love and accept you just the way you are, and I respect your right to be different and to think differently than I do.
- I openly share my thoughts, feelings and beliefs authentically in our exploration of Truth. I love you and myself enough to share my personal experiences and to listen lovingly and intently to the truth you choose to share.
- I choose words of kindness, encouragement, appreciation and gratitude to build a strong foundation of mutual support as together we claim the perfect expression of our individual spiritual natures.

## **The Sacred Agreements**

Sacred Agreements help create a safe and healthy environment for the group.

### **CONFIDENTIALITY**

The personal experiences shared by group members are confidential. If I have a good reason to share another's experience outside of this group, I request permission from the individual to do so.

### **COMPASSION**

Group members relate to each other with unconditional, compassionate acceptance. Judgmental comments, even unspoken judgmental thoughts threaten the group process.

### **TRUTH & INTEGRITY**

Group members are encouraged and supported by one another to honestly and authentically be who they are. Speaking the truth involves risk and can only occur safely in a compassionate environment.

### **RESPECT**

Group members show respect for each other and the group by not interrupting others, arriving on time, and allowing everyone to participate.

### **CONFLICT**

Whenever people come together and speak truthfully, the potential for hurt feelings, misunderstanding and conflict exists. If such a situation arises, group members agree to address it within the group process, or one-on-one with the facilitator. Unresolved conflict is toxic to the whole group and not just to the parties directly involved.

### **GROUP PROCESS**

This process is for our own personal and spiritual growth, not group therapy. When sharing, group members are asked to use "I" statements and avoid trying to fix or solve.

### **PARTICIPATION**

Group members agree to be prepared by reading the required chapters and to participate in discussion and group activities; however, each person may ask to sit out or modify his or her participation.