

The Warrior & the Monk

Part 1 - Getting Ready

- I. Introduce the Session: What is a Chaplain? What is spirituality? Light the Candle. Introduce the bell. Group guideline: Raise your hand if someone is talking. Respect each other - no cross talk or talking on top of each other. Participants are welcome to pass. Singing is a communal activity, not a performance. Participants who are disrespectful will be brought back to the day room.

- II. Reading 1: **Serenity Prayer** (by Reinhold Niebuhr)
Grant me the serenity to accept things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time, enjoying one moment at a time.

Reading 2: **Beautiful Ordinary Life** (By LR Knost)

Life is amazing.

And then it's awful. And then it's amazing again.

And in between the amazing and the awful it's ordinary and mundane and routine.

Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living. Heartbreaking, soul-healing, amazing, awful, ordinary life. And it's breathtakingly beautiful.

- III. **SONG: Holy Holiness**

(by Ellen Allard)

All around (Am)	In all we do	In this bread
Everywhere (C)	In all we are	In this cup
All around everywhere (G-C-Am)	In all we do, in all we are	In this bread, in this cup
Holy holiness (Am-C-Am)	Holy holiness	Holy holiness
In the highest sky	Every step	In the light
In the deepest sea	Every breath	In the dark
In the highest sky, in the deepest sea	Every step, every breath	In the light, in the dark
Holy holiness	Holy holiness	Holy, holiness
In my heart	As with me	All around
In your soul	So with you	Everywhere
In my heart, in your soul	As with me, so with you	All around everywhere
Holy holiness	Holy holiness	Holy holiness

- IV. Intro of Participants: Share your name, Pronouns +Places where you feel deep peace OR an action that leads you to peace.

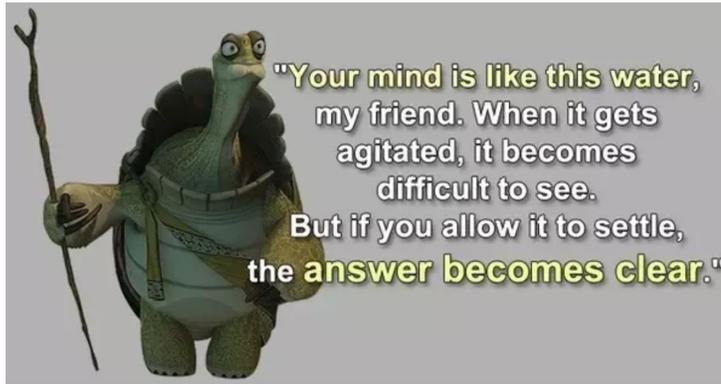
- V. **SONG: Dwelling in the Present Moment**

(By Laurence Cole; words by Thich Nhat Hanh)

Dwelling in the present moment I know; this is the only moment. (Am-Em-Am; D-G-Em-Am)

Breathing in I calm body and mind; breathing out, I smile, I smile. (Am-G-Am; F-G-Em-Am)

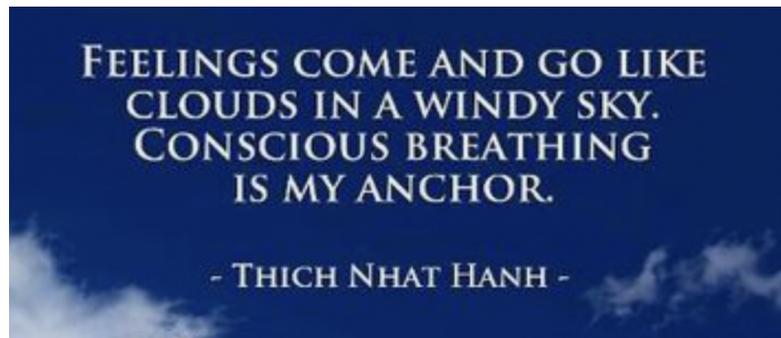
VI. READING:
Kids: Master Oogway



Adults:

Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes.

RUSS HARRIS
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VII. MINDFULNESS GESTURES or TAI CHI

Part 2 - The Story

VIII. **Introduction:** Godly Play / Spirit Play

“Like a treasure in a golden box, stories (parables) are gifts to us. Sometimes they are very ancient (parables are at least 2000 years old), and sometimes they are new. Stories call forth stories: which means that stories invite us to reflect about our own stories and personal journeys. Sometimes a story easily opens up to us, but there are also times when a story is hard to open - they are hard to crack. If they're hard to crack open, do not worry, because you can visit that story as many times as you need until it opens up to you. That story is waiting for you. It is given to you as a gift.” (NOTE: words adapted from Godly Play)

IX. SHARE THE STORY USING THE BOX (or feel free to just read the story, if you like).

The Warrior & the Monk

Once there was a battle-worn warrior who was on his way home from wars. On his horse he travelled for many miles over hills, across valleys, forests and rivers. Finally, the terrain started to look familiar and he knew he was almost home. Then he came across an old monastery. He got off his horse and decided to do a quick stop over for a rest and visit the monk. Inside the monastery, the resident monk was seated peacefully in a meditation pose, taking slow deep breaths in silence. The warrior entered the monastery and walked towards the peaceful monk.

Finally, the warrior spoke: “My dear monk, I have travelled for miles and I am tired and worn. I have been through many battles. I have a question that I always wanted answered. Please tell

me about heaven and hell.”

The monk quietly replied, “I cannot tell you about heaven and hell because you are not ready.”

“What do you mean I am not ready?” the monk asked in an agitated tone.

“You are not ready. Come back at another time,” the monk suggested.

“I am exhausted after journeying through distant lands. I am almost home. And you tell me I am not ready?” the warrior scolded.

The monk once again in a calm voice said: “You are not ready. Come back and try again at another time.”

The monk raised his fist in anger and was about to strike the monk: “How dare you...”

Quickly, the monk said: “And that, my friend, is hell.”

At first the warrior was confused, but then an insight broke open, and the warrior realized that at that very moment, the monk was answering his question. Deep peace came over the warrior for the insight he had gained through the monk’s teaching. And so in gratitude, he dropped his knees to the ground and bowed towards the monk.

The monk then said, “And that, my friend, is heaven.”

X. **Ring the bell** 3X; ring tsing-ha bell after 1 minute.

XI. **Wonderings** (Use the talking object for the first two questions - A & B)

A. I wonder what you found to be the most important in the story? (What did you find most interesting? or What caught your attention in the story?)

B. Where are you in the story? Which character(s) do you identify with the most? (The owner, the new jar, the old jar, the well, the path going up the hill, the seed growing into a plant, the family in the house)d

C. Is there anything about the story that you wonder about that is not fully explored?

After the wondering questions are done, close with these lines: **“Keep sharing your stories. Keep listening for what the spirit is saying in your story, in the story of others, and in the silence.”**

XII. **SONG: It's OK** (by NightBirde)

I moved to California in the summer time

I changed my name thinking that it would
change my mind

I thought that all my problems they would stay
behind

I was a stick of dynamite and it was just a matter
of time, yeah

All day, all night, now I can't hide

Said I knew myself but I guess I lied

It's ok, it's ok, it's ok, it's ok

**If you're lost, we're all a little lost and it's
alright**

It's ok, it's ok, it's ok, it's ok

**If you're lost, we're all a little lost and it's
alright**

It's alright, it's alright, it's alright, it's alright

I wrote a hundred pages but I burned them all
(Yeah, I burned them all)

I drove through yellow lights and don't look back
at all (I don't look back at all)

Yeah, you can call me reckless, I'm a cannonball
(uh, I'm a cannonball)

Don't know why I take the tightrope and cry
when I fall

Part 3

Option 1: The Work - 10 minutes total

*NOTE: This section should begin at about 35 to 40 minutes into your 1 hour program. Otherwise, feel free to delete this section, especially when participants are talkative, or are into the songs.

Option 2: Buddhist Meta Meditation (By Rev. Ellen Swinford)

Metta is a Buddhist practice of loving kindness for oneself and others. It always begins with loving thoughts for self (often the person we're hardest on!) and then extends out to others. This practice does not require that you believe in anything in particular as a matter of religious faith or cultural value. It is a practice anyone can do regardless of one's deepest convictions. It is simply a way of offering care and softening one's heart.

Take a comfortable position that allows you to remain alert with eyes closed or downcast. Take several slow, gentle breaths, and then begin to repeat silently the following good wishes:

May I be safe
May I be strong
May my heart be open
May I know peace

After some time, extend this wish to someone close to you ("close" can mean either emotionally important to you or simply nearby physically).

May you be safe
May you be strong
May your heart be open
May you know peace

Gradually expand your circle of lovingkindness to include more people, more living beings. If there is someone in your life with whom you have been in conflict, try sending loving-kindness to them. In time, perhaps our circle of lovingkindness will expand to include all beings!

When you are done, simply allow yourself to rest quietly for a moment in the space of loving-kindness, without focusing on any thought that may arise.

Part 4 - Closing - 10 minutes total

- XIII. Invite participants to name prayers by naming 3 possible prayers, which you will model: (1) A prayer of thanksgiving, (2) What do I need to heal? (to find peace, meaning, purpose). Naming people who need to be prayed for or remembered.

Use the talking object: Model for everyone - the facilitator will begin the sharing: "First, I would like to lift a prayer of thanksgiving for _____. Second, I need self-acceptance." Third, I would like to lift up my brother Jim who is struggling with his health. Pass the talking object to the next person.

- XIV. **Blessing:**
Holy One, you guides us towards inner peace, watch over us who are in this circle; bless and guide us wherever each of us may be:

- Blessed be your feet: may they keep you standing even when the terrain of the life you stand on is unsteady.
- Blessed be your hands: may they always find hands to hold especially during moments when you feel alone & isolated.

- Blessed be your breath – may it anchor you in the present moment.
- Blessed be your eyes: may they show you grace & more beauty around you.
- Blessed be your mind: may it dream new dreams.
- Blessed be your heart: may it be brave & not afraid.
- Blessed be your body: may it find healing, purpose and rest. May peace, hope, and compassion that your one sacred body gives all flow back to you and hold you in gentle embrace & belonging. AMEN.

XV. **OPTION 1: SONG: This is Home Where I Belong**

(By Sophia Efthimiou)

This is home (D) where I belong (G)

In this breath (C), in this heart (A)

This is home (D) where I belong (G)

In this voice (A), in this song (C)

OPTION 2: SONG: I Am Sending You Light (By Melanie DeMore)

I 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 Love

No matter where you go
No matter where you've been
You'll never walk alone
I feel you deep within

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 ...