

News as Spiritual Opportunity (Self-Connection Process)

1. Notice Your Tripwires: As you listen to the media (whether TV/radio/newspaper/blog), notice when you get triggered. Identify the stimulus as an observation.

2. Enjoy the Jackal Show: List judgments you have about the person or event in question

a. _____

b. _____

c. _____

3. Somatic Sensing: When you entertain these judgments, how does your mind/body/spirit feel? How do these judgments effect the quality of your own experience: sense of hope/hopelessness, outrage/peace-of-mind, etc.? What kind of ripple effect occurs experientially when with others (perhaps with the quality of interaction with fellow citizens on your perimeter, your own civic engagement/disengagement, etc.)?

4. Shifting towards Needs-Consciousness:

a. When I live in these conditions (#2 & 3), what needs of mine are not getting met?

b. How are you feeling when you think about these unmet needs?

c. Take time and connect with the beauty of needs (4-a).

5. Identify the needs behind the judgments of #2.

a. _____

b. _____

c. _____

6. Request I have to meet those needs of #5.

a. Request to myself

b. Request to the other person

c. Request to the group

d. One action I can take now from above