

FAMILY GUIDE BOOK

Settling Into



Light and Life

Association of light and life

2006 Summer Conference

July 19-23

Mission Renewal Center

At Old Mission Santa Barbara

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Guidelines for Creating the Vision

Feel free to use the following suggestions and guiding questions as needed.

1. Begin with a brief meditation and prayer for guidance in this process.
2. Preview the papers on Dalamatia, Light and Life, and The Neighboring Planet in *The Urantia Book* to get ideas.
3. What is the purpose of your social institution?
4. Define the ideal as you see it.
5. What is the current situation as you can best define it?
6. What might be some possible steps to take from where we currently are to the ideal?
7. What values need to be in place in the society to support the movement toward the ideal?
8. How might a possible structure look for the L&L institution to best serve its purpose?
9. What voice do the people have in policy making? How do they get their ideas expressed?
10. What qualifications are expected of those who serve in positions of leadership in your institution?
11. How is the information about the institution conveyed to the general public? How is support for the ideals gathered?
12. How are people educated within the constructs of the institution?

Settling Into light and life

Family Meeting # 1

**Friday 9:30-12:00 (2 1/2 hours
includes 15 minute break)**

Purpose: Build Family Harmony and Create a Vision of Light and Life

Activities:

1. Opening Prayer & Stillness..... 5 min.
 2. Introductions; “Name Game”20 min.
 3. Family Agreements.....20 min.
 4. The Knot.....15 min.
 5. *Break as needed*.....15 min.
 6. Create Vision of Light and Life.....70 min.
 7. Closing Prayer..... 5 min.
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Activity Directions

Opening Prayer

1. Members sit in a circle.
2. Family Leader initiates the Opening Prayer.

Introductions “Name Game”

1. Each family member silently chooses an adjective describing him or her that also begins with the same letter as his/her first name. (Allow up to 3 minutes of reflection.)
2. Family members (beginning with Family Leader) take turns stating their adjective and name and a quick explanation of how the adjective characterizes them. For example, “I am Jazzy James. I love jazz music.”

Family Agreements

1. Emphasize the importance of having a safe and loving place for members to share their ideas and feelings.
2. Develop Family Agreements that all members will accept and follow--take turns offering ideas.
3. Family leader writes these on chart paper.
4. All Family Members sign the “Agreements”.
5. Hang “Agreements” on wall.

6. Example agreements to consider are:
 - ❖ Everyone has the right to pass.
 - ❖ Listen to whoever is speaking without interruptions.
 - ❖ Don't monopolize the conversation.

The Knot

The purpose of this activity is to have the family get connected by trying to solve a problem in silence and observe the changes that occur.

1. All members stand in a circle holding hands.
2. Activity is done in SILENCE except for the family leader's instructions.

INSTRUCTIONS:

3. Drop hands to side.
4. Extend hands to center of circle.
5. Hold hands with two people, but NOT the person on either side of you.
6. Do "squeeze" test to insure the knot will undo: One person begins by squeezing a hand; continue passing on the hand squeeze from person to person. If the squeeze returns to the
7. starter then the knot will undo.

***FAMILY LEADER: When everyone has two hands, then say,
*"Look at our circle and notice the twisted knot of hands."
"Silently observe how you are related to other members of the family."*

7. Next step is to unwind the knot WITHOUT letting go of the hands you are holding. You may twist, duck, whatever it takes, but DO NOT LET GO of the hands you are holding or cause pain to anyone in the family knot. Remember—SILENCE!
8. When the knot is as unwound as possible, usually back to a circle, observe who you are linked to and notice the change in arrangement of the circle.
9. Process the experience. What was your role?
10. Repeat activity if desired.

Create Vision of Light and Life

1. Each group is assigned one facet of civilization to discuss and decide how it may function in the age of Light and Life. Several family meetings are scheduled for completing this assignment.
2. Be as specific as possible when creating your family's vision. Guiding questions are provided to help with this process.
3. Write ideas on chart paper. DRAFT COPY

Optional procedure (to encourage full participation):

- ❖ For a particular question/prompt each person writes on a slip of paper one idea and these are collected in a "bag".
 - ❖ The leader pulls one idea from the bag and reads it to the group.
 - ❖ A "scribe" writes the idea on the chart paper. If repeats occur, then these can be noted with a check mark next to the appropriate statement.
 - ❖ After this preliminary step, the group discusses each contribution in more detail.
 - ❖ Discussions can proceed in an orderly fashion around the circle of members. Each person adds his/her thoughts in turn. Members have the option of passing.
 - ❖ Add ideas to the chart paper that the group deems "keepers".
4. Design one or more posters and, if desired, other artistic expressions that reflect your family's vision. Be creative. All posters will be hung in the main meeting room for sharing. DON'T FORGET to include your NAMES on the poster(s).
 5. Have poster(s), etc. ready to display by Saturday afternoon.
 6. Select speaker(s) to explain your family's vision to the conference attendees.
 7. Presentations begin Saturday at 1:30.

Closing Prayer

1. Family forms a circle.
2. Any family member may volunteer to say the prayer or you may try a CIRCLE PRAYER.
 - ❖ Circle prayer: Members hold hands and take turns contributing a piece of the prayer until the circle is complete. When done with your part, squeeze the hand of the next person to send the prayer onward. It is OK to "pass" if you are uncomfortable with public praying. Just squeeze the next person's hand.



SETTING INTO LIGHT AND LIFE

Family Meeting # 2

Friday 1:30-4:00 (2 1/2 hours)

Purpose: Build Family Harmony and Create a Vision of Light and Life

Activities:

1. Opening Prayer & Stillness..... 5 min.
 2. Create Vision of Light and Life.....135 min
 3. Namaste' Fuzzies.....10 min.
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Activity Directions

Opening Prayer

1. Volunteer leads the Opening Prayer.

Create Vision of Light and Life

1. Continue developing your assignment using guidelines provided.

Namaste Fuzzies

1. The group stands in a circle.
2. Read the given definitions for "Namaste' " and "Fuzzy":
 - ❖ Namaste'—The Spirit in me blesses and honors the Spirit in you.
 - ❖ Fuzzy—A meaningful hug.
3. A Namaste' Fuzzy is doing both of these. First say Namaste' to your partner and then give them a meaningful hug.
4. Now move around and give Namaste' Fuzzies to each other.
5. After a few minutes form a circle. With hands folded in prayer, the group says "Namaste' " three times.

freetime 4:00-6:00

Dinner at 6:00

SETTING INTO LIGHT AND LIFE

Family Meeting # 3

Saturday 9:30-12:00 (2 ½ hours)

Purpose: Build Family Harmony and Create a Vision of Light and Life

Activities:

1. Opening Prayer & Stillness..... 5 min.
 2. Create Vision of Light and Life 100 min.
 3. Spirit Talk..... 40 min.
 4. Optional Activities if time.....
(directions on pages 9-10)
 5. Closing Circle Prayer..... 5 min.
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Activity Directions

Opening Prayer

1. Volunteer leads the Opening Prayer.

Create Vision of Light and Life

1. Finalize Vision.
2. Finish all posters and other creative expressions.
3. Practice presentation and hang posters in main meeting room.

Spirit Talk

1. Explain the background, rules, and purpose of “Spirit Talk” by reading the following:

The “Spirit Talk” is a very old tradition dating back to oral societies and village structures. It was and is a way to build and maintain strong bonds within a community. Native Americans used sacred/natural objects as the talking symbol. The object gains power as the group honors the power of the words of the person holding it. We give our attention to the person holding the object.

Spirit Talks work best when members simply express their own feelings. If members analyze, criticize, justify, advise, or story tell, much of the effectiveness is lost. Honor the fact that all individuals can change their mind. It is a manifestation of growth, which is not to be restricted by holding individuals to prior thoughts. It is up to

the family leader to insure that members are following these guidelines.

SPIRIT TALK RULES

2. Read the following to the group:
 - a. Only the person with the Spirit Object talks: everyone else listens, giving complete attention and loving support.
 - b. The Spirit Object is passed only to the left. Respect it as the repository of the group's words—the oral history of your family.
 - c. You may choose to “pass”, and hand the Spirit Object to the next person.
 - d. **Speak from your Spirit energy—Go to your heart center not your head and avoid storytelling. Only speak about how you feel, not about what someone else said.**
 - e. Everything said stays in the family—all communication is confidential!
 - f. Be considerate about how long you talk.
 - g. Remain for the whole talk without disturbing anyone.

3. Begin the Spirit Talk by focusing on this topic. **What have you gained from participating in your family experience of the past couple days?**

Closing Circle Prayer

1. Family forms a circle.
2. Any family member may volunteer to say the prayer or you may try a CIRCLE PRAYER.
 - ❖ Circle prayer: Members hold hands and take turns contributing a piece of the prayer until the circle is complete. When done with your part, squeeze the hand of the next person to send the prayer onward. It is OK to “pass” if you are uncomfortable with public praying. Just squeeze the next person's hand.



Optional Activities

Cinnamon Twist (15 min.)

1. Family stands and joins hands in a circle.
2. One person DROPS the hand on the RIGHT still holding the one on the left, then STEPS INTO the MIDDLE of the circle.
3. The middle person must stand perfectly still—no spinning when the circle begins moving.
4. The person holding the hand of the middle person begins to walk around the middle in a CLOCKWISE direction. (This causes the arm of the middle person to cross his/her chest)
5. The chain of people continues to walk around the person in the middle.
6. As the length of arms runs out, more bodies will join the center.
7. Continue walking until the last person of the chain is in the cluster.

Family Angel Walk (20 min.)

1. Start by making two equal lines.
2. Starting from the right side, one of the two people on the end will stand between the two lines facing the other people.
3. The person will say his/her name, then “Namaste” the group, hold the “Namaste” pose, close their eyes and begin to walk between the two lines.
4. The other members will lead the walking person through the line by arms or elbows and whisper their name and something positive about them.
5. Once that person has walked all the way through, they turn around, “Namaste” the group again.
6. The next person will start.
7. Continue until all have gone.

Trust Walk (20 min.)

Purpose is to form a bond of trust with your partner.

1. Each member finds a partner.
2. Identify the pairs as “leader” and “truster.”
3. The “leader” needs to focus on the feelings of the person they are leading, anticipate, and respond to the person’s needs.
4. The “truster” closes his/her eyes and follows the guiding directions given by the “leader.”
5. Walk for five minutes this way.
6. Change roles and repeat the walk.
7. Return to family meeting space and sit in silence.
8. Process trust walk by taking turns answering these questions:
 - a. How did it feel to be the “truster?”
 - b. How did it feel to be the “leader?”
 - c. Which did you prefer and why?
 - d. What was the most interesting part of the walk for you?

Rain Massage Circle (10 min.)

1. Group members sit or stand in a circle.
2. Everyone turns to the left facing the back of the person on his/her left.
3. Begin a massage chain reaction. You start massaging the person in front of you, and then that person starts massaging the person in front of them until the massage comes full circle.
4. Family leader announces the type of massage from wind, to rain, to hail, returning to rain and then wind.
 - a. **For wind, rub your hands back and forth on the person's back.**
 - b. **For rain, move your fingers all over the back rapidly.**
 - c. **For hail, use the palm of your hand and pat the person's back all over.**
5. After a few minutes, everyone turns around and starts the massage chain in the opposite direction.

The Willow (15 min.)

It is essential that the Family Leader and a support person demonstrate. Catchers MUST concentrate with care and support. "Faller" must trust and relax. CLARIFY THAT IT IS O.K. TO WATCH, BUT WATCH WITH LOVING SUPPORT.

GO OVER FOLLOWING INSTRUCTIONS BEFORE BEGINNING.

1. Family members form a standing circle.
2. One person steps in the middle, crosses his/her arms over chest and closes eyes.
3. The rest of the group will put their hands in front of them creating an even circle around the person.
4. This will all be done in silence, with the group sending its love and support to the person in the middle.
5. The person in the middle will stand completely straight, relax the ankles and let his/her body fall naturally into the circle.
6. The circle of hands will then act as a cushion, supporting the person as she/he falls and guiding the person around the circle.
7. After a couple of minutes the person in the middle will be guided into the center and then will trade positions with another person.
8. Repeat the exercise until all members have been in the center.