

Support Group - Mirrors

Put your hands into the circle,
You will be reached back out to.
Circular support

We all get caught up in
What's going on in our world,
In the circle,
The spotlight is taken off of ourselves,
Inner attending is turned on.

We get a chance to -
Objectify,
Clarify,
Something of significance is sought,
Personal reflections are caught,

Our broken mirrors -
Reflect remnants of each other,
Those resemblances help us
Get to know ourselves better.

Everyone gets time to speak...
Express
Or suppress
The feather is passed,
We come to really listen to one another

Zero in and...
Mirrors reflect mirrors,
Showing multiple dimensions,
Metacognitive bathing,

Light sees the light,
Edify,
Fortify,
Simplify,
On the circle we come to rely,
We are all an intrinsic piece of the pie.

Heidi Lerner
Gray Matters for you!

