

A Reflective Invitation

Thank-you for finding this reflective space.

However you are feeling today,

You are welcome just as you are.

There are a six invitations around this space.

You may like to follow the path or sit with just one.



#1.

Acknowledge the land we are standing on



We acknowledge that we reflect on Wurundjeri Woi Wurrung land.

We acknowledge our elders past, present and emerging.

We acknowledge Aboriginal and Torres Strait Islander's deep wisdom of listening and presence.

We stand alongside Aboriginal and Torres Strait Islander people and commit to listen to and respect the Country we all walk on.

#2.

Read the poem: To Come Home to Yourself



May all that is unforgiven in you,
Be released.

May your fears yield
Their deepest tranquilities.

May all that is unlived in you,
Blossom into a future,
Graced with love.

By John O'Donohue

#3.

Think about all that is unforgiven in you



Reflect on all that you are holding against your own self.

i.e. Not doing enough, not being present to family enough, not being with friends enough, not being productive enough, not earning enough, not listening enough, not contributing enough, not helping enough, not looking after ourselves enough.

Name them all, then gently say to yourself:

“May all that is unforgiven in me, be released.”

#4.

Take a moment to reflect on your fears



Reflect on all that you are afraid of at this time.

i.e. Fears of not getting it right, missing the point, giving to the wrong thing, losing ourselves, hurting by mistake, losing our way, wasting this time.

Notice and acknowledge the fears you've held and are holding.

Take a deep breath. Then say to yourself:

"May my fears yield their deepest tranquilities."

#5.

Feel into all that is unlived in you

Let your whole self feel into all that is unlived in you.

i.e. All of the things that you want to do, all of the dreams and possibilities, the things you want to create, the invitations you want to extend, the purpose you want to live from, the peace you want to feel, the things you're longing to do, your heart hoping for a better tomorrow.

Recognise all the things that are calling you at this time.

When you come to the end, say to yourself:

"May all that is unlived in me, blossom into a future graced with love."



#6.

Sit with what arises for you



Take a moment in silence. Notice the trees or the city. Breathe.

However this reflection meets you in this moment:

Notice what it stirs within you.

Is there an image, word or colour that comes to you now?

How can you meet this with gentleness?

Thank-you for being here and reflecting together.