

Part 27: Awareness

Begin with a few minutes of silent invitation and commitment. Share some of your experiences of trying to find the child in yourself. (20 minutes)

Exercise

Give each group member three large sheets of paper and a variety of felt pens or crayons. Play three different pieces of classical music of varying moods for 5–10 minutes each. Each group member simply responds to the music by drawing on the paper in some way as the music moves them, using a separate sheet of paper for each piece. Use your left hand if you are right handed and your right if you are left handed. Try to make use of the full extent of the paper with colour and movement and at the same time be aware of what you are experiencing and feeling as you do this exercise. (Approx. 30 minutes)

Reflection and sharing

Spend some time reflecting on your experience of the music and your drawing.

Questions for reflection:

- What did I feel during this time?
- Can I detect any other feeling, value or attitude behind this?
- Write down all you can before reading any further.

In looking beneath the immediate feelings you felt, see whether you can identify any of the following:

- A resistance which may stem from a need to be in control and always understand the reasons before following,
- A hesitation to try something new,
- An excitement and willingness to risk,
- An apprehension derived from a need to be successful,
- A resistance carried from a previous stifling of creativity and playfulness,
- Other fears.
- Am I able to laugh at myself?

How do I feel about this group right now and doing these things? (Answer with a few feeling words.)

Write as much in your journal as you can, then share in the group as far as you feel comfortable. (30 minutes)

End with a prayer of enjoyment. Choose a reader for next week.

At home, continue to reflect on the way you respond to life and how you hold yourself back through fear or any other feeling. Carry on talking to and being with God in your exploration of one another.



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