Introductions

• About Me
• About You
• Why this topic
Sacred Circles 10/09/22
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SACRED

• What does this mean to you

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...

What does this really mean

• Veneration
• Devotion
• Inspires Awe
• Reverence
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

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???

Through An Indigenous Lens

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

• 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

• 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 Psychiatrists)
More Words

- Faith
- Belief
- Worship
- Divine

So What is SACRED

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

So What is SACRED

Objective 1

1. Participants will be able to define what is Sacred

DISCUSSION!!!
Let’s connect the SACRED to Circles

When two or three are gathered together in My name, there am I in the midst of them. The spirit of God comes upon His followers when they are all together at one time, in one place, and with one accord. When two or three consecrated souls are together at a meeting place, the spirit of God is there to help and guide them. Where any sincere group of people are together, reverently seeking the help of God, His power and His spirit are there to inspire them.

Matthew 18:20

King Arthur's famed table in the Arthurian legend, around which he and his knights congregate. As its name suggests, it has no head, implying that everyone who sits there has equal status.
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 Balistrieri, ragspassage.com, Thomas@ragspassage.com, https://ragspassage.substack.com, ragspassage@substack.com]
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?

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.
Creating Sacred Space

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

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

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.
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

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

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 – creates well being, happiness and LIFE itself
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

Remember This

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Definitions from: Oxford Languages

12 Step Spiritual Principles

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

Thank you!!
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