

Silence is an ocean.
Speech is a river. When
the ocean is searching for
you, don't walk into the
river. Listen to the ocean.

Rumi ¹

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

- 1. Share a story about a time in your life that you “listened to the ocean” instead of “walk(ing) into the river.”** (i.e. a time you stepped back for a moment to feel, hear, and/or see the bigger picture.)
- 2. Talk about how you learned to listen as a child.** Who in your childhood listened to you from their heart without judgment and/or wanting to “fix” you or the situation you were in?
- 3. What thoughts, feelings or memories arise when you read these words by Rumi?** “Silence is an ocean. Speech is a river. When the ocean is searching for you, don't walk into the river. Listen to the ocean.”
- 4. Link to Rumi's “Silence is an ocean...” put to music:** [Silence Is an Ocean - Bing video](#)

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¹ [Quote by Rumi: “Silence is an ocean. Speech is a river. When th...”](#) (goodreads.com) (accessed January 21, 2024).