

CENTER *for*
**COURAGE &
RENEWAL**

Foundations of the Courage & Renewal Approach

Session 3

*Exploring the Courage & Renewal Touchstones
for Creating Trustworthy Space*

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.



Dadirri
the deep inner
spring inside us

Transcript of Dadirri Video

To know me
is to breathe with me.

To breathe with me
is to listen deeply.

To listen deeply
is to connect.

It's the sound,
the sound of deep calling to deep.

Dadirri
The deep inner spring
inside us.

We call on it and it calls on us.

We are river people.
We cannot hurry the river.
We need to move with the current
and understand its ways.

We wait for the rain to fill our rivers
and water our thirsty earth.

We watch our bushfoods
and wait for them to open
before we gather them.

We wait for our young people
as they grow.

The time for rebirth is now.
If our culture is alive and strong and respected
it will grow,
it will not die,
and our spirit will not die.

I believe the spirit of Dadirri we have to offer
will blossom and grow,
not just in ourselves
but in our whole nation.

by Miriam Rose Ungunmerr Baumann,
Miriam Rose Foundation

The word, concept and spiritual practice that is dadirri (da-did-ee) is from the Ngan'gikurunggurr and Ngen'giwumirri languages of the Aboriginal peoples of the Daly River region (Northern Territory, Australia).

"The contemplative way of dadirri spreads over our whole life. It renews us and brings us peace. It makes us feel whole again."

- Miriam Rose Ungunmerr Baumann

You can learn more about Miriam Rose, the people and history of the Nauiyu community, dadirri, and the work of the Miriam Rose Foundation at www.miriamrosefoundation.org.au.

Questions for Reflection

- How have you experienced your own deep inner spring?
- How have you created space for the inner spring within you and others?



Questions for Reflection

- What stands out to you about the Touchstones?
- Which Touchstone(s) come most naturally to you and how has that shown up in your life?
- Which Touchstone(s) are most challenging for you and how are they challenging?



I want to listen deeply enough that I hear everything
and nothing at the same time and am made more by the
enduring quality of my silence.

I want to question deeply enough that I am made more
not by my answers so much as my desire to continue
asking questions.

I want to speak deeply enough that I am made more by
the articulation of my truth shifting into the day's
shape.

In this way, listening, pondering and sharing become
my connection to the oneness of life, and there is no
longer any part of me in exile.

By Richard Wagamese
from *Embers: One Ojibway's Meditations*

