# **Wangthonglung Team Retreat**

# **Session 6: Virtues - Putting on New Glasses**

**Objectives:**

1. To recognize the purpose of life as explained by ‘Abdu’l-Baha
2. To practice looking for the good in each other.
3. To practice acknowledging virtues seen in others.

**Time:** 90 minutes

**Materials / Preparation:**

* Handouts:
* List of Virtues
* Virtues Spotting Form
* Virtue Acknowledgement Examples
* Flower Sheet
* See Me Beautiful Song lyrics
* Cleaning our Windows Story
* Quotes on Looking for the Good in Each Other
* Seven sets of six leaves
* Coloured paper
* PowerPoint quotes

**Steps:**

**[1] Share Quotes**

1. Share and discuss quotes (Make posters to post around room)

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| |  | | --- | | “What is the purpose of life?” | | **จุดมุ่งหมายของชีวิตคืออะไร** |   Abdu’l-Baha responded:  “To acquire virtues”.  **เพื่อพัฒนาคุณลักษณะทางธรรม**  **NOTE:** (Can give different views on understanding on what virtues means) |

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| |  | | --- | | “To look always at the good and not at the bad. If a man has ten good qualities and one bad one, to look at the ten and forget the one; and if a man has ten bad qualities and one good one, to look at the one and forget the ten.”   * ‘Abdu’l-Bahá   พระอับดุลบาฮาอธิบายว่า:  จงมองดูในสิ่งที่ดีเสมออย่ามองดู แต่สิ่งที่ไม่ดีถ้าผู้ใดมีความดีสิบอย่าง แต่มีความไม่ดีอยู่อย่างหนึ่งจงมองดูที่ความดีทั้งสิบของเขานั้นและละลืมความไม่ดีเพียงอย่างเดียวของเขาเสียและถ้าเขามีความไม่ดีอยู่สิบส่วน แต่มีความดีเพียงส่วนเดียวก็จงมองดูที่ความดีส่วนเดียวนั้นและลืมความไม่ดีสิบส่วนของเขาเสีย |  |  | | --- | | The friends must overlook their shortcomings and faults and speak only of their virtues and not their defects.   * ‘Abdu'l-Baha   มิตรสหายต้องมองข้ามข้อบกพร่องและข้อด้อยของพวกเขา และพูดแต่คุณความดีไม่ใช่ข้อเสียของพวกเขา  - พระอับดุลบาฮา | |

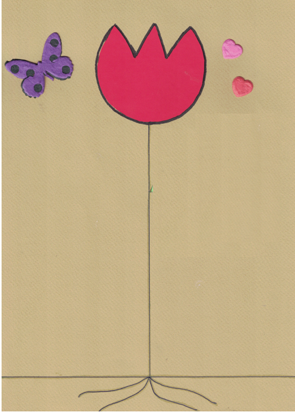
**[2] Flowers of One Garden**

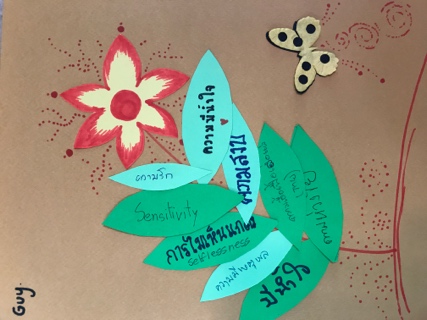
**Introduction:**

* The purpose of life is to develop our spiritual qualities, our virtues. The development of our virtues has impact on every aspect of our life. Our studies, work, marriage, children, and community.
* Today we are going to become more aware of the virtues in ourselves and in others so we can learn to work together and bring out the best in each other.
* Each of us is like a beautiful flower in the garden of humanity. Each of us has unique talents and qualities. Some of our qualities are developed more than others. Some virtues are developed more naturally than others. We can call these our **strength virtues**. Others qualities we will want to spend more time develop and polishing. We can call these our **growth virtues.**

**Making a Virtues Flower:**

* Have participants choose a color piece of paper to make a flowerhead to represent themselves. They can cut the flowerhead into any shape they wish. Then have each person stick their flowerhead onto a sheet of paper and draw a stem. Show an example.
* Explain other people will give them the leaves later which they can glue on to their virtues flower.

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**[3] Putting on our “Virtue Glasses” to Look for the Virtues in each other.**

* *Now we will practice looking for the best qualities in each other as ‘Abdu’l-Baha advised us to do.*
* *Everyone will need to slip on “special virtue glasses” to help us look for each other’s strength virtues.* Facilitator exaggerates pretending to put on his/her own virtues glasses.
* Facilitator says, *“Everyone was born with virtues glasses, but sometimes people don’t know that they have them.”* Facilitator asks everyone to reach into their pockets and pull out their own special virtues glasses and put them on.
* *Did you know that these virtues glasses block out shortcomings? They are really powerful glasses. These glasses have the power to focus on people’s strength virtues. But we must make sure we wipe them clean first so we can see clearly.*

*Here is a story that talks about that. Hand out the Cleaning Our Windows story to the participants. Ask a participant to read the story out loud.*

**Cleaning Our Windows**

Two friends moved into a new neighborhood. The next morning while they are eating breakfast, Friend A saw her neighbor hanging the wash outside.

"That laundry is not very clean", Friend A said. "She doesn't know how to wash correctly.”

Friend B looked on, but remained silent. Every time the neighbor would hang her wash to dry, Friend A would make negative comments and roll her eyes.

One month later, Friend A was surprised to see a nice clean wash on the line and said to Friend B: "Look, our neighbor has finally learned how to wash clothes correctly. I wonder who taught her?"

Friend B said, "Actually, I got up early this morning and cleaned our windows."

And so it is with life. What we see when watching others depends on the purity of the window through which we look. We must first clean our own window to be. able to notice the virtues reflected in others.

This Thai translation is not good: เพื่อนสองคนย้ายเข้ามาอยู่ในพื้นที่ใหม่ เช้าวันรุ่งขึ้นขณะที่พวกเขากำลังกินอาหารเช้า เอ เห็นเพื่อนบ้านของเธอตากผ้าข้างนอกบ้าน

"ซักผ้าไม่สะอาด" เอ กล่าว

"เธอไม่รู้วิธีการซักอย่างถูกต้อง"

เพื่อน บี มอง แต่ก็นิ่งเงียบ

ทุกครั้งที่เพื่อนบ้านจะตากผ้าให้แห้ง เอ จะแสดงความคิดเห็นเชิงลบและกลอกตา

หนึ่งเดือนต่อมา เอ ต้องประหลาดใจที่เห็นเสื้อผ้าที่ซักสะอาดตากอยู่บนราวแขวนและพูดกับ บีว่า: "ดูสิเพื่อนบ้านของเราได้เรียนรู้วิธีซักผ้าอย่างถูกต้องฉันสงสัยว่าใครสอนเธอ"

บี พูดว่า "ที่จริงฉันตื่นเช้าแล้วก็ทำความสะอาดหน้าต่างของเรา"

และนั่นก็เหมือนกับในชีวิตของเรา สิ่งที่เราเห็นเมื่อดูคนอื่นขึ้นอยู่กับความสะอาดของหน้าต่างซึ่งเรามองผ่าน ก่อนอื่นเราต้องทำความสะอาดหน้าต่างของตัวเองก่อนจึงจะสามารถสังเกตเห็นถึงคุณธรรมที่สะท้อนในตัวผู้อื่น

* *We can use these virtues glasses to look at everyone in our lives…with our friends, family, work colleagues, children, etc.*
* *Everyone needs others to notice their strengths rather than having their weaknesses pointed out. We must train our eyes to look for these virtues. It is helpful to become familiar what are the different kinds of virtues that exist.*

**Review Virtues List:**

* Hand our virtues list. Read it out as a group by going around the room and each person reads out a virtue.
* Briefly go over the list of virtues asking if any virtue needs more explanation.

**Acknowledging virtues in others**:

* OPTION SONG: We will listen to a meaningful song called See Me Beautiful and then reflect while we listen to the song on what virtues we have noticed in the different members of our team. You need to pick one virtue for each person and think specifically in what situation you saw that virtue practiced.
* For example: You saw one of your team helping another team member learn how to use an application on their phone to help them send reports. So you choose the virtue helpfulness and virtue in action was helping teach someone a new skill.
* Hand out Virtues Acknowledgement Form. Show how to use the Virtues Acknowledgement Form to write down one virtue for each team member and the specific situation where you saw the virtues practiced.

**Song:**

Hand out song lyrics for See Me Beautiful (See words for song in Annex) and ask one of the participants to read it aloud and then play the song video. Participants can sing along.

* As the song is played a second time sit quietly and fill out the Virtues Acknowledgement Form.
* After everyone is finished filling out the form, hand out a set of leaves of six leaves to each participant. Ask each participant to write the virtue they picked for each of the other six participants on a leaf (put the participant’s name on the back of the leaf for them so the leaves don’t get mixed up)

**Step: Giving a Virtues Acknowledgement**

* Next we will learn how to give a **Virtues Acknowledgement** to each other. When giving a **virtues acknowledgement** you are noticing a virtue that someone has demonstrated or practiced. You can do **virtues acknowledgements** for your family, children, work colleagues and among friends.
* A virtues acknowledgement has three parts:

1. Opening phrase of acknowledgement

2. Naming of the virtue

3. Sharing how you have seen the virtue demonstrated.

🡺 Your observations can be very simple – just sharing one simple incident.

🡺 It is important to give evidence.

**Note the difference between the following:**

* “You did a good job with that children’s class”

**VERSUS**

* “I liked how you showed patience with Somchai in the children’s class when he did not want to put on his shoes. Your patience encouraged him to try to tie his shoes all by himself.”

**การใช้คุณธรรมในการชื่นชมความประพฤติที่น่าสรรเสริญ**

**Applying Virtues to Appreciate Behavior**

Some examples of the beginning phrases you can try using:

* *“Your* ***reliability*** *has been really helpful. I can always count on you to be on time.”*
* *“That took a lot of* ***determination*** *to complete this project to the end.”*
* *“You used a lot of* ***courage*** *to share**with me how you feel. Thank you.”*
* “*I noticed your* ***kindness*** *to Alek when you helped him find the crayons.”*
* *“You were very t****houghtfu****l to close all the windows in my room when it rained.*
* *“I appreciated your* ***compassion*** *to bring me food when I was sick.”*
* ความน่าเชื่อถือของคุณเป็นประโยชน์จริง ๆ ฉันวางใจได้ว่าคุณจะตรงเวลาเสมอ
* นั่นต้องใช้ความตั้งใจอย่างมากในการทำให้โครงการนี้เสร็จสมบูรณ์
* คุณใช้ความกล้าหาญมากในการแบ่งปันกับฉันว่าคุณรู้สึกอย่างไร ขอบคุณ.
* ฉันสังเกตเห็นความใจดีของคุณที่มีต่อ Alek เมื่อคุณช่วยเขาหาสีเทียน
* คุณแสดงให้เห็นถึงความคิดเอาใจใส่ที่จะปิดหน้าต่างทุกบานในห้องเมื่อฝนตก
* ฉันชื่นชมความกรุณาของคุณที่จะนำอาหารมาให้ฉันตอนที่ฉันป่วย
* Ask each participant to move around the room to share a virtue leaf with each participant and give a Virtue Acknowledgement. It is important to look into the person’s eyes with sincerity when sharing the acknowledgement.

**Optional Step: Identifying Growth Virtue**

Ask participants to reflect on two virtues that they have that they want to make stronger.

They can write this under the flower like “roots” for the flower.

**Step:** **Complete Flower and “plant” in the garden**

* After everyone has received all their virtues acknowledgment, they can paste the leaves onto their flower. Each participant will then end up with six leaves on their flower stem.
* Ask all the participants to post all their beautiful flowers in the Team Unity Garden poster.
* “Develop more”. Each participants can put a flower sticker beside the virtue that they want to develop even more. It is useful to reflect on our virtues and to think which we need to develop more.



**Step: Feedback on the Exercise**

Ask participants to share their feedback on the exercise.

Was it hard to:

* To think of the virtues and share where you saw it practiced?
* To give feedback to others?
* To receive feedback from others?
* What was harder, giving or receiving?

When we follow what Abdu’l-Baha says, these things become easier and easier and will become a habit. It will become natural to look for virtues in each other and acknowledge them.

**[4] Closing Quote:**

Once 'Abdu'l-Bahá was asked, 'Why do all the guests who visit you come away with shining countenances?' 'He said with his beautiful smile: “I cannot tell you, but in all those upon whom I look, I see only my Father's Face.” '

* Honnold, Annamarie, Vignettes from the Life of ‘Abdu’l-Bahá, p.

**Annex**

ครั้งหนึ่งมีคนถามพระอับดุลบาฮาว่า “เหตุใดแขกที่มาเยี่ยมท่านจึงกลับออกไปด้วยสีหน้ายิ้มแย้มแจ่มใส?”

ท่านตอบด้วยรอยยิ้มอันสดใสว่า “จะบอกอย่างไรดี ทุกคนที่เรามอง เราเห็นแต่พระพักตร์ของพระบิดาของเรา”

**See Me Beautiful**

**Red Grammer**

เห็นฉันสวยงาม

มองหาสิ่งที่ดีที่สุดในตัวฉัน

มันคือสิ่งที่ฉันเป็นจริงๆ

และทั้งหมดที่ฉันต้องการ

อาจใช้เวลาสักครู่

มันอาจจะหายาก

แต่เห็นฉันสวยงาม

เห็นฉันสวยงาม

ทุกวัน

คุณมีโอกาสได้ไหม

คุณสามารถหาวิธี

หากต้องการเห็นฉันส่องแสงผ่าน

ในทุกสิ่งที่ฉันทำ

เห็นฉันสวยงาม

เห็นฉันสวยงาม

มองหาสิ่งที่ดีที่สุดในตัวฉัน

มันคือสิ่งที่ฉันเป็นจริงๆ

และทั้งหมดที่ฉันต้องการ

อาจใช้เวลาสักครู่

อาจจะหายาก แต่เห็นฉันสวยงาม ...

|  |
| --- |
| See me beautiful Look for the best in me It's what I really am And all I wanna be It may take some time It may be hard to find  But see me beautiful See me beautiful Each and every day Could you take a chance Could you find a way To see me shining through In everything I do  See me beautiful See me beautiful  Look for the best in me It's what I really am And all I wanna be It may take some time It may be hard to find but see me beautiful… |

**virtues ACKNOWLEDGEMENT FORM**

**ชื่อ คุณธรรม. การกระทำที่แสดงให้เห็น ­­­ ­­ การสื่อถ้อยคำชื่นชม**

**Name                                        Virtue                           Action noticed Acknowledgement Statement**

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