



GRACE NOTES:

Tools for exploring spiritual wellbeing for clients with Acquired Brain Injury

The Courage Kenny
Foundation is gratefully
acknowledged for
funding the Grace Notes
Feasibility Study

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“Each human being has a divine soul, a part of God, a spark of light within.”

Rabbi Arthur Green

ATTENTION:

A THOUSAND NAMES OF GOD SUMMARY

A Thousand Names of God: Experiencing the Unconditional Love of God

Who or what is my Higher Power? Where I have experienced unconditional love?



- Sit in a quiet place in a relaxed position
- Begin to say inwardly all the names you call the higher power of your understanding, for example:
 - God, you are my wisdom
 - God, you are my sunshine
 - God, you are my best friend
- Write them down on the next page if you would like to.

Names of my higher power :

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Imagine your higher power sitting across from you and looking at you with eyes full of unconditional love and humility.

Now say your own name and hear your higher power calling you by the very names you used, except for those names that denote omnipotence.

You may write them down if you wish.

(For example: Tom, you are my wisdom. Tom, you are my sunshine. Tom, you are my best friend.



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| Names my higher power gives to me: | |
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Gently thank your higher power for the gift of unconditional love.



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| What I learned today: |
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| How I can use this in my life in the next week: |
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"Our basic core of goodness is our true self. Its center of gravity is our Higher Power. This basic core of goodness is capable of unlimited development."

Fr. Thomas Keating OSB

ATTENTION:

CENTERING PRAYER SUMMARY

Centering Prayer:

Contemplative prayer is the opening of the mind and heart-our whole being to God, beyond thoughts, word and emotions. This type of prayer is a movement beyond conversation with God to experiencing communion with God.

Guidelines:

Choose one sacred word as the symbol of your intention to consent to God's presence and action within (for example: Abba, Imma, Love, Peace, Jesus, etc.)

Your word:

- Sit comfortably and with eyes closed, settle briefly and silently. Introduce the sacred word as the symbol of your consent to God's presence and action. Repeat your word in your mind for 5 minutes.
- When distracting thoughts come, gently let them go return ever so gently to the sacred word.
- At the end of the prayer period remain in silence with eyes closed for a couple of minutes.
- Rub your face/ hands and come back to the moment.



How did the experience feel?

Please repeat the centering prayer but this time stay centered for 10 minutes.

How did the experience feel?

If you enjoyed the centering prayer and felt it was valuable to you, consider adding it to your daily routine.

- 20 minutes in the morning
- 20 minutes later in the day

What I learned:

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How I can use this in daily life:

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“The present moment is the only place where you will encounter God.”
Thich Nhat Hanh

ATTENTION:

MINDFULNESS SUMMARY



Mindfulness: The presence of life.

- Awareness of the present moment.
- Frees us from forgetfulness and dispersion.
- Makes it possible to life fully each minute of life.
- **Enables us to Live!**

*Whenever your mind becomes scattered;
 Use your breath as the means to take hold of your mind again.*

Next we will do a breathing exercise for 5 minutes:

- Breathe in lightly; a fairly long breath, conscious of the fact that you are inhaling a deep breath.
- Now breathe out all the breath in your lungs, remaining conscious the whole time of the exhalation.
- In your mind say, “I am breathing inI am breathing out...” following your breath.
- When distractions come, gently let them go and bring yourself back to following your breath inwardly saying, “I am breathing in, I am breathing out...”
- We are now done with the exercise
 - Rub your hands together
 - Pat your face

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| How did the breathing exercise feel? |
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Eating an Orange Exercise:

- Place the orange before you.
- Pick it up slowly.
 - Feel the weight, the texture in your hand
 - Smell it
 - Become one with it
 - Inside your mind say' "I am smelling the orange, I am feeling the texture..."
- Mindfully and slowly, peel the orange.
 - Say in your mind, "I am peeling the orange."
- Eat one section of the orange, chewing very slowly, very carefully. Be mindful of each bite.
 - Say in your mind, "I am chewing the orange."
 - Do not start eating the second section until you are completely finished with the first section.



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| What I learned today: |
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| How I can use this in my life in the next week: |
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“The love we have for ourselves is essential to healing and moving forward.”

Louise Hay

AWARENESS:

SELF-AFFIRMATIONS SUMMARY

Circle three that you feel apply to you.

A I am creative.

B I don't have to try to please anyone else. I like myself and that's what counts.

C I am resilient.

D I express myself freely, fully and easily.

E I can persevere.

F I accept myself completely here and now.

G I love myself completely as I am and I am getting better all the time.

H I accept all of my feelings as part of myself.

I I am beautiful and lovable however I am feeling.

J I can receive love from others.

K I love animals.

L I am comfortable with and able to express my feelings.

M I am able to give to others in need.

N It's ok for me to have fun and enjoy myself and I do!

O I like to do things that make me feel good.

P I am deeply relaxed and centered.

Q I feel deep inner peace and serenity.

R I am glad I was born and I love being alive.

S I have a favorite hobby that makes me happy.

T I am strong and loving in my relationships.

U I am now ready to accept a happy, fulfilling relationship.

V I am able to rest when I am tired.

W I am the creator of my life.

X God is showing me the way now.

Y My inner wisdom is guiding me now.

Z I am able to let go and surrender fear.

Awareness/ Self Affirmations



Affirming others is very important it. The ripple effect can be amazing.

Write down the affirmation that meant the most to you.

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Write down a brief summary of what you learned today.

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Write down how you can use this knowledge in your daily life this week.

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"You are wherever your thoughts are. Make sure your thoughts are where YOU want to be."
Rabbi Nachman of Breslov

AWARENESS:

THE TWO STANDARDS SUMMARY

STANDARD ONE: What leads us astray?

- **Fear:** *How does fear keep me from developing and using my talents?*
- **Exaggeration:** *How does exaggeration lead me to lying and bragging?*
- **Self -pity:** *How does self- pity lead me to negative thinking and denial of my talents?*
- **Discouragement:** *How does discouragement lead me to underachieving?*

Please write down your answers.

STANDARD TWO: What leads us forward?

- **Honesty:** *How does honesty help me be realistic?*
- **Openess:** *How does openness help?*
- **Gratitude:** *How does gratitude help me value the good in me and in my life?*
- **Genuiness:** *How does being genuine help me?*

Please write down your answers.

Write down a brief summary of what you learned today.

Write down how you can use this standard in your daily life this week.



“The Spiritual world is a great world of facts and you must learn about it as you would learn forestry from a forester.”
 Baron Von Hugel

AWARENESS:

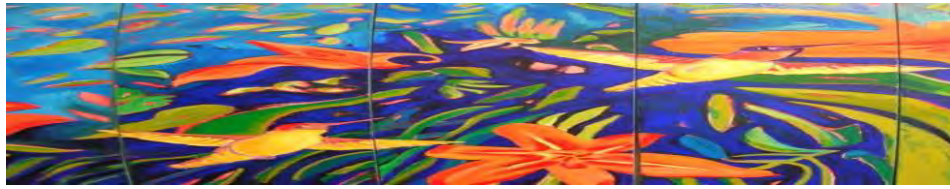
A MODEL OF HEALTHY SPIRITUALITY SUMMARY



| Community | Tradition | Sacred |
|-----------|-----------|--------|
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Write down a brief summary of what you learned today.

I will use this information this week by:



"Spring teaches me to look more carefully for the green stems of possibility."
Parker Palmer

COMMUNITY

IN THE GARDEN MEDITATION: A VISUAL MEDITATION SUMMARY

Meditation: "To engage in contemplation or reflection for the purpose of reaching a heightened level of spiritual awareness."



- Bring into your mind's eye a beautiful garden or wooded area
 - Is it sunny? Cloudy? Warm? Cool?
 - Let yourself feel the weather and the time of day
 - Notice the beauty of the green leaves all around you
 - Fully visualize the scene
- Notice someone walking towards you.
- It is the master gardener. Man or woman?
- They walk slowly towards you until they face you.
- Ask this person a question related to how you can better tend your own inner garden. How can you bring more greening power or "Viriditus" to your own life?
- Listen to the gardeners' answer.
- Tell the gardener thank you and goodbye as you part.
- Gently open your eyes.



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| How did the Meditation make you feel? |
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| What could you try to do to add more spiritual growth/ tending to your life? |
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| Summary of the session. |
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| How you can apply this to your life this week? |
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"I wanted the plants and stones to tell me their secrets. I talked to them. I roamed. It was like I was part of the earth. "
Lame Deer

COMMUNITY:

VIRIDITAS SUMMARY

- It is the green sap of the Spirit that flows within every person and all living things.
- It is the greening power that forces the shoots of a plant to burst forth from the earth.
- It is the greening power that moves us into new spiritual life.

Plants:



| Components for care | Plants |
|--------------------------------------|--------|
| Soil | ● |
| Roots | ● |
| Transplanting | ● |
| Pruning | ● |
| Effects of loving care or of neglect | ● |
| Seeds of the plant | ● |
| Producing leaves and fruit | ● |
| Gifts that plants offer our lives | ● |



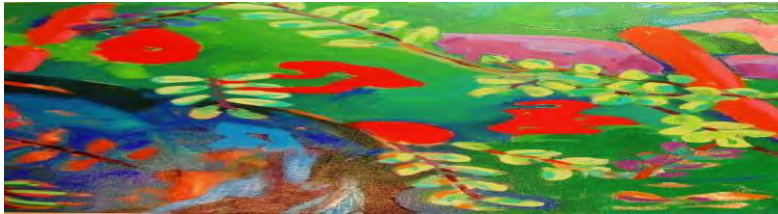
Caring for the spiritual force within us:



| Components for care | Our Spiritual Greening |
|---|-------------------------------|
| Soil | ● |
| Roots | ● |
| Transplanting | ● |
| Pruning | ● |
| Effects of loving care or of neglect | ● |
| Seeds of the plant | ● |
| Producing leaves and fruit | ● |
| Gifts that plants offer our lives | ● |

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| Summary of what you learned: |
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| How you will apply it in your daily life this next week? |
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“Generally by the time you are real, most of your hair has been rubbed off, your eyes drop out and you get loose in the joints and very shabby but these things do not matter at all because once you are real you cannot be ugly except to people who don’t understand.”

The Velveteen Rabbit

MEMORY:

EXAMINATION OF CONSCIOUSNESS SUMMARY

Higher Power,

Where are you working in my life?

- List 5 events from your daily life in the grid below.
- In a word or two, write down how you feel about those events.
- Next to each event/ feeling write down if it is:
 - Moving **(M)** towards the higher power
 - Counter Moving **(CM)** away from the higher power

| Daily Events: | How do you feel about them? <i>(i.e. happy, excited, angry, scared, sad...)</i> | M (towards) CM (away from) |
|---------------|--|-------------------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |

| Call of the higher power: | My Response: | Obstacle: | What needs to be let go or healed? |
|---------------------------|--------------|-----------|------------------------------------|
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Memory/ Examination of Consciousness



Over time we learn to do more things that move us towards our higher power that gives us feelings of peace, happiness, clarity etc.

We move towards our higher power.

Write down where you are being called by your higher power in your life:

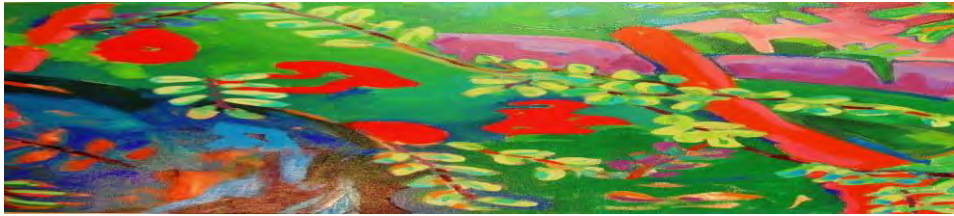
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Write down a brief summary of what you learned today:

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Write down how you can use this knowledge in your daily life this week:

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"If you look towards the positive; it will lead you to truth."

Rabbi Nachman of Breslov

MEMORY:

GRATITUDE SUMMARY

Count your blessings not your burdens.

- *Research indicates that a conscious focus on gratitude has emotional, physical and spiritual benefits.*

What I am grateful for:

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|----|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |

MEMORY/ GRATITUDE



Gratitude Book: Develop a habit of gratitude. Each morning after you wake up, and/or in the evening as you relax, take a moment to write down 3 things you are grateful for in your gratitude book

Whenever you feel low:

- *Get out your gratitude book.*
- *Look through all the things you wrote down.*
- *Let these memories and feelings wash over you.*

These memories and feelings have the power to carry us through our dark times. So, we know in our bones that, like bad weather, these bad times will pass and there will be sun again in the future.

Write down a brief summary of what you learned today.

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Write down how you can use this knowledge in your daily life this week.

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*"Each time a door closes
the rest of the world opens
up."*

Rabbi Nachman of Breslov

PROBLEM SOLVING:

HAVING FAITH SUMMARY

What doesn't destroy us makes us stronger.



A frog fell into a bucket of cream. The sides were slippery and he couldn't find anywhere to rest his legs so he was trapped. But he was a brave little frog and did the only thing available that affirmed his life; he swam even though there was no apparent hope of salvation. He swam because it was not in his nature to give up. After hours of paddling in circles, the frog was finally exhausted and on the brink of death. At that very moment his rear legs touched something solid and with a mighty leap he jumped out of the bucket to safety. All of his swimming finally churned the cream into butter.

Faith in the spiritual sense is the belief in things
hoped for but not yet seen.

Write down your definition of faith.



Identify a difficult situation in your life right now:

Is it a **threat** or a **challenge**? *(Circle your answer)*

| Threat | What is the obstacle? | What can it teach you? | Behavior you need to practice to develop your strength |
|-----------|----------------------------|--------------------------|--|
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| Challenge | How does it challenge you? | What is it teaching you? | Behavior you need to practice to develop your strength |
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Summarize what you learned today.

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Identify what you can do this week to apply this to your daily life.

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"The soul is like a wild animal, tough and resilient. It knows how to survive in hard places."

Parker Palmer

PROBLEM SOLVING:

OVERHAULING FEAR SUMMARY



Fear Prayer;

"God, please remove my fear and direct my attention to what you would have me be."

| I am Fearful of: | Why I have this fear: | Where was my trust and reliance? G= God M= Myself | Did self reliance work? Y=yes N=no | Fear Prayer completed: Y= Yes N= No | God, what would you have Me be or do? |
|------------------|-----------------------|---|--|---|---------------------------------------|
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*O God,
Grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
& the wisdom to know the difference.*

Summarize what you learned today:

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Identify what you can do this week to apply this to your daily life:

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SOCIAL SKILLS:

NANCY WELLS' STORY SUMMARY

Finding meaning in my story

Excerpts and edits from Nancy Wells' Spiritual Awareness Post

On May 25th, 2008 I fell from a ladder approximately 8'-10' at the top. At the time I was in Maine, vacationing for the summer near where I had grown up and not far from my three sisters.

It was 6 days before there was any sign of life, which is when I began to breathe on my own. On the 8th day my eyes opened and I started going through stages as people do after a bleed on the brain. I thank GOD every day that I am still alive. It took a long time though to start thanking him.

By the 16th of June I was released from the hospital and driven to my home in Rice, MN where I lived at the time. Becoming depressed little by little, I started questioning why GOD did not just take me after the fall. It seemed as time passed that I had no reason to live. There was not much I could do at home. Everything I started to do I did not finish, and I kept finding myself in different rooms, forgetting exactly what I had started on in the first place. I was preoccupying myself with feelings of not having a purpose in life. Leading again and again to "Why didn't you just take me then GOD?" I was in despair.

In 2012 I began to have bits and pieces of a dream that involved recalling my daughter and my niece at the hospital in Maine saying what they thought was their last good bye. I called her and told her about my dreams and she was surprised because my dreams were actual memories and were very accurate. It was shocking because I had been lying there with my eyes closed and as lifeless as I had been since I got to the hospital. I felt like the Holy Spirit came to me and all of a sudden I no longer had the burden of feeling lost. I knew I could get through this. It was a profound a life changing experience from that point on. I had a glimmer of hope and I hung onto that.

I had also talked a lot with Anita (my childhood best friend's mother who had been at the hospital). She spoke often about the power of prayer, which I always believed in. It was Anita who brought me back to restoring my faith in GOD. She sent me a medal (The Miraculous Medal) with a book of Novenas and a note saying "I have prayed every day since I heard about your fall for your full and complete recovery. It is amazing how the Saints intercede in our lives. I wear this medal every day." I have the medal and I do wear it every day. Anita joined the Lord in heaven and I talk to her every night in my prayers.

The road was not easy. Many other unexplained experiences have blessed me along this long road toward my recovery. My recovery itself has been amazing to many including my neurosurgeon, the chaplain at the hospital and the chaplain at the Community Re-integration group at Courage Kenny. It is especially amazing to the doctors that first treated me and believed that if I survived I would always need assisted living. After one day in particular of being depressed I saw the light, it was an epiphany. I had given up thinking that God had a plan. But that changed.....I go to meetings for people with brain injuries and I tell my story.

"When I started thinking positively things started making sense."



Can you identify the meaning in your story?

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Summarize what you learned today:

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Identify what you can do this week to apply this to your daily life:

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"Happiness is neither virtue nor pleasure nor this thing nor that but simply growth. We are happy when we are growing."

William Butler Yeats

SOCIAL SKILLS:

RELATIONSHIP GRID SUMMARY

| | Relationship with Self | Relationship with Others | Relationship with God |
|---------------|------------------------|--------------------------|-----------------------|
| Awareness | | | |
| Closeness | | | |
| Vulnerability | | | |
| Purpose | | | |
| Trust | | | |



What is the most important thing you have learned about your relationships?

What is the most important thing you have learned about relationships from others in the group?

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Summarize what you learned today:

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Identify what you can do this week to apply this to your daily life:

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Prayers and Blessings for Grace Notes

ATTENTION

1,000 Names of God.

Dear Creator,

Thank you for loving us unconditionally so that we may become more whole and alive. Amen

Dear God,

Thank you for being my friend, my sunshine, (use the words you created in your meditation).

Amen

Centering Prayer

As it was in the beginning, is now and ever shall be, world without end. Amen

Mindfulness

Dear God,

Thank you for the present moment where we are able to experience your presence. Amen

Dear God,

Help us to let go of the past and not worry about the future.

Help us to learn to stay focused in the present moment so that we may live more fully. Amen

AWARENESS

The Two Standards

May the blessing of God be with you on this day.

May the blessing of God whose love makes all things new be with you on this day.

May the blessing of God whose love gives us hope for tomorrow be with you always. Amen
(anon)

Oh God, You are all we have. You give us what we need.

Give us hope and courage for all the happenings in our lives. Amen

May the road rise up to meet you.

May the wind be always at your back, the sunshine warm upon your face,

the rain fall soft upon your fields. And, until we meet again,

may God hold you in the palm of God's

hand. Amen

Healthy Spirituality

Today we gave thanks that spirituality is a practical and every day part of our lives.

We give thanks for knowing that our spirits are stable and strong and can carry us
through our sufferings and joys. Amen

May we be blessed this day, blessed this night, blessed with grace, blessed every hour of our
lives.

And may we be blessed on the pathways we travel. Amen (Celtic prayer)

Affirmations

We give thanks this day for our ability to grow into deeper love for ourselves and others
through the gift
of affirmations. Amen.

COMMUNITY OUTING

Garden Meditation

I thank you God for this most amazing day:

For the leaping greenly spirits of trees

And a blue true dream of sky-

And for everything which is natural, which is infinite, which is yes. (e.e. cummings)

Veriditus

You who are a branch thick with leaves,
Who stand in your nobility, as the dawn breaks,
Rejoice and be glad. Amen (Hildegarde of Bingen)

MEMORY

Examen of Conscience

God, grant me the serenity to accept the things I cannot change,
The courage to change the things I can, and the wisdom to know the difference. (Reinhold
Niebuhr)

Dear Creator,

Help me to see you in every part of my ordinary daily life. Help me to see that I am your art
work. Amen

Dear Creator,

I am totally dependent on you. Help me to know you better, love you more and be more like
you. Amen

Gratitude

Dear Creator,

Thank you for all the people, places and things that I am grateful for in my life. Amen

Dear Lord,

Please open my eyes to see the gifts I have today and open my heart to feel gratitude for them.
Amen

PROBLEM SOLVING

Faith

Dear Creator,

You have given us the spiritual capacity to let go and let you create new life and hope within us. You are the great artist and we are your art work. Bless us now and help us this day. Protect us from anything that might harm us. Help us acknowledge all the hard work we have done and the gifts that we do have.

Amen

Thank you for the mystery of creation and all that is good, beautiful and true in our lives in spite of , and

at times, because of the hard times we have endured. Amen

Fear

Oh God, Give us the serenity to accept what cannot be changed, the courage to change what can be

changed, and the wisdom to know the one from the other. Amen

SOCIAL SKILLS

Nancy's Story

Dear Creator,

My vision can be so limited. Fears can loom large and I can get lost in my limited thinking. Help me to
pray at times like these because even when things look so dark and bleak, and I can't see the way out,
miracles can happen when I let go and let you work in my life. Amen

Dear Creator,
Thank you for helping me value the sacred journey of my life story. Thank you for the fact that there are
many chapters in the story of my life and for the fact that I get to start a new chapter. Amen

Dear Creator,
Thank you for giving me my strengths and resources and the ability to ask for help.
Thank you for the gift of life. Amen

Relationship Grid

Dear God,
Thank you for the gift of relationships in my life that are life giving, that build and sustain me.
Amen

Dear God,
Thank you for making me in such a way that I am connected deeply to myself , to others, and to you.
Amen