

LEADER'S GUIDE

(Created by Chaplain Donnel Miller-Mutia. *Be creative: adjust, revise this guide to fit your needs/particular context. For more resources, go to <https://www.growingedgesnm.com/resources-for-spiritual-care-groups.html>).

On Metamorphosis (the Dragon)

INTRODUCTION

- **Song**
- **Intro of Names + Check In Tool**
- **SONG: Come Healing Breath**
- **FLUTE + BELL**

STORY

- SPIRIT PLAY STORY – The Dragon & the Healer
- RING BELL
- WONDERINGS
 - **Your DARK CAVES?**
- **SONG (Theme: Struggle in the Darkness)**
- Reading

WORKSHEET (Dragon or Mandala)

- **WONDERING#2: Who is your guide/medicine woman?**
- **SONG (Theme: Receiving the Wisdom/Gift of Light)**

CLOSING

- Lift Up Prayers / Naming intentions for Healing
- BLESSING
- **CLOSING SONG**

QUOTE – page 1, bottom right

“In the end, it’s only a passing thing, this shadow. Even darkness must pass. A new day will come. And when the sun shines, it will shine out the clearer.”

(Samwise Gamgee in Lord of the Rings)

COME LIGHT OF LIGHTS

(by Ruth Cunningham)

Am Em Am-G Am Em Am

Come light of lights into my heart

Am G C Em Am Em Am

Come wisdom of spirit into my heart

COME HEALING BREATH (lyrics by Chaplain Donnel; music by Armand Amar) – 1ST PAGE BOTTOM

Come healing breath, come heal my mind Am, C, G, E

Come healing breath, come heal my heart Am, C, G, E

Come healing breath, come heal my soul Am, G, C, F

Come healing breath, come heal the world Am, C, G, E

THEN INTRO + FLUTE

SONG ABOUT CAVES, TREASURE, FIRE...

FAR OVER THE MISTY MOUNTAINS

(No capo)

1ST PAGE UNDER TITLE

Ooooh

Am D Am
Em - E G - Am

Am D Am
Far over the Misty Mountains cold
Em - E G - Am
To dungeons deep and caverns old
G - C D - G E
We must away, ere break of day
Am G Am
To find our long forgotten gold

Am C - G - Am
The pines were roaring on the height
Em C - G E
The winds were moaning in the night
G - C D - G E
The fire was red, it flaming spread
Am - G E - Am
The trees like torches blazed with light

HANDOUT REFLECTION SHEET

WHAT ARE YOUR DARK CAVES: 3 DESCRIPTIONS

1. - PLACES OF FEELING TRAPPED OR IMPRISONED?
2. - PLACES OR MOMENTS WHEN YOU CANNOT SEE BECAUSE IT'S DARK, YOU ARE LOST OR DISORIENTED?
3. - IT HAS A TREASURE – PROVIDES TEMPORARY RELIEF, SOMETHING THAT FEELS FAMILIAR, COMFORTABLE, A SENSE OF SAFETY, **BUT** DOES NOT SERVE YOU WELL IN A HEALTHY WAY IN THE LONG TERM?

HONOR THE DARK (by Lea Morris)

– 1st Fr - 1ST PAGE LOWER RIGHT

Am
Honor the dark, as you do the light
D E
Receive the gifts that come to us by day and by night
Am
I choose to honor the dark, uncertainty and change
D E Am
Deliver us from fear until only love remains

Am E
As the butterfly slips free from her dark cocoon
D E
As the evening sky reveals the light of the moon
Am E
Sometimes, fear surrounds us, sometimes, there will be pain
D E
Let the darkness heal you until only love remains ...**Honor**

Am E
As the seed emerges from under the dark earth
D E
As a mother push's the dark womb to give birth
Am E
Sometimes, fear surrounds us, sometimes, there will be pain
D E
Let the darkness heal you until only love remains ...**Honor**

GRAVEYARD (by Halsey)

[INTRO] F - Am7 - Cmaj7 5TH FRET

F
It's crazy when
Am7 Cmaj7 F
The thing you love the most is the detriment
Am7 - Cmaj7
Let that sink in
F
You can think again
Am7 Cmaj7
When the hand you wanna hold is a weapon and
F Am7 - Cmaj7
You're nothin' but skin

PRE-CHO

Cmaj7 F G
Oh, 'cause I keep diggin' myself down deeper
Am7 Cmaj7
I won't stop 'til I get where you are
F G Am7 - Cmaj7
I keep - running, I keep - running, I keep - running
F G Am7 Cmaj7
They say - I may - be making a mistake
F G Am7 - Cmaj7
I would've followed all the way, no matter how far
F G Am7 Cmaj7
I know - when you go - down all your darkest roads
F G Am7 - Cmaj7
I woulda followed all the way to the graveyard

CHORUS

Cmaj7 F G
Oh 'cause I keep diggin' myself down deeper
Am7 Cmaj7
I won't stop 'til I get where you are
F G
I keep running when both my feet hurt
Am7 Cmaj7
I won't stop 'til I get where you are
F G Am7 Cmaj7
Oh - when you go - down all your darkest roads
F G Am7 - Cmaj7
I woulda followed all the way to the graveyard

F
You look at me
Am7 Cmaj7 F
With eyes so dark, don't know how you even see
Am7 - Cmaj7
You push right through me
F
It's gettin' real
Am7 Cmaj7
You lock the door, you're drunk at the steering wheel
F Am7 - Cmaj7
And I can't conceal

PRE-CHORUS + CHORUS

F
Oh, it's funny how
Am7 Cmaj7 F
The warning signs can feel like they're butterflies

PRE-CHORUS + CHORUS

**NAME A PHRASE OR IMAGE
OR WORD THAT RESONATED
WITH YOU.**

**I WONDER WHAT IT MEANS
FOR YOU TO FOLLOW THE
DARKEST ROADS?**

**I WONDER WHAT WAYS
WE DIG OURSELVES DEEPER?**

A Prayer (by Pádraig Ó Tuama)

So let us pick up the stones over which we stumble, friends, and build altars. Let us listen to the sound of breath in our bodies. Let us listen to the sounds of our own voices, of our own names, of our own fears. Let's claw ourselves out from the graves we've dug. Let's lick the earth from our fingers. Let us look up and out and around. The world is big and wide and wild and wonderful and wicked, And our lives are murky, magnificent, malleable, and full of meaning. Let us pray.

WE TALKED ABOUT OUR DARK CAVES...LET'S TALK ABOUT THE LIGHT

- WHAT DO YOU NEED IN YOUR JOURNEY TOWARDS THE LIGHT?
- WHO GUIDES YOU TOWARDS THE LIGHT, TOWARDS HEALING? WHO REMINDS YOU OF YOUR INNER LIGHT WITHIN YOURSELF?

SONG moving towards the light in the spring

Coming Alive Again (by David Lamotte)

4th FRET [Intro] Em7 - F# - C

Em7 When we moved here in the winter
F# Everything was dry and brown
C Never saw the place in summer
Cmaj7 - F# No idea what's in the ground

Em7 Barren dogwood in the front yard
F# I wasn't sure if it was gone
C Then about the first of April
Cmaj7 - D I saw what was going on

G F# Em7 - C
Coming alive again, Coming alive
G F# Em7 - C
Coming alive again, Coming alive

Em7 We hid out in our houses
F# 'Til the medicine arrived
C Now the buds have turned to blossoms
Cmaj7 - F# We're stepping to the other side

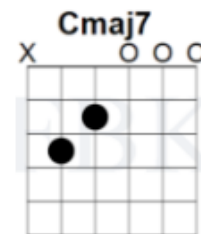
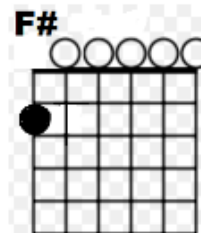
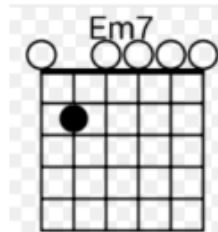
Em7 It's been a long and lonely winter
F# It's been a long and lonely year
C It's gonna take a while to understand
Cmaj7 - D But one thing is getting clear

CHORUS

Em7 In the distant days of childhood
F# There was a story that I heard
C 'bout how dying's part of living
Cmaj7 - F# But it's not the final word

Em7 So the leaves that fell in Autumn
F# Turned to flowers in the Spring
C And the sorrow of our losses
Cmaj7 - D Turns to songs that we can sing

CHORUS



QUOTE:

"Perhaps all the dragons in our lives are people who are only waiting to see us act, just once, with beauty & courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love."

(By German poet Rainer Maria Rilke)

IMAGINE THIS POSSIBILITY

That the dragon parts of ourselves that is frightened and angry is that *something* within ourselves that feels helplessness AND waiting to be courageously loved?!

SOUL SEARCHING (by Glenn Frey) - 1st Fret

G/Em The time is coming, to do some soul searching

G/Em No more running, no more bridges burning

G/G7 The time is comin for you and me

C/Am To take a look inside no matter what we see

G/C/D/G Let's do some soul searchin, just you and me

G/Em The time keeps passing, and the clock is running

G/Em But the river is flowing, and the rain keeps coming

G/G7 Let's join our hands before we're washed away

C/Am Time to leave the pain of yesterday

G/C/D/G Let's do some soul searching, just you and me

G/Em Our lives are changing, this old world is turning

G/Em We sit here wondering, what we're learning

G/G7 We can help each other, we can be a friend

C/Am Let's be true to each other the best we can

G/C/D/G Let's do some soul searching, just you and me

G/Em The time is coming, to do some soul searching

G/Em No more running, no more bridges burning

G/G7 It's time to stop pretending that we're somebody else

C/Am Perhaps you can't change this world, but you can change yourself

G/C/D/G Let's do some soul searching, just you and me

G/Em The wind is blowing, the season's passing

G/Em The sun's brightly shining, the sea is rising

G/G7 We're gonna change our lives, and drop our foolish pride

C/Em We're gonna to make amends, and we're not gonna hide

G/C/D/G Let's do some soul searching, just you and me

G/Em Broken hearts are beating, our feet are walking

G/Em Our bodies breathing, our arms are carrying

G/G7 It's time for all of us to build a new life together

C/Am Working hand in hand, & helping each other

G/C/D/G Let's do some soul searching, just you and me

P. 1 REFLECTION

A Medicine Woman's Prayer

I will not rescue you,

For you are not powerless.

I will not fix you,

For you are not broken.

I will not heal you,

For I see you in your wholeness.

I will walk with you through the darkness,

As you remember your light.

May I Be Empty – 2nd F (by Batya Levine)

PAGE 2 AT VERY BOTTOM – RIGHT SIDE

D A G D
May I be empty and open to receive the lightD A G
May I be empty and open to receiveD A G D
May I be full and open to receive the lightD A G
May I be full and open to receive**Sending You Light** (By Melanie DeMore) – 1st FrI am sending you Light, To heal you, To hold you
I am sending you Light, To hold you in Love
I am sending you Light, To heal you, To hold you
I am sending you Light, To hold you in LoveNo matter where you go
No matter where you've been
You'll never walk alone
I feel you deep within, so...No matter what you feel
or what you choose to show
I'm always there for you
And so I want you to know, that ...
I walk the path with you
Go slow dear one don't hurry
I'll go just like you need to go
There is no need to worry, cause ...

OR

2nd Page

I SEE THE LIGHT

(Alan Irwin Menken/Glenn Evan Slater)

C
All those days
G C
Watching from the windows
C
All those years
G C
Outside looking in
F
All that time
C D
Never even knowing
C Am G
Just how blind I've beenC
Now I'm here
G C
Blinking in the starlight
C
Now I'm here
G C
Suddenly I see
F
Standing here
Em
It's oh, so clear
Am F G
I'm where I'm meant to beF C
And at last, I see the light
G C
And it's like the fog has lifted
F C
And at last, I see the light
Em F
And it's like the sky is newF C
And it's warm and real and bright
Em F
And the world has somehow shifted
C
All at once
G C
Everything looks different
F G C
Now that I see youC
All those days
G C
Chasing down a daydream
C
All those years
G C
Living in a blur
F
All that time
C D
Never truly seeing
C Am G
Things the way they wereC
Now she's here
G C
Shining in the starlight
C
Now she's here
G C
Suddenly I know
F
If she's here
Em
It's crystal clear
Am F G
I'm where I'm meant to go

INVITE to SHARE YEARNINGS OF THE HEART

Or Inner Song + Wisdom + Tools

PRECIOUS LORD (by Thomas Dorsey) – 3rd Fr 1st page bottom left

Precious Lord, take my hand (D)
Lead me on (G), let me stand (Em)
I am tired, I'm weak (D), I am worn (C-A)
Through the storm, through the night (D)
Lead me on (G) to the light (Em)
Take my hand (D), precious Lord (Em)
Lead (A) me home (D)



In moments of darkness,
may you begin to see
a flicker of light sparkling in the distance,
dancing next to you,
and illuminating your path,
and...
May the small light you see remind you
of the light that lives within you.
Amen.
("A Blessing for Light" by Chaplain Alissa)

**"In the end, it's only a passing thing,
this shadow. Even darkness must
pass. A new day will come. And when
the sun shines, it will shine out the
clearer."**

(Samwise Gamgee in Lord of the Rings; by J.R.R. Tolkien)

OR

May the Light of Love (White Sun, adapted by

Chaplain Donnel)

2nd FRET (Chords: D – G – A)

May the light of love shine upon you
All life surround you
And the pure light within you
Guide your way home

Awake Awake – 4th F (by John Phillip Newell & David Poole)

PAGE 2 AT VERY BOTTOM

Am C
Awake, awake, your light has come
Am D Am G Am
Awake, awake, my soul, O my soul

PAGE 2

AMAZING GRACE (by John Newton, 1779)

D G Em A
Amazing Grace how sweet the sound

D A
That saved a wretch like me

D G Em A
I once was lost, but now I'm found

D A D
Was blind but now I see

D G Em A
'Twas grace that taught my heart to fear

D A
And grace my fears relieved

D G Em A
How precious did that grace appear

D A D
The hour I first believed

D G Em A
Through many dangers, toils, and snares

D A
I have already come

D G Em A
'Tis grace that brought me safe thus far

D A D
And grace will lead me home

Light Around Me – 3rd F

(A Sufi blessing; music by Elisa Keeler)

PAGE 2 AT VERY BOTTOM

Am
Light around me
D
Light above me
Am G Am
Light within me, shining through me



A Winter Solstice Blessing

*May you find peace in the
promise of the solstice night,
That each day forward is
blessed with more light.
That the cycle of nature,
unbroken and true,
Brings faith to your soul
and well-being to you.
Rejoice in the darkness,
in the silence find rest,
And may the days that follow
be abundantly blessed.*

By Stephanie Laird