

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>).

The Warrior & the Monk

INTRODUCTION

- Reading: Slow Breathing, Oogway, Thich Nhat Hanh
- **GESTURE**
- **SONG: Dwelling In the Present Moment OR I Am Here in the Heart of Love**
- **Rocks & Water Check In OR Listening Stones Check In**
- **SPIN A BOOK – BREATHING ALLOWS YOU TO FIND YOUR CENTER & KEEPS YOU BALANCED AMIDST A STORM**
 - READ: Serenity Prayer
- **SONG: This is Home Where I Belong**

STORY

- **GODLY PLAY STORY – The Warrior & the Monk**
- **RING BELL**
- **WONDERING#1: What's Important? What caught your attention?**
- **SONG: IT'S OK TO BE LOST OR FREE MIND**
- **Reading: Beautiful Ordinary Life**
- **WONDERING#2: Where (who) are you in the story?**
- **SONG: LEAN ON ME**
- **Reading: Serenity Prayer**
- **WONDERING#3: Who is your Monk?**
- **SONG: I See the Light OR Amazing Grace**

WORK

CLOSING

SONG: Precious Lord

Lift Up Prayers / Intentions for Healing

- **ALL AROUND**

Over the Rainbow

NO CAPO

(by Israel Kamakawiwo'ole)

Intro C G Am F (2x)

F F

Ooh C Em F C

F E7 Am F

C Em F C
Somewhere over the rainbow way up high

F C

and the dreams that you dream of

G Am F

once in a lullaby

C Em F C
Oh somewhere over the rainbow blue birds fly

F C G Am F

And the dreams that you dreamed of, dreams really do come true, ooh-ooh

C G Am F
Someday I'll wish upon a star, wake up where the clouds are far behind me

C
Where trouble melts like lemon drops

G Am F

High above the chimney top, that's where you'll find me

C Em F C
Oh somewhere over the rainbow blue birds fly

F C G Am F

And the dream that you dare to, oh why, oh why can't I? (Oh)

C G Am F
Someday I'll wish upon a star, wake up where the clouds are far behind me

C
Where trouble melts like lemon drops

G Am F

High above the chimney top, that's where you'll find me

C Em F C

Oh somewhere over the rainbow way up high

F C G Am F

And the dream that you dare to, why, oh why can't I?

Ooh C Em F C

F E7 Am F C

(Uh oh eeh ah-uh ah-uh)

THE PRESENT MOMENT

Am E Am G Em – E Am
Dwelling in the present moment I know this is the only moment.

Am G E F G Am
Breathing in I calm body and mind, breathing out, I smile, I smile.

(Song by Laurence Cole; Words by Thich Nhat Hanh)

COME LIGHT OF LIGHTS

(by Ruth Cunningham)

Am E Am-G Am E Am
Come light of lights into my heart
Am G C E Am E Am
Come wisdom of spirit into my heart

SERENITY PRAYER (by Reinhold Niebuhr) p.1 on right

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.

THIS IS HOME (by Sophia Efthimiou) PAGE 1, LOW RIGHT

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 (D)

I AM HERE IN THE HEART OF LOVE

By Erin McGaughan; [Chords: Am, G, Am, D]

I am here in the Heart of love.
Love is here in the heart of me.
Like the flame in the fire
and the fire in the flame.
I am here in the heart of love.

I am here in the heart of peace.
Peace is here in the heart of me.
Like the wave in the water
and the water in the wave.
I am here in the heart of peace

I am here in the heart of hope.
Hope is here in the heart of me.
Like the Wind in the springtime
and the springtime in the wind.
I am here in the heart of hope.

COME HEALING BREATH p. 1 – bottom

(Lyrics by Chaplain Donnel; music by Armand Amar)

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

IT'S OK (by NightBirde) – 3rd Fr, Page 1

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 okay, it's okay, it's okay, it's okay

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

It's okay, it's okay, it's okay, it's okay

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

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

Said I knew what I wanted but I guess I lied

I STILL HAVEN'T FOUND WHAT I'M LOOKING FOR (by U2)

... I have climbed highest mountains
I have run through the fields
Only to be with you (2X)
I have run
I have crawled
I have scaled these city walls
These city walls
Only to be with you
... But I still haven't found what I'm looking for
But I still haven't found what I'm looking for
... I have kissed honey lips
Felt the healing in her fingertips
It burned like fire
This burning desire
... I have spoke with the tongue of angels
I have held the hand of a devil
It was warm in the night

I was cold as a stone

REFRAIN

... I believe in the kingdom come
Then all the colors will bleed into one
Bleed into one
But yes I'm still running
... You broke the bonds
And you loosed the chains
Carried the cross
Of my shame (2X)
You know I believe it
REFRAIN

Meant to Be (by Lemon City)

VERSE 1

G C E/C
 When did it go wrong, all my thoughts inside
 F# - Em7
 I find myself caught up, overthinking too much, hmm
 C E/C
 It snuck up on me, kept it bottled up
 F# - Em7
 Til it overflowed, now I'm drowning at home, home

BRIDGE

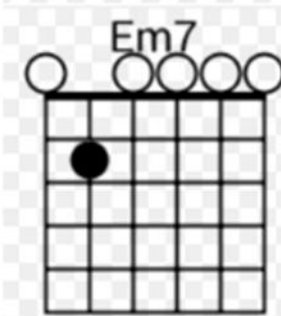
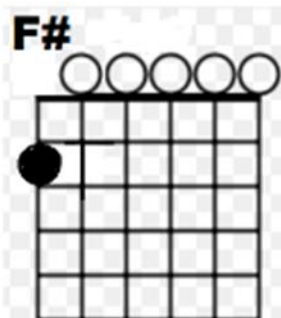
Em7 C F# - Em7
 I'll find the light in the darkest night
 C E/C
 I'll fight it nothing to lose, all I can do

CHORUS

Em7
 Dancing with the past the ghosts are haunting me
 F#
 Try to shake it off but they are here to stay
 C F#
 How do I break them free, who am I meant to be...Sleepless
 Em7
 nights I'm lying on the windowsill instead
 F#
 Looking at the world there's so much I have missed
 C F# - Em7 (F# - C)
 Can I reset my peace, who am I meant to be, hmm

VERSE 2

Em7 C E/C
 Learning on my own, the heaviness is cold
 F# - Em7
 But I know in my guts, I will find my way up, hmm
 C E/C
 Take it day by day, with my fragile mind
 F# - Em7 (then BRIDGE)
 I will stand tall and tough, knock my walls down to dust, dust



The Guest House

(by Jellaludin Rumi)

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Page 2

Do you agree OR disagree?

Can you entertain them all?

Crowd of sorrows, shame,
anger, etcetera?

SINCE negative thoughts and feelings do not go away (like in the song), is there a DIFFERENT WAY of being in relationship with them when they come to our minds and bodies?

CAN YOU REMEMBER A MEMORY & NOT OVER-REACT?

(*Share memory with Lucio)

4th FRET

Am Em C G-D

FREE MIND (by Tems)

V1.

I said, "five in the morning"
 I wake up to fight for my earnings
 The fear in my mind is a warning
 Praying to the one you rely in
 I've been wandering all day
 I try to be fine but I can't be
 The noise in my mind wouldn't leave me
 I try to get by but I'm burning

CHORUS: And behind my mind it runs
All these thoughts have troubled me
Fighting to give up my pain
Fighting to be on my lane
My mind running to the other side
When it's time to live my life
Then it tries to take me out
Tell you what I need right here
I really need, I really need time now
I really need, I need a free mind now
I really need, I really need mine now
I really need, I need to free my mind now
I really need, I really need time now
I really need, I need a free mind now
I really need, I really need my mind now, oh yeah

V2.

This is the peace that you cannot buy
 Send me a love that you cannot mix
 One is the joy that you cannot waste
 And the other one price that you cannot fix
 This is the peace that you cannot buy
 Finding a way when you cannot see
 Man will desist if he cannot pray
 I need to find release

CHORUS: And behind my mind it runs
All these thoughts have troubled me
Fighting to give up my pain
Fighting to be on my lane
My mind running to the other side
When it's time to live my life
Then it tries to take me out
Tell you what I need right here
I really need, I really need time now
I really need, I need a free mind now
I really need, I really need mine now
I really need, I need to free my mind now
I really need, I really need time now
I really need, I need a free mind now
I really need, I really need my mind now, oh yeah

V3. To set me free

Freer than the open mind
 Farther than the eyes can handle
 Freer than the ocean now yeah, yeah
 So set me free
 Now I need to find release
 Set me to the open sky
 Now I need to free my mind yeah, yeah

*A reading on breath as a tool of letting go, as a possible way to be free from a troubled mind, towards a mind that's open.

QUOTE: "BREATH OF LIFE" (p.1)

I breathe in All That Is Awareness expanding to take everything in, as if my heart beats the world into being. From the unnamed vastness beneath the mind, I breathe my way to wholeness & healing Inhalation. Exhalation. Each Breath a "yes," and a letting go, a journey, and coming home.

(Donna Faulds)

EXERCISE: RING THE BELL...Take three slow deep breaths.

COME HEALING BREATH - p.1 bottom

(lyrics by Chaplain Donnel; music by Armand Amar)

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

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 been

C
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 be

F 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 new

F 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 you

C
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 were



LEAN ON ME

BY BILL WITHERS

C F C
Sometimes in our lives we all have pain
G C F
We all have sorrow But if we are wise
C | G - C - |
We know that there's always tomorrow

C F C
Lean on me, when you're not strong And I'll be your friend
G

I'll help you to carry on

C F C
For it won't be long 'Til I'm gonna need
G - C
Somebody to lean on

C F C
Please swallow your pride If I have things
G C F
You need to borrow For no one can fill
C G - C
Those of your needs That you don't let show

C F C
If there is a load you have to bear
G C F
That you can't carry I'm right up the road
C | G - C - |
I'll share your load If you just call me

BLESSING OUR WHOLE BODY

Blessed be your feet,
May they keep you standing.
Blessed be your hands,
May they always find palms to hold.
Blessed be your breath,
May it anchor you in this present moment.
Blessed be your eyes,
May they show you more beauty.
Blessed be your mind,
May it dream new dreams.
Blessed be your heart,
May it be brave and not afraid.
Blessed be your body.
May it know purpose and rest.
May all the gentleness, courage, and compassion
that your one sacred body gives
all flow back to you
as you love the only world we have.

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

Sending You Light (By Melanie DeMore) – 1st Fr

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, 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 ...

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