

“Some things cannot be spoken or discovered until we have been stuck, incapacitated, or blown off course for a while. Plain sailing is pleasant, but you are not going to explore many unknown realms that way. We articulate the truth of a situation by carrying the whole experience in the voice and allowing the process to blossom of its own accord. Out of the cross-grain of experience appears a voice that not only sums up the process we have gone through, but allows the soul to recognize in its timbre, the color, texture, and complicated entanglements of being alive.”

by David Whyte (The Heart Aroused)

Storytelling in small groups or through personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next prompt and so forth. A person can pass.

1. Share about a time you felt stuck in life.

(for example: relationships, schooling, work, religious/spiritual, self-love, addictions, etc.)

2. When you were stuck in life, tell a story where you learned something new or profound about yourself, (for example: meeting someone, joining a group, in reading, in reflecting, etc.)

3. Share about an experience of “Breakthrough” or heightened awareness in your life which helped you get unstuck, or less stuck, in life.

(for example: inner-awakening experience and/or something has changed within us, has touched our soul or essence of who we are, and we are never the same)