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**Sacred Circles**

NAADAC 2022 Annual Conference & 50th Anniversary Celebration  
Indianapolis, IN  
October 9, 2022

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**Introductions**

- About Me
- About You
- Why this topic

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**SACRED**

- What does this mean to you

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**SACRED**

From Oxford Languages:  
Connected with God (or the gods) or dedicated to a religious purpose and so deserving veneration

From Wikipedia:  
Something that is dedicated or set apart for the service or worship of a deity; considered worthy of spiritual respect or devotion; or inspires awe or reverence among believers...

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What does this really mean

- Veneration
- Devotion
- Inspires Awe
- Reverence

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### What does this really mean

- Veneration: great respect, reverence
- Devotion: love, loyalty, or enthusiasm for a person, activity, or cause
- Inspires Awe: a feeling of reverential respect mixed with fear or wonder
- Reverence: deep respect for someone or something

Definitions from: Oxford Languages

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- Sacred is often a very misunderstood term ... a lot of people assume it only has religious connotations.
- Another way to discuss the SACRED is what is the Absence of the SACRED????

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### Through An Indigenous Lens

All things are **SACRED** and worthy of love, respect, kindness, non-violence, awe, obeisance (deferential respect, acknowledge another's importance)

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**12 Step Spirituality**

Belief in something greater than yourself

From my sponsor Joy W, remember “It is personal”

From my friend Eric P – “an opportunity to clear away the wreckage of our past so that we can seek a path to a God of our understanding. Then it becomes a way of life. Thankfully we get to choose our path. And somehow it’s so intricately woven that we can all come together with a common bond ... my answer could be it can’t be defined it has to be lived”

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- Religious/Religion
  - The belief in and worship of a superhuman controlling power, especially a personal God or gods
  - A particular system of Faith and Worship  
Usually written in a book with rules, codes of conducts, specific rituals, ceremonies, services

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- Spirituality
  - The quality of being concerned with the human spirit or soul as opposed to material or physical things
  - Involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature  
(Dr. Maya Spencer, 2012 Royal College of Psychiatrist)

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**More Words**

- Faith
- Belief
- Worship
- Divine

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**So What is SACRED**

- Connection
- Respect
- Love
- Worthiness
- Kindness
- Acknowledge
- Loyalty
- Reverence

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**So What is SACRED**

**Objective1**

- 1. Participants will be able to define what is Sacred
- DISCUSSION!!!

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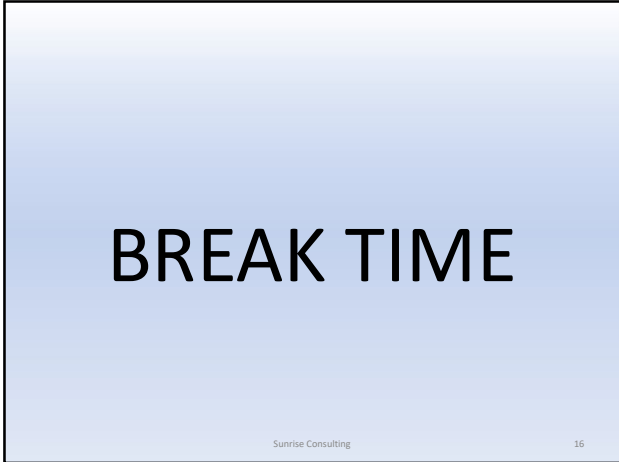
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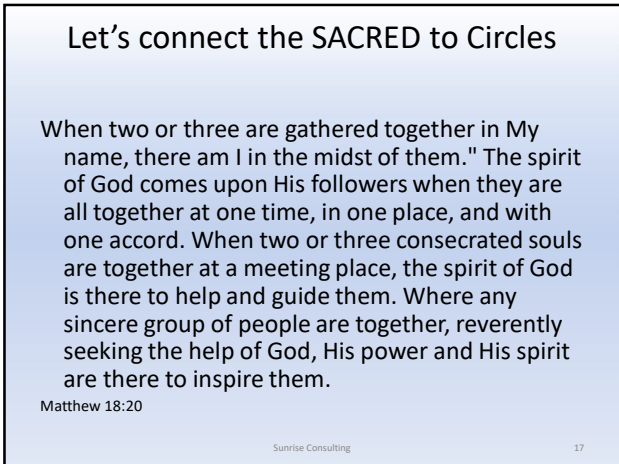
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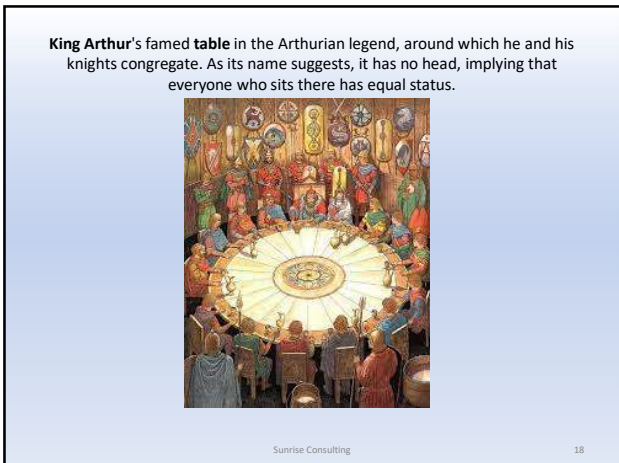
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**From my teacher...**

“The Sacred Circle helps us find ourselves again.  
 The axis Mundi (the connection to the center) ....the sacred center is us.  
 And you. And me. And you. And you.  
 And that bird. And that tree. And that rock.  
 And we all vibrate aum aum. We are all the sacred drum. (Or not)

The four directions expand outward to eternity and return again to the Axis Mundi. To right here. We look out there but it is right here. Feel your heart. This is the truth. That is what our elders say”

Dr. Tom Bahner, <http://www.ragpassage.com/> [Thomas@ragpassage.com](mailto:Thomas@ragpassage.com) <https://ragpassage.substack.com/> [ragpassage@substack.com](mailto:ragpassage@substack.com)

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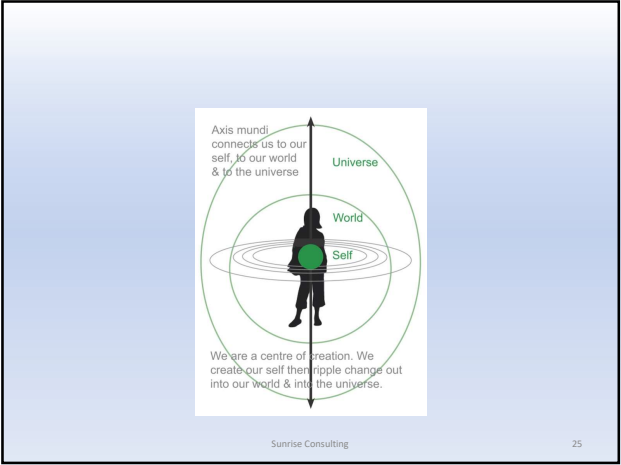
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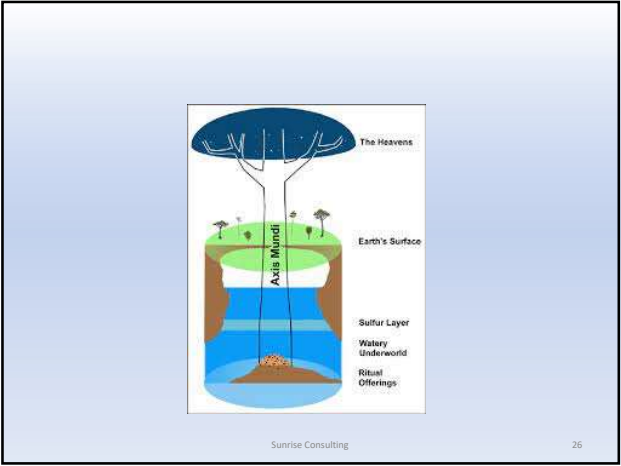
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**Objective 2**

3 ways to create Sacred space

- How many of you use a circle during group sessions?
- How many sit at a square/rectangle table?
- Can everyone see everyone
- Are you at the Head of the table?

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**Why is Sacred Space Important**

- What is it?
- Why do you need it?
- Jeez...more airy fairy, tree hugging, Bible stuff

When you can create a Sacred space where people will feel safe and comfortable, where they feel wanted, respected, revered, worthy... they will want to be there.

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### Creating Sacred Space

- Your Intention
- Environment
- Rules/Guidelines
- Culture
  
- Rituals/Sacred Objects
- Spiritual Readings/Inspiring Awe
- Motivational Quotes
- Meditations
- Music

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### Creating Sacred Space

If all else fails light candles and burn sage!!!




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### Supporting Recovery

As we have discussed creating sacred space and sitting in circles can create a unique recovery environment – bringing a deeper meaning to the process of healing and wellness

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### Supporting Recovery

RECOVERY IS ALL ABOUT RELATIONSHIP  
not the abstinence from addictive substances  
and/or behaviors  
not engaging in addictive activities makes it a  
lot easier to develop healthy relationships  
with the SACRED, with SELF, and with OTHER

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### Missing pieces/peace in recovery for those seeking a new life

What's missing/What are the missing pieces  
How do you find peace

Can a spiritual practice help  
Can being in Sacred Space and Time help

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### Connection vs Disconnection

Disconnection – will lead to violence of self,  
others, or the earth.

The absence of the Sacred leads to greed,  
hoarding and violence....

Connection – Establishing relationship and  
treating ALL things as Sacred – crates well  
being, happiness and LIFE itself

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### Supporting Recovery

3 ways group can support recovery  
 Courage to be honest  
 Reflection/Connection  
 Equality/Respect

All things are **SACRED** and worthy of love, respect, kindness, non-violence, awe, obeisance

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### Remember This

- Veneration: great respect, reverence
- Devotion: love, loyalty, or enthusiasm for a person, activity, or cause
- Inspires Awe: a feeling of reverential respect mixed with fear or wonder
- Reverence: deep respect for someone or something

Definitions from: Oxford Languages

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### 12 Step Spiritual Principles

• Honesty	• Humility
• Hope	• Love
• Faith	• Discipline
• Courage	• Perseverance
• Integrity	• Awareness
• Willingness	• Service

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### Wisdom Traditions

It has been my experience, teachings, learning, etc... that all ancient wisdom traditions across time and geography all have the same basic core principles and values – they all agree there is an experience of the SACRED  
Some rituals and behaviors may be different – the underlying meaning for the rituals is the same

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### Thank you!!

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