



CENTER *for*
**COURAGE &
RENEWAL**

Foundations of the Courage & Renewal Approach

Session 1 | Listening To and Honoring The Inner Teacher

Give and receive welcome. People learn best in hospitable spaces. In this circle we support each other's learning by giving and receiving hospitality.

Be present as fully as possible. Be here with your doubts, fears and failings as well as your convictions, joys and successes, your listening as well as your speaking.

What is offered in the circle is by invitation, not demand. This is not a "share or die" event! Do whatever your soul calls for, and know that you do it with our support. Your soul knows your needs better than we do.

Speak your truth in ways that respect other people's truth. Our views of reality may differ, but speaking one's truth in a circle of trust does not mean interpreting, correcting or debating what others say. Speak from your center to the center of the circle, using "I" statements, trusting people to do their own sifting and winnowing.

No fixing, saving, advising or correcting each other. This is one of the hardest guidelines for those of us who like to "help." But it is vital to welcoming the soul, to making space for the inner teacher.

Learn to respond to others with honest, open questions. Do not respond with counsel or corrections. Using honest, open questions helps us "hear each other into deeper speech."

When the going gets rough, turn to wonder. Turn from reaction and judgment to wonder and compassionate inquiry. Ask yourself, “I wonder why they feel/think this way?” or “I wonder what my reaction teaches me about myself?” Set aside judgment to listen to others—and to yourself—more deeply.

Attend to your own inner teacher. We learn from others, of course. But as we explore poems, stories, questions and silence in a circle of trust, we have a special opportunity to learn from within. So pay close attention to your own reactions and responses, to your most important teacher.

Trust and learn from the silence. Silence is a gift in our noisy world, and a way of knowing in itself. Treat silence as a member of the group. After someone has spoken, take time to reflect without immediately filling the space with words.

Observe deep confidentiality. Safety is built when we can trust that our words and stories will remain with the people with whom we choose to share, and are not repeated to others without our permission.

Know that it's possible to leave the circle with whatever it was that you needed when you arrived, and that the seeds planted here can keep growing in the days ahead.



Excerpt from *The Sound of the Genuine*

There is in every person something that waits and listens for the sound of the genuine in herself. There is in you something that waits and listens for the sound of the genuine in yourself.

Nobody like you has ever been born. And no one like you will ever be born again. You are the only one.

If you cannot hear it, the sound of the genuine in you, you will never find whatever it is for which you're searching. And if you hear it and then do not follow it, "it were better that he had never been born."

You are the only you that has ever lived. Your idiom is the only idiom of its kind in all the existences. And if you cannot hear the sound of the genuine in you, you will all of your life spend your days on the ends of strings that somebody else pulls.

— *Howard Thurman, 1980 Commencement Address at Spelman College*

Questions for Reflection

- How has your inner teacher guided you to be here today?
- What helps you "hear" your "inner teacher?"
- What helps you discern its guidance?



“Who are you? How does the sound of the genuine come through to you?

The sound of the genuine is flowing through you.” – *Howard Thurman*

