

**The Force**  
UU Community Church of Santa Monica  
Heart to Heart Circles  
July 2017

## **Welcome and Explanations**

Welcome! We are so glad you are here! ..... For today's Heart 2 Heart Session we will be focusing on the force. The Force is the will of our Higher Self that expresses itself through us when we are acting in life with **awareness, clarity and determination**. Its location is under the navel and it's right from there that the Jedi's from Star Wars feel their power!

**Chalice Lighting** "My ally is the Force, and a powerful ally it is. Life creates it, makes it grow. Its energy surrounds us, binds us. **Luminous beings are we, not this crude matter.**" - Yoda

## **Sharing Silence** 3 minutes

You may wish to bring your attention to your breath, or move a bit until you have found a comfortable seat. If silence is not a familiar experience to you, three minutes may seem long. If you are accustomed to silence, it may seem short.

## **On Our Hearts** 15 minutes

Please share your name any wonderful news or a heavy heart - the major highs and lows of your life you'd like everyone to keep in their hearts or in their prayers for you.

## **Covenant and Ground Rules**

Our covenant includes a description of how we want to be with each other, ground rules for our time together, and our expectations for members of the group. This covenant is adapted from *Heart to Heart: Fourteen Gatherings for Reflection and Sharing* by Christine Robinson and Alicia Hawkins.

I commit myself:

- to give attendance at meetings a real priority knowing that my presence is important to the group;
- to let the leader know if I will be absent or need to quit;
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others;
- to not gossip about what is shared in the group, and tell only my own story to others;
- to honor the safety of the group by listening to what others share with an open heart;
- to refrain from cross-talk, judging, problem solving, or giving advice;
- and to share as deeply as I can when it is my turn.

## Readings

You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of All that is, will be and ever was.” — Anthon St. Maarten

### **What I Want** Poet: Unknown

I Am Powerful!

Whatever I set my mind on having, I will have.

Whatever I decide to be, I will be.

The evidence is all around me.

The power of my Will has brought me precisely to where

I am right now.

I have made the choices. I have held the thoughts.

I have taken the actions to create my current reality.

And I have the power to change it into whatever I want it to be.

With the choices I make, I am constantly fulfilling the vision I have for my life.

If that does not seem to be the case -

Then I am deceiving myself about what I really want.

Because what I really, truly want, I will get!

What I truly wanted in the past, I already have.

If I want to build a billion-dollar business, I will take the actions necessary to do it.

If I want to sit comfortably watching TV night after night -

I will take the actions necessary for that.

Don't be disappointed in my results -

they're just the outward manifestation of my priorities.

I will be sure of what I truly want, because I am sure to get it!

“Deep within, there is something profoundly known, not consciously, but subconsciously. A quiet truth, that is not a version of something, but an original knowing. What this, absolute, truth [identity] is may be none of our business...but it is there, guiding us along the path of greater becoming; a true awareness. It is so self-sustaining that our recognition of it is not required. We are offspring’s of such a powerfully divine force – Creator of all things known and unknown.” — T.F. Hodge

“Yes, a Jedi’s strength flows from the Force. But beware of the dark side. Anger, fear, aggression; the dark side of the Force are they. Easily they flow, quick to join you in a fight. If once you start down the dark path, forever will it dominate your destiny, consume you it will...”– Yoda

### **Questions for consideration:**

Do you think that things just happen, that things happen for a reason, or that you make things happen?

How much of your life would you say is directed by inner space (your own thoughts and self-esteem). By outer space? (how others see you or how you think others see you?)

What’s the difference between the dark side and the light side of the Force? Is there anything bad about the light side? Is there anything good about the dark side?

“You know the truth by the way it feels (your own intuition) .” To what extent do you agree or disagree with this statement?

**Sharing** 60 minutes

### **Reflecting On Our Time Together**

Please share anything that would otherwise be unsaid as you leave our time together. Do you wish you had shared something more, less, different? How are you feeling as you leave? Feeling words are ok, such as sad, mad, glad, peaceful, powerful, joyful.

### **Closing Words**

*In darkness, cold.*

*In light, cold.*

*The old sun brings no heat.  
But there is heat in breath and life.  
In life, there is the Force.  
In the Force, there is life.  
And the Force is eternal.*

(May the Force be with you.)

[Sunset Prayer of the Guardians of the Whills.](#)