

Cairns of The Second Mountain

Session 2: Humility

Reflection questions:

- How can I be gentle with myself on this journey of life? Especially in difficult times.
- How can I accept where I am at in my life? What are my gifts? What are my challenges?
- Kintsugi: What is the broken/wounded part of myself that I need to integrate?

Blessing for Solitude

(John Donohue)

May you recognize in your life the presence,
power, and light of your own soul.

May you realize that you are never alone,
that your soul in its brightness and belonging
connects you intimately with the rhythm of the universe.
May you have respect for your individuality and difference.

May you realize that the shape of your soul is unique,
that you have a special destiny here,
that behind the facade of your life
there is something beautiful and eternal happening.

May you learn to see yourself with the same
delight, pride, and expectation with which God sees you
in every moment.