

Worshipful Master Lodge Discussion Series

Title: As Above, So Below

Version: 1.0

Purpose: Test whether the values a man claims to hold actually show up in how he spends his time and makes his choices. Help brothers see the echoes between what they intend and what they actually do.

Keywords: alignment, pattern, scale, intention, impact


Materials Needed:

None


Supporting Content/Guides

PDF - AMW Groundrules

Related Podcast Episodes:

 As Above, So Below: The Principle of Correspondence - A Useful Lens, Not a Fact

 The Worshipful Master: Space Creation and Barrier Removal

 The Junior Warden: Noticing Before You Numb



Setup:

WM Time Needed:

2-3 minutes

Member Time Needed

None

Considerations:

Individuals in the lodge will participate in different ways. Challenging a member to participate in a way that is uncomfortable for them should only be done with a skilled facilitator and a high-trust group.

Messaging:

Most of us think our big intentions and our daily tasks are separate things. They are not. The small choices we make every day are the building blocks of who we actually become. Tonight we look at where the line between what we say matters and what we actually do either holds firm or starts to blur.

Key questions:

“When someone is living according to what they believe, what does that look like from the outside? What do you notice in how they spend their time, or the decisions they make, or the way they treat people?”

“Does any of that sound familiar in your own life? Where do you see your own intentions showing up or not showing up in how you actually spend a day?”

“Tell us about a time when you noticed a small habit or choice repeating itself until it became something bigger. How did you recognize that the small thing had grown into a pattern?”

“If a visitor came to this lodge for a month and watched how we actually spend our time and energy, what would he learn about what we truly value? What would he see that we claim matters but do not act like it does?”

“Where did this conversation land for you? Is there something you are still sitting with about the gap or the fit between what you intend and what actually happens?”

Wrap-up:

Touch on the key points and highlights of the discussion. Pay special attention to discoveries or immediate learnings by the participants. Personalize positive feedback with “I really valued Brother [John’s] point about X, or Y”

DISCUSSION

Date of Meeting:

Rating? ☆ ☆ ☆ ☆ ☆

Key Points

Takeaways

The Best Part:

Thing's I'd do differently next time:

Do this again? Y N

If so, how often? _____

