



Going Deeper Sheet

There is not always space in a sermon to take as deep a dive as the Scripture is inviting us. These “Going Deeper Sheets” are opportunities for you to continue to explore, even experience, part of what the sermon is pointing toward.

Quotes:

“There is nothing either good or bad, but thinking makes it so.” ~ Hamlet

“The greatest [resource] against stress is our ability to choose one thought over another.” ~ William James

Book:

MaryAnn McKibben Dana *God, Improv, and the Art of Living*

Practices to move from sympathetic to parasympathic:

Attend the **Chair Yoga** classes beginning this Thursday, February 7th at 10:30 am in the chapel

Journaling – try interviewing your worry, listening deeply for the depth of the worry. Research shows that journaling for 15 minutes three times a week can help relieve stress/worry and help us identify the root causes of our anxiety.

Go for a walk – ancient mystics often said, “It is solved by walking”. The “it” is what is stirring and swirling in our souls.

Guided meditations – YouTube offers several great guided meditations from 10-20 minutes.

Media Sabbath - Research presented last year at the annual convention of the American Psychological Association suggests that constantly staring at screens may be making us more “distracted, distant and drained.” Other studies of social media use have linked it to everything from loneliness to disrupted sleep. Try leaving your phone/computer for 1 hour this week, gradually increase the time each week.

Listen to music with 60 beats per minute has been shown to stimulate the parasympathic parts of your brain. Examples may include: *Academic Festival Overture* by Johannes Brahms. *A Beautiful Mind* by James Horner. *Calm Sea And Prosperous Voyage* by Felix Mendelssohn. *Clair De Lune* by Claude Debussy.