

The  
LION KING  
Revisited

A Look at our  
Personal Journey  
In our Circle of Life

Sandy Queen  
sjqueen@verizon.net

"A spirituality of imperfection suggests that spirituality's first step involves facing self squarely, seeing one's self as one is' mixed up, paradoxical, incomplete and imperfect. Flawedness is the first fact about human beings. And paradoxically, in that imperfect foundation, we find not despair, but joy. For it is only within the reality of our imperfection that we can find the peace and serenity we carve

Ernest Kurtz  
The Spirituality of Imperfection

In order to arrive at what you do not know  
You must go by a way which is the way of ignorance  
In order to possess what you do not possess  
You must go by the way of dispossession  
In order to arrive at what you are not  
You must go through the way in which you are not  
And what you do not know is the only thing you know  
And what you own is what you do not own  
And where you are is where you are not.

T.S. Eliot

When we look at the Lion King we see more than the story of a young lion as he deals with the struggles of his life as he deals with misplaced guilt for issues he had nothing to do with, but owned. We can also see much of our own story and how what has happened to us in many ways manifests itself in our daily lives if we do not take the time to gain the insight and clarity that can free us from the "scars" that have been plaguing us. as we deal with the issues of not only becoming who we are, but in helping others find their way.

The Lion King is about function and dysfunction; about love and loss; about relationship and community; about grief and recovery; about running and staying; about culture and vision. As we look beyond the animation, we see many of our own struggles and those of our clients.

How many of us have revisited our own journey - identified the "Scars", recognized the strengths of those around us - and in ourselves? How many of us have had the courage to listen to our own stories with openness, humor, flexibility, so that we can best serves those who come to us

We are about to take a day long journey together. I hope it is a blessed time for you.

This session offers participants a way to look at life journeys in a creative and heartfelt way, as we view *The Lion King* as a metaphor for the lives of those who have dealt with difficult experiences, dependencies or abuse. It also provides participants with a powerful tool to take back with them to use with their clients.

Goals:

Participants will:

- \* Examine issues and circumstances that have led to a life of confusion and denial.
- \* Deliberate creation of life rather than waiting for things to happen;
- \* Examine of our “scars” – issues or circumstances we have held ourselves that we have held ourselves accountable for – that may not be our responsibility!
- \* Learning to take back our power to create our most powerful life – even if it means total reconstruction of things that went wrong;
- \* Reconnecting with our life story in a way that provides an opening to the future in a more deliberate, joyful way.

Overview:

Session i: Where We Were – How we got to where we are today

Participants will view segments of the movie as we discuss each part of the session.

Early Nurturing: how the adults in their lives either were—or were not—loving, trustworthy, nonjudgmental, empathetic, comforting and able to model constructive attitudes, providing the nurturing we need.

Session II: Where We Are: What messages are we still giving ourselves about who we are and why?

In our journey through the Twelve Steps we may have found that making a fearless inventory doesn't give us the complete picture because it often leaves out information about our good side our abused side, our hurting side. Why then do we feel it is often necessary to recreate our old pains?

Session III: Where Are we Going?: And, when I get there what will I have? What are the meaningful connections we have made that are critical in our lives? What about our own personal journey?

How do we reconnect with our beginnings?

*sharing life journeys.*

Questions and Observations:

How did Simba's journey of co-dependency and denial affect his healing – his life?  
How did Simba's being confronted by his difficulty provide the first step in the solution?  
Once he acknowledged his despair and admitted he was powerless – he became empowered to confront his Scar and resolve his pain.  
Once he admitted this his life was unmanageable, even though he could have remained with Timon and Pumba forever, he no longer had to pretend to be in control.  
By stating his confusion, he made the first move toward clarity  
When denial stopped, healing began.  
In the center of the chaos lay the promise of clarity.  
How did his resistance ultimately become more traumatic than the initial pain?

*Participants will view the movie throughout the session as we look at how Simba's journey shows us the way of failure, making do and finally – recovery.*

There are two ways of spreading light  
To be the candle  
or the  
Mirror  
that reflects it.

Recovery is largely a matter of hanging on  
after others have let go.

# The Second Dozen

Risk/Security  
Belonging  
Control  
Principles  
Growth  
Creativity  
Independence  
Spirituality  
Health/Wellness  
Service  
Leisure  
Pleasure

## *The Invitation*

*It doesn't interest me what you do for a living.  
I want to know what you ache for, and if you dare to dream of meeting your  
heart's longing.*

*It doesn't interest me how old you are. I want to know if you will risk looking  
like a fool for love, for your dream, for the adventure of being alive.*

*It doesn't interest me what planets are squaring your moon. I want to know if  
you have touched the center of your own sorrow, if you have been opened by  
life's betrayals or have become shriveled and closed from fear of further pain. I  
want to know if you can sit with pain, mine or your own, without moving to  
hide it or fade it or fix it.*

*I want to know if you can be with joy, mine or your own, if you can dance with  
wildness and let the ecstasy fill you to the tips of your fingers and toes without  
cautioning us to be careful, to be realistic, to remember the limitations of being  
human.*

*It doesn't interest me if the story you are telling me is true. I want to know if  
you can disappoint another to be true to yourself; if you can bear the accusation  
of betrayal and not betray your own soul; if you can be faithless and therefore  
trustworthy.*

*I want to know if you can see beauty, even when it's not pretty, every day, and  
if you can source your own life from its presence.*

*I want to know if you can live with failure, yours and mine, and still stand on  
the edge of the lake and shout to the silver and the full moon. "Yes!"*

*It doesn't interest me to know where you live or how much money you have. I  
want to know if you can get up, after the night of grief and despair, weary and  
bruised to the bone, and do what needs to be done to feed the children.*

*It doesn't interest me who you know or how you came to be here. I want to  
know if you will stand in the center of the fire with me and not shrink back.*

*It doesn't interest me where or what or with whom you have studied. I want to  
know what sustains you, from the inside, when all else falls away.*

*I want to know if you can be alone with yourself and if you truly like the  
company you keep in the empty moments.*

*--Oriah Mountain Dreamer*



**How do we change?**  
**Autobiography in Five Short Chapters**  
**Portia Nelson**

**Chapter 1**

I walk down the street  
There is deep hole in the sidewalk  
I fall in  
I am lost...I am helpless  
It isn't my fault  
It takes forever to find a way out

**Chapter 2**

I walk down the same street  
There is a deep hole in the sidewalk  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in this same place  
But it isn't my fault  
It still takes a long time to get out.

**Chapter 3**

I walk down the same street  
There is a deep hole in the sidewalk  
I see it is there  
I still fall in...it's a habit..but  
My eyes are open  
I know where I am  
It is my fault  
I get out immediately

**Chapter 4**

I walk down the same street  
There is a deep hole in the sidewalk  
I walk around it.,

**Chapter 5**

I walk down another street.

# - Where We Were

How you got where you are today.....

The level of self esteem and self-confidence we live with today is largely the result of the amount of nurturing, criticism, control or involvement we lived with as young people. Unless we choose to come to our own rescue, what was done to us as children we will continue to do...throughout our lives...to ourselves...to all of those around us.

To the extent that the adults in our world were loving, trustworthy, nonjudgmental, empathetic, comforting and were able to model constructive attitudes, we felt nurtured. A positive tape was reinforced each time we experienced the following

- Appreciation, support and requests that were on the level with what we could handle;
- Evidence that we were loved even when our behavior did not warrant it; our worth was separate from our actions;
- Validation of seeing what was right and positive about us; they were on our side;
- Belief in our abilities and the increasing power to control ourselves.

Parents give to their children what was first given to them. Even the best parents are not great all the time. Critical tapes were recorded each time we were judged, punished, scolded, deprived, blamed and rejected. They were reinforced each time

- we were over-controlled
- we were given demands impossible to meet
- we were given too many "shoulds" and "have to's" "oughts" and "musts"
- we were taught that we are what we do' mistakes are deadly
- we were taught to look to others for approval and control'

- feelings were invalidated or disregarded; some feelings were not allowed

We need to clean out the old to make ready for what's coming for us, just around the corner...just around the river's bend.

It's about reconnecting; it's about taking control of our lives. So, crank up your passion and put your fears to rest. Sure, you're going to have some bumps in the road but that's to be expected....AND IT'S OKAY....AND...IT'S PART OF THE PROCESS OF EXAMINING THE "SCARS"....

Engaging in this process will be a grand experience

- Deliberate creation of your life rather than waiting for things to happen
- Get out of helplessness and into personal control
- 'Learn how to take back your divine power to create your life
- Learn how to connect with your own divine Self.

Ego Integrity vs.  
Despair

Generativity vs.  
Stagnation

Intimacy vs. Isolation

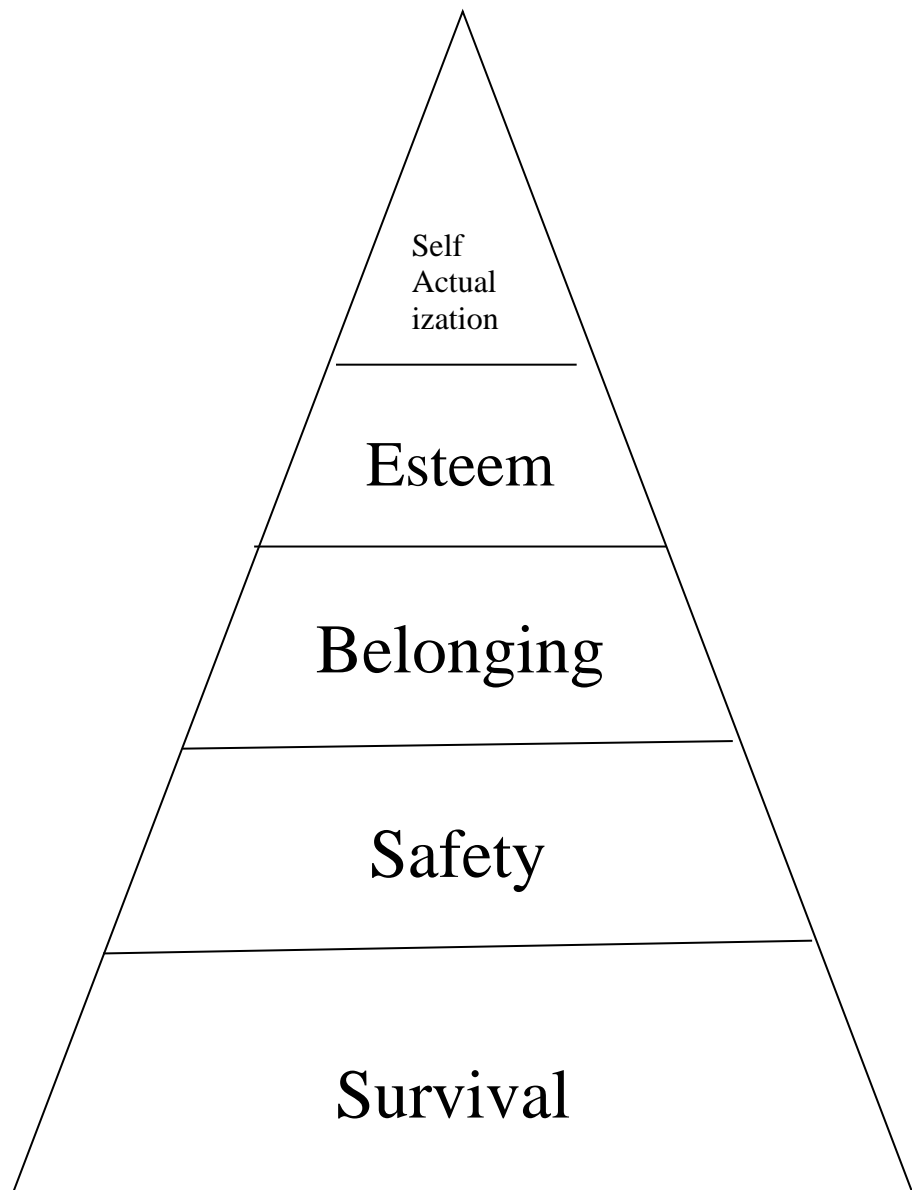
Identity vs. role  
Confusion

Industry vs. Inferiority

Initiative vs. guilt

Autonomy vs.  
Doubt and shame

Trust Vs. Mistrust



# Where we Are

Wherever you are in this moment is  
exactly where you are supposed to be,  
no matter how things may seem

There is no one to compare yourself to  
and no one to compete with  
There never was.

;

How would it be to know  
that when life doesn't seem to be  
working it is STILL working perfectly?

Did you know you could experience  
love, pain, joy, anger, death and rebirth  
all at the same time  
and still be perfectly sane?

All earthly pain is due to our inability  
to release what needs to be free  
When you release what needs to be free  
YOU are freed in the process

Would you be willing to get out of your own way  
and let the miracles that are your  
by divine right  
come into your life?

The dignity the world awards you  
is in exact proportion  
to the dignity you award yourself

Addiction is the soul screaming through the body  
attempting to get the Truth out  
once and for all

## **Questions We Need to Answer--- Honestly**

**Since you are here to remember who you are, why have  
you  
forgotten?**

**Answer: Perhaps you have lived another's dream and not  
your own**

- Are you spending your time the way you really want to?
- Do you frequently feel rushed and doing things you don't want to do?
- Do you feel tense and insecure?
- Do you enjoy your family?
- Do you have time to keep physically fit?
- Do you have time for your favorite hobby, sport, book, concert?
- Is your relationships with your "significant other" the quality you want?
- Do you feel that you must always be busy doing something productive?
- Do you have time alone every day?
- Are you unable to have fun because you have too much to do?
- Are you too busy working to get your job done?
- Are you working more and accomplishing less?
- Is contact with family and friends decreasing? What about the quality of that contact?
- Are you becoming more cynical, distant and negative about the world around you?
- Do you have more physical problems than at others times in your life?'
- Is your memory less effective than it used to be?
- Do you feel a sadness that has not logical origin?
- Do you find yourself upset and irritable more easily?
- Is happiness part of "the good old days?"
- Can you remember why you started out in your job? Does that still hold true for you?

Do you find yourself answering "yes" to many of these questions? Finding and maintaining balance is kind of like brushing your teeth. It needs to be done repeatedly and on a regular basis. The first step toward balance can be as simple as just doing NOTHING for half an hour. Many people just can't do it. Try it for yourself....Are you agitated about ten minutes into the experiment thinking about all the stuff you aren't doing?

What steals your time? Usually there are hundreds of tasks, errands and details to blame. How do we balance so many things? Just keeping track drains us. We "Borrow from Peter to pay Paul" in our frantic daily journey.

**REMEMBER: If your first thought in the morning is how many hours until you can go back to bed, you're out of balance!**

Can you say that you did something special for yourself last year.....

**365 times?**

For those who cringe at the idea of so much attention to self, stop, take a deep breath and consider that you, too, need care! You can't chop wood with a dull axe. You can't live life with a dull axe, either. Sharpening the axe is called self-care.

How are you spending your time?

What can you eliminate?

**Are there tasks that I do only because I feel I should do them?**

**Are there tasks I could delegate or just stop doing?**

**Are there things I could get help with or do I feel that I am the only one who could possibly do it right?**

**What can I leave undone without the world coming to an end?**

**Is there an easier way to do some of these things?**

**When we are operating from a place of balance**

- **We are not being controlled by other people or circumstances**
- **We know we will have long term results from our investment**
- **We know that what we choose to do contributes to our ultimate values in life;**
- **We have strong networks that we have created through interdependent living;**
- **We feel comfortable with ourselves and others**

## **Something to THINK ABOUT**

**All of us yearn for a life filled with joy. In the quest for happiness, though, we often overlook the good that's right in front of us. Stop for a moment and think about the joy that already exists in your life. You just might see it everywhere you look.**

1. **What gives you the greatest joy - and when was the last time you felt that joy? Starting now, how can you incorporate what pleases you most into your daily life?**
2. **Today, after class, make a list of the things that bring you delight. At the end of the conference,**



when you get home, hang the list on a mirror to remind you of all that's positive in your life.

3. How much joy you experience is connected to how open you are to receiving it. Do you believe you are worthy of it? How might the way you see yourself be robbing you of happiness?
4. Who in your life brings you the most contentment? Are you depending more on your spouse, friends, family to bring you satisfaction than you are on yourself?

## **Where We are Going**

### **Components of Personal Resilience**

Resilience is defined as the power to spring back from negative circumstances and events.

A person's level of resilience can be evaluated based on these components:

- The ability to interpret events in a self-empowering ways as opposed to ways that diminish power;
- The ability to create and maintain meaningful connections. This is defined as seeking and maintaining relationship which create or add significance to a person's life. These relationships can be with close friends, family, co-workers, mentors, teachers, etc.

## Responsibility Model

The Responsibility Model explains the levels of responsibility taken by or avoided by - an individual

RESPONSIBILITY	Ownership of individual ability to choose
SHAME	Blaming Self
JUSTIFICATION	Using excuses to justify
LAYING BLAME	Blaming others
DENIAL	Ignoring the problem

When an individual operates from the position of Responsibility, his or her ability to control life and rebound after problems is much greater. This can be seen both in how tasks are accomplished and in how a person feels about the circumstances in his or her life.

## FOCUSING ON EMPOWERING INTERPRETATIONS

Our interpretation of an event determines how we respond to the event. This is also directly related to how we feel and how much stress we create for ourselves. In any given situation, they may be totally different responses by two individuals. While one person may be challenged by a situation, another may become demoralized. The individual's interpretation of an event determines the next moment in the event as it relates to us. If the interpretation is positive and empowering, the chance for positive outcomes is significantly increased. This is conversely true for negative interpretations.

## HAVING MEANINGFUL CONNECTIONS

Throughout our lives, we depend on others for our survival and success. The most important events in our lives usually involve other individuals in some way. The ability to create and maintain meaningful relationships is a critical factor in how difficult or stressful situations are handled. Our level of trust in our relationships with others foretells our ability to overcome seemingly insurmountable odds. When an individual isolates during times of stress, it greatly reduces the odds of being able to successfully weather bad times.