

## **To See a World - Leaders Guide**

Communing with others and sharing knowledge.

A service/guided session looking at our connection to each other and how community can benefit our faith, spirituality and environment.

This service was originally created for St James's Piccadilly, London UK, monthly 'Creative Spirit' service, in September 2018 by artist Amy Diana Poole. It therefore has bible references and references to God, however if you would like to use this resource without religious affiliation please use the 'Standard' service sheet, rather than 'Christian', also the relevant instructions below have been highlighted in red, if you wish to alter them for your own means/beliefs.

The resources needed to conduct this service are split between the service sheet and this guide.

Please be aware that almost all images used in my services are sourced from Pinterest and therefore do not have copyright permissions for distribution outside of spiritual/religious spaces and sessions. And definitely should not be used for sessions with any monetary exchange, such as paid entry.

**Introduction: as written on the sheet (standard or Christian), 5 mins**

Once gathered

**1. Texts to inform discussion, read as is on the service sheet, 5 mins**

**2. Discussion - Why do we gather? 10 mins**

Points for discussion if needed; Loneliness kills/ is bad for our health,  
Be a part of the bigger picture, Helps to develop good habit,  
What does it say in the **bible/text** that comes to mind?

**3. Led Meditation, 10 mins**

Meditation to be read aloud by leader

*Could you please close your eyes, make sure you are connected to the floor with your feet. I'd like you to take a deep breath, in and out. And again, in and out. Final time, in and out. If you feel comfortable i'd like you to have your hands open up to the ceiling, they can be resting on your legs and relaxed. But open.*

*I want you to think of the people around you right now. Do you know them? Maybe you don't know them but recognise them. Maybe you don't know anyone. But we are all here together. I want you to be present in this moment, just sitting in each others presence. We're going to hold this space for a little while, let it sit in the air, and sink into our bodies and minds. This present moment of being together, in this place.*

*(Pause)*

*When you're ready, I want you to move away from this present moment, and instead think of the people you have around you in your day to day life. Whether family, or friends, maybe a partner, or work colleague. The people you see every day and week, and some you hardly see at all. Maybe it's someone you don't know, but you recognise their face in certain places that you frequent. We are surrounded, day to day by other human beings. Some of us are fortunate enough to have joyful and connected loved ones. Some have strained and complicated relationships. Some don't have anyone, or feel like they don't have anyone.*

*Many of us will experience all of these and other happy or difficult situations throughout our lives. Day to day we are surrounded by, and have connections with,*

*great or small, other human beings. I want to sit with these thoughts for a bit. Thinking of the people around us, some whose stories we know, others we don't.*

*(Pause)*

*Finally, I want you to think about the space between us, imagining the waves of love and community that flow through us, these invisible strings created by **God/oneness** connecting us to each other.*

*Imagine the space around you, the cold air, a small breeze. The ever moving matter that is flowing between us. Let us think about opening ourselves to this positive energy, to the universal oneness **that is God, that we find in God**, that we find through the people around us. I want to close his meditation imagining how as a community, if we consciously emit out love and **visualise/our prayers**, how we could create a ripple.*

#### **4. Activity, 15 mins**

Swift Swap

Participants will need to form two equal lines facing each other and are given observation period of 30 seconds. The game starts when one line turns around, giving the second line up to 1 minute to change 10 things about themselves.

This can include anything from jewelry or clothing being swapped with other people, untied shoelaces, a different hair do, or a switched watch or ring to the other hand. All changes must be something the other group can see. After 40 seconds, the first group turns around and tries to find all the changes the other group made. Once the changes have been recognized, the groups switch, giving each team a chance to make changes.

Repeat twice maybe three times.

After that activity, talk about observations from doing it.

What did you learn? how did it make you feel? Has it made you think differently?

#### **5. Time for self-led reflection, 15mins**

Now we want to give you some time to reflect on your own or collectively, carry on discussion, do some writing, drawing, however you feel concerning what we've been looking at. At (a time) we will reconvene to share if anyone wishes to and to have a closing prayer

Self led activity, such as writing, drawing or movement.

Paper in the room for writing or drawing, have time to reflect on the people around you, whether in this room, at home, at work, family, loved ones that may be geographically far away, or strangers.

## **6. Closing prayer/text, 5 mins**

After activity read a closing text/prayer of your choice

---

Sources for text and images

<https://www.pinterest.co.uk/adpoole93/to-see-a-world/>

<https://chopra.com/articles/the-power-of-group-meditation>

<https://www.pinterest.co.uk/pin/177399672807358958/>

<https://www.yogajournal.com/yoga-101/come-together-3>

<https://en.wikipedia.org/wiki/Satsang#targetText=Satsang%20%2F%20Satsanga%20%2F%20Satsangam%20is%20a.group%20meeting%20seeking%20that%20association.>

[https://www.google.com/search?q=Ken+Wilber+calls+the+%22we-space&rlz=1C1GCEA\\_enGB808GB808&oq=Ken+Wilber+calls+the+%22we-space&aqs=chrome..69i57j543j0j7&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=Ken+Wilber+calls+the+%22we-space&rlz=1C1GCEA_enGB808GB808&oq=Ken+Wilber+calls+the+%22we-space&aqs=chrome..69i57j543j0j7&sourceid=chrome&ie=UTF-8)

[https://www.google.com/search?q=Abhinava+Gupta+in+the+Tantraloka&rlz=1C1GCEA\\_enGB808GB808&oq=Abhinava+Gupta+in+the+Tantraloka&aqs=chrome..69i57j270j0j7&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=Abhinava+Gupta+in+the+Tantraloka&rlz=1C1GCEA_enGB808GB808&oq=Abhinava+Gupta+in+the+Tantraloka&aqs=chrome..69i57j270j0j7&sourceid=chrome&ie=UTF-8)

<https://educationpriest.wordpress.com/2017/11/05/oneness-the-desire-for-intensity-and-the-renewal-of-anglican-religious-life-a-review/>

<https://honestpuck.wordpress.com/writing/essays/eliot-lawrence-and-the-unattended-moment/>