

## **Healing the Divide: Week 2 - Grounding and Somatic Awareness**

*“Let your gentleness be known to everyone. The Lord is near.”* — Philippians 4:5

“True humility is not thinking less of yourself; it is thinking of yourself less. It is being free enough of yourself to be present to others.” — C.S. Lewis (*Mere Christianity*)

### **Education:**

- **What does it mean to “flip our lid”? Why is understanding this important for effective communication?**
- **What cues let us know we are being listened to, or listening to, a friend or foe?**