

# 2013 W.A.W.E. – The Tao of YOU

## Family Session 1 – P’u (The Uncarved Block)

Friday, April 12, 2013

8:10 – 9:25 p.m. (75 min.)

**Intention:** *To connect with all family members and to understand the simplicity of the Uncarved Block, that represents our original nature.*

**Materials:** Attendance Sheet, pens, markers, large sheet of paper, FG #1 Reading Sheet, Wrapped Blocks, Strings

**Activities:**

1. Attendance & Welcome	5 min.	~ 8:15 p.m.
2. Check-In	15 min.	~ 8:30 p.m.
3. Opening	5 min.	~ 8:35 p.m.
4. Heart Agreements	10 min.	~ 8:45 p.m.
5. Concentration	5 min.	~ 8:50 p.m.
6. P’u Discussion	10 min.	~ 9:00 p.m.
7. Story Line Game	10 min.	~ 9:10 p.m.
8. Meditation	10 min.	~ 9:20 p.m.
9. Closing	5 min.	~ 9:25 p.m.

**Please make sure you are back to the Dining Hall by 9:30 p.m.**

~ Approximate time activity will end

*Bold Italics = what you say to the group*

**1. Attendance: (5 min.)** Materials: Attendance Sheet, Pen (~ 8:15)

Please take attendance and place Attendance Sheet outside the door or doorway of your family area. Thank you!

*Welcome to the FAMILY!! We will be meeting 4 more times this weekend.*  
(Family leaders now is a good time to introduce yourselves ☺)

**2. Check-In: (15 min.)** Materials: FG #1 Reading Sheet (~ 8:30)

*\*Intention: To check-in with one another.*

Go around the circle to the left in a whip. Have everyone share their answers as a way to get better acquainted. (These questions are on the FG #1 Reading Sheet for you to pass around too!)

1. State your name, grade, chapter, and how many events you’ve attended.
2. How was your journey here?
3. How did the 2012 “end of the world” make you feel?
4. What is one thing you do to find your center?

**3. Opening: (5 min.)** Materials: FG #1 Reading Sheet (~ 8:35)

*\* Intention: To come into this family session with open hearts and minds, and use these activities to create lasting connections.*

Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote. (You can pass around the FG #1 Reading Sheet instead of your family material if you’d like.)

*\*Please center the family with a few deep breaths before the opening prayer.\**

**Prayer:** Oh Blessed Spirit, we thank you for the opportunity for us to come together and cleanse our minds and spirits and become like an uncarved stone. Amen.

**Affirmation:** Through the power of my thoughts, I can move mountains! (Repeat three times with zeal!)

## 2013 W.A.W.E. – The Tao of YOU

---

**Bible Quote:** “At that time the disciples came to Jesus and asked, “Who, then, is the greatest in the kingdom of heaven?” He called a little child to him, and placed the child among them. And he said: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven.” Matthew 18:1-4.

\*Ask your family to share their thoughts about how the Bible quote ties into the theme of the day. Then read what Des Plaines thought.

Possible Discussion starters:

1. What does “become like little children” mean to you?
2. How does this relate to today’s theme of “P’u”?

*Des Plaines thought: “Become like a child” means to revert back to innocence, to become non-judgmental and then you become free. Like an uncarved block that gets shaped and carved the child is not shaped by what goes on in the world. Child has the possibility to take on any role just as the uncarved It can be anything because it isn’t anything.*

Quote: *Tao Te Ching*, Chapter 4.

**The Tao is like an empty bowl,  
Which in being used can never be filled up.  
Fathomless, it seems to be the origin of all things.  
It blunts all sharp edges,  
It unties all tangles,  
It harmonizes all lights,  
It unites the world into one whole.  
Hidden in the deeps,  
Yet it seems to exist for ever.  
I do not know whose child it is;  
It seems to be the common ancestor of all, the father of all things.**

\*Ask your family to share their thoughts about how the quote ties into the theme of the day.

*Des Plaines thought: As an uncarved block, we are open and receptive. The Tao is inexplicable, but getting back to our most simple nature we don’t have to know what the Tao is. We just know that it is. The blunting of the sharp edges is reducing the worry about getting hurt. Untying all the tangles is that we cannot solve all problems right away, but in time they will resolve.*

#### **4. Heart Agreements: (10 min.) Materials: Heart agreement paper, pens, markers (~ 8:45)**

*\*Intention: To establish guidelines for the family in order to create a safe space in which everyone can share themselves.*

Say... *Heart Agreements are guidelines that each family member agrees to in order to guarantee a sacred, loving, and safe space to share and grow. Now we will have a discussion about what our heart agreements will be. By signing these agreements at the end, you are promising to follow the guidelines throughout our time in families together.*

Have your family make a list of the agreements they think those in your family should follow. For the sake of time, here is a list of the basic heart agreements that you can use as a guide.

1. **Respect - show love:** *Demonstrate honest, responsible, trustworthy behavior; always extend courtesy to family members and use appropriate touch, respectful to each individual’s personal boundaries.*
2. **No put downs:** *Give three put ups for every put down; do not be a part of any verbal or mental character assassinations or judgments of family members.*

## 2013 W.A.W.E. – The Tao of YOU

---

3. **Focus:** *Be centered during group meditations and prayers, remaining silent and respectful to the experience of others; give loving support and attention to all speakers and group leaders.*
4. **Participation:** *Make an honest attempt to participate and add to the experience and consciousness of the group during activities, discussions, and the heart talk.*
5. **Right to pass:** *You have the right to pass if you feel uncomfortable with a discussion or you do not have anything to say.*
6. **No Rescuing:** *Do not give advice unless asked for, and when giving advice, make sure it's from a place of love, not ego.*
7. **Confidentiality:** *Anything said in the group stays in the group. The exception to this is:*
  - (1) *Anything said that could affect the safety or welfare of that person or others.*
  - (2) *In this case the Facilitator or sponsor is obligated to report this directly to the Regional Consultant.*
8. **Be on time:** *Starting families on time is important to make sure you get all the activities in without having to rush through them.*
9. **Be honest with your feelings:** *Be real with yourself and what you feel about something. Be conscious of the choice you make in each moment – choose to love and have fun rather than choosing to create an alternate reality which might cause you to not have fun.*
10. **FUZZIES!:** *Share fuzzies at the end of families!*

5. **Concentration:** (5 min.) Materials: None (~ 8:50)

*\*Intention: To get to know family members' names.*

The rhythm for the game is slap, slap (on the knees), snap, snap (one on each hand, right then left). Have the group sit in a circle. One person is designated as the leader, and he/she sets the pace. The object of the game is to get to the leader's spot. The leader begins the rhythm, and on one set of snaps says his/her name on the first and some else's on the second (the names MUST always be said on the two snaps). The person whose name is said must respond on the next set of slaps and snaps by saying his/her own name and then someone else's. If the player does it correctly, the game continues. If the player does not do it quickly enough, that player must move to the seat to the right of the leader, and the rest of the group moves up a seat (toward the leader's left) to fill in the seats. Game continues until group has learned names well. The pace can be as fast as desired.

6. **P'u Discussion:** (10 min.) Materials: FG #1 Reading Sheet (~ 9:00)

*\*Intention: To gain a deeper understanding of the P'u theme.*

Say... *As Joy explained during the opening, the theme for this event is inspired by the book, The Tao of Pooh. In The Tao of Pooh, the author uses Winnie the Pooh to symbolize the concept of P'u, or the Uncarved Block.*

Ask if there is anyone who would like to read the reading from the book. (The reading is on the FG #1 Reading Sheet.)

**“...What is it about Pooh that makes him so lovable? ... Well to begin with, we have the principle of the Uncarved Block. After all, what is the most appealing thing about Pooh? What else but simplicity, the Simplicity of the Uncarved Block? And the nicest thing about that Simplicity is its useful wisdom, the what-is-there-to-eat variety – wisdom you can get at.**

\* \* \*

**When you discard arrogance, complexity, and a few other things that get in the way, sooner or later you will discover that simple, childlike, and mysterious secret known to those of the Uncarved Block: Life is Fun.**

**Now one autumn morning when the wind had blown all the leaves off the trees in the night, and was trying to blow the branches off, Pooh and Piglet were sitting in the Thoughtful Spot and wondering.**

“What *I* think,” said Pooh, “is I think we’ll go to Pooh Corner and see Eeyore, because his house has been blown down, and perhaps he’d like us to build it again.”

“What *I* think,” said Piglet, “is I think we’ll go and see Christopher Robin, only he won’t be there, so we can’t.”

“Let’s go and see everybody,” said Pooh. “Because when you’ve been walking in the wind for miles, and you suddenly go into somebody’s house, and he says, ‘Hello, Pooh, you’re just in time for a little smackerel of something,’ and you are, then it’s what I call a Friendly Day.”

Piglet thought that they ought to have a reason for going to see somebody, like Looking for Small or Organizing an Expedition, if Pooh could think of something.

Pooh could.

“We’ll go because it’s Thursday,” he said, “and we’ll go to wish everybody a Very Happy Thursday. Come on, Piglet.”

From the state of the Uncarved Block comes the ability to enjoy the simple and the quiet, the natural and the plain. Along with that comes the ability to do things spontaneously and have them work, odd as they appear to others at times. As Piglet put it in *Winnie the Pooh*, “Pooh hasn’t much brain, but he never comes to any harm. He does silly things and they turn out right.”

*The Tao of Pooh*, Benjamin Hoff, pages 17-21.

Discussion Questions:

1. What do you think of this story?
2. What is it about Pooh that makes him so lovable?
3. Is Pooh complicated?
4. What do you think Pooh’s view of the world is?
5. Can coming from the place of the Uncarved Block change your view of a situation? Why?

**7. Story Line Game: (10 min.) Materials: None (~9:10)**

*\*Intention: To get our creative thoughts flowing and have fun!*

In the “story line” game, five members stand in a group. The leader asks for the title of the story from the rest of the group. The game begins then the first person gives the first line of the story. The person sitting next to him must continue the story when the leader points to her. If she does not repeat the line exactly as her teammate has spoken them, the leader calls her “out” and she must sit down. The story is complete when all five members have had an opportunity to repeat their team members’ story additions and add their own. The leader can call a member “out” if what he is adding does not make sense or he incorrectly tells his teammates part of the story.

**8. Meditation: (10 min.) Materials: Wrapped Blocks, Strings (~9:20)**

*\*Intention: To connect with our Uncarved Blocks.*

Invite your family members to find a place of comfort, relax and close their eyes.

*You are in the 100 Acre Wood. It is safe. And beautiful. While counting to 5, take a deep breath and hold it. ... Now let your breath out slowly, while counting to 10. ... Again – inhale counting to 5 as you inhale. Hold your breath ... And use all 10 counts to exhale. One more time, inhale while counting to 5. Hold it. Now slowly let your breath out as you count to 10.*

*You are now aware of the covered block you are holding in your hands. Feel this object. ... What does it feel like? ... Move it from one hand to the other. ... Turn it over in your hands. ... Get to know and appreciate its shape.*

## 2013 W.A.W.E. – The Tao of YOU

---

*Feel the layers surrounding the block. What does this first layer feel like? ... What is this layer covering your block? ... What are your layers? ... If you want, you can give this layer a name. Is it insecurity? Some kind of lack? Is this layer loud? ...*

*What happens when you peel away this layer? ... Open your eyes and begin to peel away this first layer. ... Now feel the 2nd layer. What is this layer about? How would you label it? What do you want to call it? ... Now peel this layer away. ... Keep peeling away the layers until you get to the uncarved block.*

*You are now focused on the uncarved block. ... If unwanted thoughts come to mind, you can let them go. ... Your thoughts become birds flying high in the sky. You see them flying above you. And you let them be. ... You can always go back to them if you want to.*

*For now, you feel the block in your hand. ... Feel its simplicity. ... Turn it over in your hands. Does it feel plain? Does it feel natural? Enjoy these qualities. ... In the quiet, enjoy this uncarved block. ... Plain. ... Natural. ... Quiet. ... Simple. ...*

*When you are ready...open your eyes and come back to the room.*

After all eyes are open, pass around the strings and invite the family members to string their block and tie it onto their wrist as a reminder that at our center we are simple, natural and peaceful – like uncarved blocks.

9. **Closing:** (5 min.) Materials: FG #1 Reading Sheet (~ 9:25)

Ask if anyone in your family would like to read the closing prayer.

\*Please center the family with a few deep breaths before the closing prayer.\*

**Closing Prayer: Dear God, we thank you for all your blessings. We know that you have given each of us unique abilities to express our light. May we go forth in the world and shine that light for all to see. Amen.**

**FUZZIES!!!**

**Please make sure you are back to the Dining Hall by 9:30 p.m.**

# 2013 W.A.W.E. – The Tao of YOU

## Family Session 2 – Cottleston Pie

Saturday, April 13, 2013

9:55 – 11:15 a.m. (80 min.)

**Intention:** *To learn to be mindful of the Cottleston Pie Principle.*

**Materials:** Attendance Sheet, FG #2 Reading Sheet, Blindfolds, Notecards, Pens

**Activities:**

1. Attendance	3 min.	~ 9:58 a.m.
2. Check-In	15 min.	~ 10:13 a.m.
3. Opening	5 min.	~ 10:18 a.m.
4. Speaker Re-cap:	5 min.	~ 10:23 a.m.
5. Name Game	5 min.	~ 10:28 a.m.
6. Story/Discussion	15 min.	~ 10:43 a.m.
7. Trust Walk	15 min.	~ 10:58 a.m.
8. Finding Strengths	7 min.	~ 11:05 a.m.
9. Meditation	5 min.	~ 11:10 a.m.
10. Closing	5 min.	~ 11:15 a.m.

**Please make sure you are at the Group Photo location (to be announced) by 11:20 a.m.**

~ Approximate time activity will end

*Bold Italics = what you say to the group*

**1. Attendance:** (2 min.) Materials: Attendance Sheet, Pen (~ 9:58)

Please take attendance and place Attendance Sheet outside the door or doorway of your family area. Thank you!

**2. Check-In:** (15 min.) Materials: FG #2 Reading Sheet (~ 10:13)

*\*Intention: To check-in with one another.*

Go around the circle to the left in a whip.

(These questions are on the FG #2 Reading Sheet for you to pass around too!)

- 1. What helps you wake up in the morning?**
- 2. What did you think about the Do-UPS last night?**
- 3. If you could be one of the elements: earth, water, fire or air: which would it be and why?**

**3. Opening:** (5 min.) Materials: FG #2 Reading Sheet (~ 10:18)

*\* Intention: To come together and center ourselves in loving energy.*

Ask if there is anyone who would like to read the prayer, Bible quote, and quote. (You can pass around the FG #2 Reading Sheet instead of your family material if you'd like.)

*\*Please center the family with a few deep breaths before the opening prayer.\**

**Prayer: Thank you Spirit for this life, this time, this weekend, today and this moment, right now. Thank you for all the opportunities which you give us to help us direct our lives. Amen**

**Affirmation: Say ... Everyone is going to create their own affirmation that really speaks to them. We will then go around the circle and have each person say their affirmation once. Then all together everyone will repeat their affirmation out loud three times with zeal!**

**Bible Quote: “And God said, “Let the waters swarm with swarms of living creatures, and let birds fly above the earth across the expanse of the heavens.” So God created the great sea creatures and every living creature that moves, with which the waters swarm, according to their kinds, and every winged bird according to its kind. And God saw that it was good.” Genesis 1:20-21**

## 2013 W.A.W.E. – The Tao of YOU

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\*Ask your family to share their thoughts about how the Bible quote ties into the theme of the day. Then read what Des Plaines thought.

*Des Plaines thought: There is a natural order to things and everything has its purpose.*

Quote: *Tao Te Ching, Chapter 37.*

*Tao never makes any ado,  
And yet it does everything.  
If a ruler can cling to it,  
All things will grow of themselves.  
When they have grown and tend to make a stir,  
It is time to keep them in their place by the aid of the nameless Primal Simplicity,  
Which alone can curb the desires of men.  
When the desires of men are curbed, there will be peace,  
And the world will settle down of its own accord.*

\*Ask your family to share their thoughts about how the quote ties into the theme of the day.

*Des Plaines thought: This ties in to the P'u concept of the simplicity of the Uncarved Block – if we let go of our desires, things will happen naturally and spontaneously and will work out. The Tao never makes a fuss, but yet all things get done, simply and effortlessly.*

#### 4. **Speaker Re-cap:** (5 min.) Materials: None (~ 10:23)

*\*Intention: To process Greg's talk and expand on the ideas he discussed.*

Please have your family discuss Greg's talk in a general popcorn discussion. Feel free to ask whatever questions you would like. The following are just possible questions.

1. What did you think of Greg's talk?
2. Did you learn anything new?
3. What part of his talk resonated with you the most?
4. Did you learn anything that you can use in your life?

#### 5. **Name Game** (5 min.) Materials: None (~ 10:28)

*\*Intention: To reconnect and go over family members' names*

Say ... *Now we're going to play a name game to be sure we know our family members' names. Take one last look at everyone's name tag. Now take your name tags off and put them where they can't be seen. Our family is going on a road trip and everyone gets to bring one thing. The name of that thing begins with the first letter in the person's name. The first person will state their first name, then say what they will pack into the car for the trip. The next person repeats what the person before said and then say their first name and what they will pack. The next person will say repeat what everybody said before them and then say their first name and what they will pack. This continues all around the circle. If the group wants, the first person then gets the opportunity to repeat what everybody has said.*

#### 6. **Story/Discussion:** (15 min.) Materials: FG #2 Reading Sheet (~ 10:43)

*\*Intention: To understand the principle of Cottleston Pie.*

Say ... *The Cottleston Pie Principle is based on the song Winnie the Pooh sang, Cottleston Pie.*

Ask if there is anyone who would like to read the Cottleston Pie Song.

**Cottleston Cottleston Cottleston Pie,  
A fly can't bird, but a bird can fly.  
Ask me a riddle and I reply  
Cottleston Cottleston Cottleston Pie.**

## 2013 W.A.W.E. – The Tao of YOU

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**Cottleston Cottleston Cottleston Pie,  
Why does a chicken? I don't know why.  
Ask me a riddle and I reply  
Cottleston Cottleston Cottleston Pie.**

**Cottleston Cottleston Cottleston Pie,  
A fish can't whistle and neither can I.  
Ask me a riddle and I reply  
Cottleston Cottleston Cottleston Pie.**

- A.A. Milne, *Winnie the Pooh*

### Discussion Questions:

1. In the phrase “Ask me a riddle and I reply Cottleston Cottleston Cottleston Pie”, what do you think “Cottleston Pie” means?

*In The Tao of Pooh, Benjamin Hoff interprets “Cottleston Pie” as “Inner Nature” and “Things Are As They Are.”*

2. What does the first part, “A fly can't bird, but a bird can fly,” mean to you?

*Benjamin Hoff explains that he believes it means that everything has its own place and function, including people. “When you know and respect your own Inner Nature, you know where you belong. You also know where you don't belong. One man's food is often another man's poison, and what is glamorous and exciting to some can be a dangerous trap to others.”*

3. What does the second part, “Why does a chicken? I don't know why,” mean to you?

*Benjamin Hoff explains that he believes the important thing is that “we don't really need to know.... What we need to do is recognize Inner Nature and work with Things as They Are.”*

4. What does the third part, “A fish can't whistle and neither can I,” mean to you?

*Benjamin Hoff explains that he believes it means that “Coming from a wise mind, such a statement would mean, ‘I have certain limitations, and I know what they are.’ Such a mind would act accordingly. There's nothing wrong with not being able to whistle, especially if you're a fish. But there can be lots of things wrong with blindly trying to do what you aren't designed for.”*

*“Once you face and understand your limitations, you can work with them, instead of having them work against you and get in your way, which is what they do when you ignore them, whether you realize it or not. And then you will find that, in many cases, your limitations can be your strengths.”*

### 7. **Trust Walk:** (15 min.) Materials: Blindfolds (~ 11:58)

*\*Intention: What we may perceive as limitations are really opportunities.*

Have everyone separate into groups of two. One of the partners will place a blindfold over their eyes. The other partner remains unblindfolded and gives only nonverbal assistance to navigate the blindfolded partner to avoid obstacles in their path. Have the pairs walk around for five minutes and then have them switch the blind fold. So that the nonblindfolded person is now blindfolded and the once blindfolded person is now able to see and ready to help their partner.

### Discussion Questions:

1. How did you feel when you were blindfolded? Did you feel limited in any way?
2. What did you do to overcome those limitations?
3. How did you feel when you were the leader? Did you feel limited in any way?
4. What did you do to overcome your limitations?



8. **Finding Strengths:** (7 min.) Materials: Notecards and pens (~ 11:05)

*\*Intention: Understanding that what may be viewed as a limitation can be a strength.*

Say ... *Is everyone familiar with Bruce Banner/the Hulk? Well, initially, when he turned into the Hulk, a monster that everyone fears, he saw it as a limitation or a negative. He takes the idea that he is a “monster” and turns it into something positive – he uses that side of him to help people. He works with what he sees as a limitation and turns it into his strength.*

Have everyone take a notecard and pen and write down something they see as a “limitation.”

After everyone is done have them think about how they can work with that limitation and make it a strength, and write it on the card. Go around the circle and have everyone share what they wrote.

9. **Meditation:** (5 min.) Materials: None (~ 11:10)

*\*Intention: To become centered and aware of our inner nature.*

*Invite your family members to find a place of comfort, relax and close their eyes.*

*I want you to take a deep breath...and as you inhale, breath in a perfect white light. ... And exhale. .... Take another deep breath, and let this perfect white light flow through you. Let it fill your head ... let it flow through your neck and shoulders ... let it fill your abdomen ... and flow down through your thighs, legs and feet. ... Keep breathing in and out slowly. This perfect white light flows through you and around you. ... Flows through you and around you. ...*

*This perfect white light is flowing through everyone in this room ... flowing through our inner natures, connecting our souls. ...*

*Things are as they are. ...*

*Everything has its own place and function. ...*

*When I know and respect my inner nature, I know where I belong. ...*

*I accept things as they are. ...*

*No two snowflakes, trees, or animals are alike. ...*

*No two people are the same. ...*

*My inner nature cannot be fooled. ...*

*I understand myself and I have respect for myself. ...*

*Sooner or later, we are bound to discover some things about ourselves that we don't like. But once we see they are there, we can decide what we want to do with them. ... Do we want to get rid of them completely, change them into other things, or use them in beneficial ways? The last two approaches are often especially useful since they avoid head-on conflict and therefore minimize struggle. Also, they allow those transformed characteristics to be added to the list of things we have that help us out.*

*There are things about ourselves that we need to get rid of; there are things we need to change. But at the same time, we do not need to be too desperate, too ruthless, too combative. Along the way to usefulness and happiness, many of those things will change themselves, and the others can be worked on as we go. ... The first thing we need to do is recognize and trust our own inner nature, and not lose sight of it. For within the Ugly Duckling is the Swan, inside Bouncy Tigger is the Rescuer who knows the way, and in each of us is something special, and that we need to keep. ...*

*Things are as they are. ...*

*Everything has its own place and function. ...*

*When I know and respect my inner nature, I know where I belong. ...*

*I accept things as they are. ...*

8. **Finding Strengths:** (7 min.) Materials: Notecards and pens (~ 11:05)

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Say ... *Is everyone familiar with Bruce Banner/the Hulk? Well, initially, when he turned into the Hulk, a monster that everyone fears, he saw it as a limitation or a negative. He takes the idea that he is a “monster” and turns it into something positive – he uses that side of him to help people. He works with what he sees as a limitation and turns it into his strength.*

Have everyone take a notecard and pen and write down something they see as a “limitation.”

After everyone is done have them think about how they can work with that limitation and make it a strength, and write it on the card. Go around the circle and have everyone share what they wrote.

9. **Meditation:** (5 min.) Materials: None (~ 11:10)

*\*Intention: To become centered and aware of our inner nature.*

*Invite your family members to find a place of comfort, relax and close their eyes.*

*I want you to take a deep breath...and as you inhale, breath in a perfect white light. ... And exhale. .... Take another deep breath, and let this perfect white light flow through you. Let it fill your head ... let it flow through your neck and shoulders ... let it fill your abdomen ... and flow down through your thighs, legs and feet. ... Keep breathing in and out slowly. This perfect white light flows through you and around you. ... Flows through you and around you. ...*

*This perfect white light is flowing through everyone in this room ... flowing through our inner natures, connecting our souls. ...*

*Things are as they are. ...*

*Everything has its own place and function. ...*

*When I know and respect my inner nature, I know where I belong. ...*

*I accept things as they are. ...*

*No two snowflakes, trees, or animals are alike. ...*

*No two people are the same. ...*

*My inner nature cannot be fooled. ...*

*I understand myself and I have respect for myself. ...*

*Sooner or later, we are bound to discover some things about ourselves that we don't like. But once we see they are there, we can decide what we want to do with them. ... Do we want to get rid of them completely, change them into other things, or use them in beneficial ways? The last two approaches are often especially useful since they avoid head-on conflict and therefore minimize struggle. Also, they allow those transformed characteristics to be added to the list of things we have that help us out.*

*There are things about ourselves that we need to get rid of; there are things we need to change. But at the same time, we do not need to be too desperate, too ruthless, too combative. Along the way to usefulness and happiness, many of those things will change themselves, and the others can be worked on as we go. ... The first thing we need to do is recognize and trust our own inner nature, and not lose sight of it. For within the Ugly Duckling is the Swan, inside Bouncy Tigger is the Rescuer who knows the way, and in each of us is something special, and that we need to keep. ...*

*Things are as they are. ...*

*Everything has its own place and function. ...*

*When I know and respect my inner nature, I know where I belong. ...*

*I accept things as they are. ...*

**Family Session 3 – Wu Wei**

Saturday, April 13, 2013

2:20 – 3:10 p.m. (50 min.)

**Intention:** *To understand the importance of going with the flow.*

**Materials:** Attendance Sheet, FG #3 Reading Sheet, Chinese Finger Traps

**Activities:**

1. Attendance	5 min.	~ 2:25 p.m.
2. Check-In	15 min.	~ 2:40 p.m.
3. Opening	5 min.	~ 2:45 p.m.
4. Speaker Re-cap	5 min.	~ 2:50 p.m.
5. Story/Discussion	10 min.	~ 3:00 p.m.
6. Finger Traps	5 min.	~ 3:05 p.m.
7. Closing	5 min.	~ 3:10 p.m.

**Please do not release your family group to Free Time before 3:10 p.m.**

~ Approximate time activity will end

***Bold Italics = what you say to the group***

**1. Attendance:** (5 min.) Materials: Attendance Sheet, Pen (~ 2:25)

Please take attendance and place Attendance Sheet outside the door or doorway of your family area. Thank you!

**2. Check-In:** (15 min.) Materials: FG #3 Reading Sheet (~ 2:40)

*\*Intention: To check-in with one another.*

Go around the circle to the left in a whip.

(These questions are on the FG #3 Reading Sheet for you to pass around too!)

- 1. Jedi, Pokémon trainer, TARDIS companion, Hogwarts student, hunter, or Avenger?**
- 2. Who is your favorite fictional villain?**
- 3. What do you think is your purpose in life? (How do you plan on fulfilling your purpose?)**

**3. Opening:** (5 min.) Materials: FG #3 Reading Sheet (~ 2:45)

*\* Intention: To come together and center ourselves in loving energy.*

Say ... ***Our opening prayer is a quote from the Jesus Sutras. The Jesus Sutras are early Chinese language manuscripts of Christian teachings in beautiful Taoist concepts and imagery.***

Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote. (You can pass around the FG #3 Reading Sheet instead of your family material if you'd like.)

*\*Please center the family with a few deep breaths before the opening prayer.\**

**Prayer:** ***“Detach yourself from what disturbs and distracts you, and be as pure as one who breathes in purity and emptiness. This state is the gateway to enlightenment – it is the Way to Peace and Happiness.”***  
**Amen.**

**Affirmation:** ***I relax and allow Divine Order to naturally manifest! (Repeat three times with zeal!)***

**Bible Quote:**

*To every thing there is a season, and a time to every purpose under the heaven:  
A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;  
A time to kill, and a time to heal; a time to break down, and a time to build up;  
A time to weep, and a time to laugh; a time to mourn, and a time to dance;...  
A time to love, and a time to hate; a time of war, and a time of peace.*

## 2013 W.A.W.E. – The Tao of YOU

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### **Ecclesiastes 3:1-4, 8**

Ask your family the following Discussion Questions and then read what Des Plaines thought.

Discussion Questions:

1. What does this Bible Passage mean to you?
2. How does it relate to today's theme?

*Des Plaines thought: Wu Wei is about knowing there is a purpose for everything and working with the natural order of things.*

Quote: *Tao Te Ching*, Chapter 29.

*Does anyone want to take the world and do what he wants with it?  
I do not see how he can succeed.*

*The world is a sacred vessel, which must not be tampered with or grabbed after.  
To tamper with it is to spoil it, and to grasp it is to lose it.*

*In fact, for all things there is a time for going ahead, and a time for following behind;  
A time for slow-breathing and a time for fast breathing;  
A time to grow in strength and a time to decay;  
A time to be up and a time to be down.*

*Therefore, the Sage avoids all extremes, excesses and extravagances.*

Discussion Questions:

1. How does this relate to the Bible Passage?
2. Why is it good to avoid extremes?
3. When do you see balance in your life?

*Des Plaines thought: The same message is expressed in both the Bible and the Tao Te Ching; that there is a purpose for everything and a natural order for all things. If you go to an extreme then you are taking something and trying to shape it into something other than what it naturally is; your perspective is warped.*

#### **4. Speaker Re-cap: (5 min.) Materials: None (~ 2:50)**

*\*Intention: To process Greg's talk and expand on the ideas he discussed.*

Please have your family discuss Greg's talk in a general popcorn discussion. Feel free to ask whatever questions you would like. The following are just possible questions.

1. What did you think of Greg's talk?
2. Did you learn anything new?
3. What part of his talk resonated with you the most?
4. Did you learn anything that you can use in your life?

#### **5. Story/Discussion: (10 min.) Materials: FG #3 Reading Sheet (~ 3:00)**

*\*Intention: To gain a better understanding of Wu Wei.*

Story: "Maybe" – a Taoist story

Ask if there is anyone who would like to read the story.

**A farmer's horse ran away. That evening, the neighbors gathered with the farmer to convey their sympathies for his bad luck. The farmer just replied, "Maybe." The next day the horse returned and brought six other wild horses, and the neighbors came exclaiming his good fortune. And he said, "Maybe." Then on the following day, his son tried to saddle and ride one of those wild horses but was thrown and broke his leg. Again the neighbors came to offer their sympathy for his misfortune, and he said, "Maybe." The day after that the conscription officers**

## 2013 W.A.W.E. – The Tao of YOU

---

came from the army to seize young men from the village for military service. But because he had a broken leg, the farmer's son was released from service. When the neighbors came to say how fortunately everything turned out in the end, the farmer simply replied, "Maybe."

Discussion Questions:

1. What was the significance of the "Maybe?"
2. Based on this story, what do you think Wu Wei is?

Serenity prayer: Ask if there is anyone who would like to read the Serenity Prayer.

**God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.**

1. What does this prayer mean to you?
2. How does it relate to Wu Wei?
3. When can you use this in your life?

**Des Plaines thought: Wu Wei is going with the flow. It is not stepping back and letting people walk all over you; rather, it is knowing when to act and when to let things go. If you cannot change something, do not fight it. Simply let it be and trust in divine order. If you *can* change something for the better, however, do it. The serenity prayer helps you to know the difference.**

### 6. **Finger Traps** ( min.) Materials: Chinese Finger Traps (~ 3:05)

*\*Intention: An object lesson to experience resistance to divine order.*

Give everyone finger traps, and tell them to put them on their fingers. Ask them to try to use force to pull the traps off. Wait a few seconds as the group does this, and then ask them to relax and trust that they will be free, then have them gently pull their fingers out of the trap.

1. What did the finger traps represent?
2. What do you think happens when you try to resist divine order?
3. What did you learn from this activity?

### 7. **Closing:** (5 min.) Materials: FG #3 Reading Sheet (~ 3:10)

Say ... *Our closing prayer is a quote from Lao Tzu. Would anyone like to read the closing prayer?*

*\*Please center the family with a few deep breaths before the closing prayer.\**

**Closing Prayer: "Life is a series of natural and spontaneous changes. Don't resist them – that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like." Amen.**

**FUZZIES!!!**

**Please do not release your family group to Free Time before 3:10 p.m.**

# 2013 W.A.W.E. – The Tao of YOU

## Family Session 4 – Heart Talk

Saturday, April 13, 2013

6:20 – 8:40 p.m. (140 min.)

**Intention:** *To open our hearts to each other and make loving connections.*

**Materials:** Attendance Sheet, FG #4 Reading Sheet, Heart, Tissues

**Activities:**

1. Attendance	3 min.	~ 6:23 p.m.
2. Check-In	15 min.	~ 6:38 p.m.
3. Opening	5 min.	~ 6:43 p.m.
4. Heart Talk Explanation	5 min.	~ 6:48 p.m.
6. Heart Talk Meditation	15 min.	~ 7:03 p.m.
7. Heart Talk	90 min.	~ 8:33 p.m.
8. Heart Talk Closing	2 min.	~ 8:35 p.m.
9. Closing	5 min.	~ 8:40 p.m.

~ Approximate time activity will end

***Bold Italics = what you say to the group***

**1. Attendance: (3 min.)** Materials: Attendance Sheet, Pen (~ 6:23)

Please take attendance and place Attendance Sheet outside the door or doorway of your family area. Thank you!

**2. Check-In: (15 min.)** Materials: FG #4 Reading Sheet (~ 6:38)

*\*Intention: To check-in with one another.*

Go around the circle to the left in a whip.

(These questions are on the FG #4 Reading Sheet for you to pass around too!)

- 1. How are you feeling?**
- 2. What Winnie the Pooh character do you relate to the most? Why?**
- 3. If you could be one of the Pooh characters, which would it be? Why?**

**3. Opening: (5 min.)** Materials: FG #4 Reading Sheet (~ 6:43)

*\* Intention: To come together and center ourselves in loving energy.*

Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote. (You can pass around the FG #4 Reading Sheet instead of your family material if you'd like.)

*\*Please center the family with a few deep breaths before the opening prayer.\**

**Prayer: Sweet Spirit, we are opening our hearts tonight. As we do we want your presence to keep us protected, loving us and connecting us. Guide us to the right path and make sure we are forever intertwined and keep our souls as one. And so it is.**

**Affirmation: I am a child of God and I am loved!** (Repeat three times with zeal!)

**Bible Quote: So put away all malice and all deceit and hypocrisy and envy and all slander. Like newborn infants long for the pure spiritual milk that by it you may grow up into salvation. I Peter 2:1-2.**

*\*Ask your family to share their thoughts about the Bible quote and how it relates to the Heart Talk. Then read what Des Plaines thought.*

***Des Plaines thought: When you put away malice, deceit, hypocrisy, envy and slander, you enter into a state of non-judgment.***

Quote: *Tao Te Ching*, Chapter 49.

**The Sage has no interests of his own,  
But takes the interests of the people as his own.  
He is kind to the kind;  
He is also kind to the unkind:  
For Virtue is kind. ...  
For the sake of the world he keeps his heart in the nebulous state.  
All the people strain their ears and eyes:  
The Sage only smiles as an amused infant.**

\*Ask your family to share their thoughts about the Quote.

*Des Plaines thought: When we are centered in the Tao, we connect through the heart and speak and listen with kindness and without judgment.*

**4. Heart Talk Explanation: (5 min.)**      Materials: None      (~ 6:48)

*\*Intention: To explain the procedure of a Heart Talk and to review heart agreements that are prevalent in a Heart Talk situation.*

*Say ... During this family time together, we will be having a Heart Talk. This is an opportunity for each person to share from their heart and talk about what may be on their mind. The intention of a Heart Talk is to create a loving, supportive environment through giving love, understanding and compassion while we express our hearts and invite the expression of the rest of our family's hearts. The Heart Talk requires attention, focus, and respect from all participants. It is also important to understand that what you share does not necessarily have to be of a negative nature, it can be about good news in your life. We just want to make sure that because someone is having a problem, we don't all have to tune into "what's wrong in my life." We also can take a look at "what's right in my life."*

*The person with the Heart starts by expressing what their feelings are at the time and then moves on to any other feelings that come up. The intent is to talk about the feelings. This is not the place to describe the details of everything that has happened, but rather to relate just enough information to provide the group with the basic conditions affecting your feelings.*

*As each person talks, we all focus on sending love to them as we silently affirm God's love and see them in a perfect light.*

Please make sure that the following agreements are understood by going over them again:

♥ *Only the person holding the heart may speak.*

*The following is extremely important for everyone to understand:*

♥ *Confidentiality:* *Anything said in the group stays in the group. The exception is:*

- *Anything said that could affect the safety or welfare of that person or others.*
- *In this case the Facilitator or sponsor is obligated to report this directly to the Regional Consultant.*

♥ *Emphasize the importance of active listening – your job is to listen and understand where another person is coming from, not to try and judge, solve, or fix their situation.*

♥ *The heart holder may speak from their heart – nothing is right or wrong.*

♥ *When participating, remember to come from a place of love and respect. Everyone has something to share and this is not a time to compare.*

- ♥ *When finished the speaker passes the heart to the next person.*
- ♥ *No one may comment on what another individual has said.*
- ♥ *If someone wishes to be given advice about a certain situation, they may place the heart in the center of the circle. People who give advice need to make sure that they are not speaking of their own troubles during this time. Focus on the person receiving your words.*
- ♥ *Family facilitators will be giving a friendly ten minute warning when the Heart Talk is nearing its ending time. (Facilitators keep one eye on the clock as time passes.)*
- ♥ *Please respect the time allotted. Everyone needs to share but stay on time.*
- ♥ *When the heart makes its way around the circle without anyone speaking, the Heart Talk is complete.*

**5. Heart Talk Meditation: (15 min.) Materials: None (~ 7:03)**

*\*Intention: To focus on the loving energy that we share with each other as we prepare for the Heart Talk.*

Prior to the Meditation, have everyone pick a partner and sit next to them in the circle.

*Take a deep breath. ...*

*Imagine yourself with a glowing light inside of you. As you focus on that light, it grows and expands, and slowly spreads throughout your body. ...*

*You feel a warmth spreading through your fingers and toes. Take another breath and enjoy the warm feeling. ...*

*Now, imagine that inner ball of light growing bigger and bigger until it surrounds you and the people to your left and right. ...*

*You can feel their energy as well as your own. Take a moment to become familiar with their energy...*

*Now, expand your energy to fill the entire circle. ...*

*Feel the energy of the people around you in the circle. ...*

*Now expand your energy to fill the town ... the country ... the world. ...*

*Feel the energy of the seven billion people on the Earth, and breathe. ...*

*Now bring your ball of light-energy back to your own body, and focus your attention on it.*

*Picture a color that goes with the flow of energy, and just sit with that color and energy in the silence.*

*... (5 minutes)*

*Now, take the energy built from the silence and picture a ball. Don't try to force any color or texture on it; it will naturally come to you.*

*Without opening your eyes, cup your hands and lift them up as though you're holding an invisible softball. Move your hands in a circular motion around the ball, feeling the pure energy.*

*(Two minutes)*

*Then when you're ready, lift your hands to your partner's hands (but do not let them touch) and feel their energy mix with yours.*

*(Two minutes)*

*Now, bring your hands back in front of you and relax them on your knees, palms up. Take a deep breath, and when you are ready, open your eyes and bring your awareness back to this place.*

**6. Heart Talk: (90 min.) Materials: Heart, Tissues (~ 8:33)**

*\*Intention: To reflect on our lives and express what is in our hearts in an open and loving space and to be open and loving towards others as they release.*

Put the heart in the middle of the circle. Anyone may take it and go first and then continue passing it to the left. To end the Heart Talk, the heart must go once around the circle without anyone talking before it can be completed.



## 2013 W.A.W.E. – The Tao of YOU

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To start the Heart Talk, you may want to begin with processing the Meditation by responding to the following questions:

What did you feel during the meditation?

What did you feel from your partner?

7. **Heart Talk Closing:** (2 min.) Materials: None (~ 8:35)

*\*Intention: To release any negative energy left behind from the Heart Talk and transform it into positive energy.*

When the Heart Talk is over, ask everyone to close their eyes as you read the following. This is very important. Some family members may not know what to do with feelings that may have risen during the Heart Talk. This is to provide some closure.

*Say ... Sometimes during the Heart Talk, thoughts and feelings may arise. Some we expect and some we don't. We do not have to remain in the emotion and drama of these thoughts and feelings. Right now in the center of the Love that is your family, release that which does not serve you. Breathe in peace and breathe out drama, anger or fear. Again breathe in peace and breathe out all your concerns. We have released our concerns but we can hang on to the closeness that we felt in this special family time. Thank you God! Now altogether three times, Thank you God, Thank you God, Thank you God!*

8. **Closing:** (5 min.) Materials: FG #4 Reading Sheet (~ 8:40)

Ask if anyone in your family would like to read the closing prayer.

*\*Please center the family with a few deep breaths before the closing prayer.\**

**Closing Prayer: With care and gentleness, take a deep breath in and out. Feel as though you know everything is all right. Forever and always will we be connected and intertwined with each other. Forever and always will we be loved and taken care of. Amen.**

**FUZZIES!!!**

# 2013 W.A.W.E. – The Tao of YOU

## Family Session 5 – Tao/Te

Sunday, April 14, 2013

9:05 – 10:35 a.m. (90 min.)

**Intention:** *To remember to focus on the Tao during the Te.*

**Materials:** Attendance Sheet, FG #5 Reading Sheet, Love Note Papers, Pens

**Activities:**

1. Attendance	2 min.	~ 9:07 a.m.
2. Check-In	10 min.	~ 9:17 a.m.
3. Opening	5 min.	~ 9:22 a.m.
4. Tao/Te Discussion	5 min.	~ 9:27 a.m.
5. Love Notes	63 min.	~ 10:30 a.m.
6. Closing	5 min.	~ 10:35 a.m.

**Please make sure you are back to the Dining Hall by 10:40.**

~ Approximate time activity will end

***Bold Italics = what you say to the group***

1. **Attendance:** (2 min.) Materials: Attendance Sheet, Pen (~ 9:07)

Please take attendance and place Attendance Sheet outside the door or doorway of your family area. Thank you!

2. **Check-In:** (10 min.) Materials: FG #5 Reading Sheet (~ 9:17)

*\*Intention: To check-in with one another.*

Go around the circle to the left in a whip. Have everyone share their answers as a way to get better acquainted. (These questions are on the FG #5 Reading Sheet for you to pass around too!)

1. **What's your favorite flavor of ice cream?**
2. **What's your favorite book?**
3. **Who has been the most influential person to you?**

3. **Opening:** (5 min.) Materials: FG #5 Reading Sheet (~ 9:22)

*\* Intention: To come together and center ourselves in loving energy.*

Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote. (You can pass around the FG #5 Reading Sheet instead of your family material if you'd like.)

*\*Please center the family with a few deep breaths before the opening prayer.\**

**Prayer: Father Mother God, we open ourselves to you and accept your diving inspiration that comes from being present in the moment and focusing on the Tao. Amen.**

**Affirmation: I show my gratitude for life by being enthusiastic in all I do!** (Repeat three times with zeal!)

**Quote: "Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart." – Author unknown**

*\*Ask your family to share their thoughts about how the Bible quote ties into the theme of the day.*

Then read what Des Plaines thought.

***Des Plaines thought: This is basically the definition of being in the Tao during the Te. You have to be in the Tao, or your center, while the trouble and noise is going on. This will allow you to experience peace in the midst of the Te.***

## 2013 W.A.W.E. – The Tao of YOU

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### Quote:

**Don't merely expect to find or to believe that life is worthwhile; make it worthwhile. Don't merely see life whole; make it whole. Not knowing which should come first, to improve one's self or to improve the world, we end up doing neither. Actually, the way only to improve the world is by improving one's self, and the only way to improve one's self is by improving the world. Rabbi Mordecai M. Kaplan**

\*Ask your family to share their thoughts about how the quote ties into the theme of the day.

*Des Plaines thought: You need to center yourself in the Tao in order for you to be successful in the Te. You need to help yourself before you focus on helping the world.*

#### 4. Tao/Te Discussion: (5 min.) Materials: None (~ 9:27)

\* *Intention: To process the skit and expand on the idea of focusing on the Tao during the Te.*

Ask if someone in the family can summarize the Skit presented during the Morning Celebration.

1. What was Piglet afraid of?
2. What might the Heffalump represent?
3. What Heffalumps do you have in your life?
4. What can you do to deal with your Heffalumps?

#### 5. Love Notes: (63 min.) Materials: Love Note Paper, Pen and Love (~ 10:30)

\* *Intention: To tell your family how much you love them.*

Say ... *A Love Note is a message of love that you are giving to your family members. You may want to thank them for something specific that they said that inspired you this weekend, or share something that you admired about them. Please refrain from sharing advice about something specific that was shared in the family this weekend. Anything uplifting that you would like to say to this person is what a love note is made of. Do not read anything anyone else has written. Please keep this a silent, focused activity.*

*Write your name on the top of your Love Note paper and pass it to the left. Write a love note in the booklet you receive and when you are done pass it to the left. Continue to do this until you get your own booklet back. Please don't read your love notes until the car ride home. You may choose not to read them at all until you are faced with a challenge when you may pull them out to inspire you.*

#### 6. Closing: (5 min.) Materials: FG #5 Reading Sheet (~ 10:35)

Please put everything back in your family bag. Make sure to leave your family area neat and cleaned up.

Ask if anyone in your family would like to read the closing prayer.

\*Please center the family with a few deep breaths before the closing prayer.\*

Closing Prayer: **We thank you, Divine Essence, for allowing us to come together and better ourselves for the betterment of humanity. May we bring this energy forth into the community and be a beacon of the Light to all around us. Amen.**

## FUZZIES!!!

\*\*\*\*\***Family leaders: If your family wants, you may take pictures at the end of the session after the closing and fuzzies, but ONLY IF YOU HAVE TIME!!! Make sure you start closing on schedule. Remember to hand the family leader bags to a Head Sponsor inside the Dining Hall.**

THANK YOU SOOOO MUCH FOR BEING A FAMILY LEADER THIS WEEKEND AND SERVING IN THIS WAY!  
WE LOVE YOU! ☺

## **ADDITIONAL OPTIONAL ACTIVITIES**

**ZIP, ZAP, ZOOM (Icebreaker):** Players may stand or sit in a circle. A person in the center of the circle points to anyone and says “Zip” or “Zap” or “Zoom” and then counts to five. For example, “Zap, one, two, three, four, five.” If he says “Zip”, the person to whom he has pointed must name the person on their right before “five” is reached. If “Zap” is said, the person must name the person on their left. If the caller says “Zoom” the person must say their own name. If the person does not say the correct name before “five” is reached, he goes in the middle and the caller takes his place.

**PTERODACTYL:** Have everyone sit in a circle. The first person turns to the person on the left and, covering their teeth with their lips, says “pterodactyl” in a humorous manner. That point is to try to make the other person smile/laugh. Continue going around the circle. A person can change the direction of the game by “screeching” instead of saying “pterodactyl.” If a person smiles or laughs, they are out of the game. Continue until there is one person left.

**WHO COULD IT BE:** Have each person think of something about themselves that they think the others don’t know and write it down on an index card. Shuffle the cards, read each card and have the group try to figure out who wrote it.

**SHOE GAME:** Have someone volunteer the use of one of their shoes. Place it on one side of your meeting place. Have everyone else gather at the other end of the meeting place. Instruct family members to put on a blindfold and then do anything they need to do to pick up the shoe in one reach. Each family member gets one chance to walk over and grab the shoe. Once they have reached down to get the shoe their turn is over whether or not they grabbed the shoe.

The key to this exercise is hopefully someone will realize they need to change something to get the shoe – take off the blindfold. You never tell them they cannot take the blindfold off, just tell them to do whatever they need to do in order to get the shoe in one reach. Make sure if they ask if they can remove their blindfold, repeat only that they can do whatever is necessary, do not say yes. If after all family members have a turn none of them realize they can take off the blindfold, give a little hint.

**CINNAMON ROLL HUG (Closing):** Form a standing circle holding hands. Have one person let go of one hand. He/she then spins slowly in place as the rest of the chain follows by wrapping around him/her line a cinnamon roll. Then squeeze in tight.

**TEXAS HUG (Closing):** Instruct the group to stand in a circle hip to hip with their arms around each other. On the count of three, each person steps into the circle with their right foot.