
Choosing

February 2024



Unity Church-Unitarian Spiritual Practice Packet



Choosing

We stand in front of the cereal aisle in our local grocery store where there are likely a hundred different brands of cereal with dozens more choices at our fingertips. *Should I go for Cheerios, the supposedly healthier choice than my kid-comfort food Lucky Charms? Oatmeal? High in fiber and carbs. Granola? Good grains, but high in sugar. Maybe ... I'll just skip breakfast. I've heard that fasting before noon is a good strategy.*

And so it goes. Every day we are faced with innumerable choices. Whether these choices are trivial or life-changing, personal or institutional, the degree to which we are asked—and assumed—to make choices continues to grow exponentially. Having such an abundance of choice can be liberating—or paralyzing. Which one will you choose—or, do you even have a choice?

Americans have typically embraced having choice not as a luxury of privilege, but as a necessity for happiness. When a person feels they have no choices—no options—it understandably could give rise to resentment and misery. Those who have been incarcerated have said that one of the hardest things about being in prison is the lack of choices. You are told what to do and when. It is the antithesis of freedom. So, logic suggests that having options allows people to select precisely what makes them happiest. But, as studies show, abundant choice can also make for misery. A study conducted in the early 2000s tested the theory that people became happier when their choices expanded. That seems counterintuitive! Yet, as the study revealed, between those who were the “maximizers,” that is, those who aimed to always make the best possible choice vs. the “satisfiers,” i.e., those who aimed for “good enough,” the “maximizers” were the most unhappy.

Part of the reason for this puzzling conclusion is that the “maximizers” were often haunted by nagging doubts about what was not chosen. They worry about all those options that were not chosen. Might they have been better than the one that was? What did you miss by making a choice?

It's one thing to be haunted by choice over relatively minor decisions, but we are also faced with life-changing decisions. Do I continue treatment for a life-threatening illness, or do I not? Do I choose to continue with this pregnancy, even though I did not plan to become pregnant? The physicians tell me that if they don't amputate, I will lose my life instead of a limb. What's most important? Do I choose to end my life in the presence of family, friends and loved ones, using Medical Aid in Dying or do I let nature take its course?

These are ethical decisions developed from one's own moral and ethical philosophy. Look up ethics on Wikipedia and you'll find dozens of differing ethical frameworks that human beings have made to guide their choice. For example, situational ethics would say determining what's right or wrong depends on the situation. On the opposite end is ethical absolutism, the belief that one rule must apply to all societies, individuals, and circumstances regardless of the situation. Moral absolutists may, for example, look to Christian scriptures for answers to moral questions, believing that scripture is authoritative throughout all time. What guides your own moral and ethical decision-making?

In 2024, we are aware that we will be asked to make several major decisions, both as a congregation and as a nation. Making a decision will always be fraught with doubt, uncertainty, and perhaps no small

measure of fear, because we understand that the stakes are high. Whether a choice for the next senior minister at Unity Church or the next President of the United States, there are pros and cons with whatever choice is made.

And yet, this is where the word “capacity” continues to inform our choices. How can we build the capacity not only to make decisions but to live with the consequences of those decisions? That is the reason for our spiritual practice. That is one of the reasons why we sit in contemplation, read inspiring scripture or text, have a spiritual director or trusted therapist or coach, or attend Chalice Circles and engage in deep and honest conversation with one another. It’s why we cultivate a quiet space inside to listen to what our truth is telling us.

Sugar-free oatmeal or Lucky Charms? Red pill or blue pill? Should I stay or should I go? You get to choose. We—your fellow spiritual sojourners—get to help.

Rev. Kathleen Rolenz with this month’s theme team: Ahmed Anzaldúa, Rev. Lara Cowtan, Drew Danielson, Rev. KP Hong, Rev. Andrea La Sonde Anastos, and Nelson Moroukian

Spiritual Practices

Option A

The Spiritual Practice of Decision-Making

Adapted from “Introduction to Inspired Decision-Making”

Life is so busy; our minds full of so much information, news, and things to do; and we make so many decisions every day, that we may not stop and take the time for discernment that can help our bodies, minds, and spirits make choices.

The Ignatian tradition of discernment invites us to use our hearts and minds in a spiritual context to “make decisions and take action that will contribute good to our lives and the world around us.”

Drs. Wilkie and Noreen Au have created a contemporary paradigm for a spiritual discernment process, adapted here for Unitarian Universalists:

- Outline the decision. What are the choices and the issues; what do I want? Employ Ignatian indifference, “a state of inner freedom, openness, and balance that allows us beforehand not to incline more toward one option than to another.”
- Think about the heart work as well as the rational decision-making head work. How does reason/pros and cons work with your spirit and heart? Do your feelings line up with your rational decision? If not, you are likely to experience what St. Ignatius calls, “desolation,” a disharmony or anxiety; so, consider keeping the decision-making process open.
- “When the head and heart match, when we are enlivened and generally at peace with a decision, we experience Ignatian consolation and may proceed with the decision.”

Now, consider an uneasy decision you made in the past, about which you may still feel uncertain. Did you employ some form of this kind of discernment in the process of making a choice? If not, what could you have done differently to make a better decision?

Next consider a choice yet to be made. Follow the guidelines for making a decision as a spiritual practice. Then, perhaps after a week or more, reflect on the process. Do you feel at peace with your decision? Did the discernment process help you make the decision? What kinds of decisions might benefit from this process and what might not? Would you use this spiritual practice in making decisions again? Why or why not?

For more on this practice and guidelines on making group decisions, see the article from which this practice was adapted here: “Introduction to Inspired Decision-Making: Personal and Communal Discernment,” from [jesuitresource.org](https://www.jesuitresource.org/):

<https://www.xavier.edu/jesuitresource/taking-time-to-reflect/inspired-decision-making1/intro-to-decision-making>

Option B

Reframing Your Life Story

Author James L. Creighton observes that the life stories we tell often have underlying themes, such as:

I'm just not up to handling all the challenges life throws at me.

I can do anything to which I set my mind.

I am a risk-taker—or, I am cautious.

Life has been very kind to me—or, I have been unlucky.

There's my life before the abuse and my life since.

Sometimes reinforced by family myths, life narratives can carry hurtful meanings or keep us stuck. We can examine our stories and choose to reframe them, viewing ourselves in different or larger perspective and changing our lives.

Reflect on one of the themes of the story you tell about your life. Is it serving you well, or is it holding you back? Consider how you might choose different events from your life to reframe your narrative. How can you make this new story your own?

Option C

Setting an Intention and Making a Dedication

This is a contemplative exercise adapted by Thupten Jinpa from traditional Tibetan meditation, a kind of checking-in where we choose to connect with our deeper aspirations.

Sit comfortably. Relax and breathe. Once you feel settled, contemplate the following questions: “What is it that I value deeply? What, in the depth of my heart, do I wish for myself, for my loved ones, and for the world?” Stay on these questions a little and see if any answers come up. If no specific answers surface, don't worry; simply stay with the open questions. If and when answers do come up, acknowledge them as they arise and stay with whatever thoughts and feelings they may bring.

Finally, develop a specific set of thoughts as your conscious intention. You could think, “Today, may I be more mindful of my body, mind, and speech in my interaction with others. May I relate to myself, to others, and to the events around me with kindness, understanding, and less judgment. May I use my day in a way that is in tune with my deeper values.”

In this way, set the tone for the day. Once we become more familiar with intention setting, we can do this practice in a minute or less. We can also find opportunities during the day to check in with our intentions.

The intention-setting practice is paired, in Tibetan tradition, with another contemplative exercise called dedication. Keep this exercise short; three to five minutes is a good length.

At the end of the day, briefly review the events of the day (including significant conversations, moods, and other mental activity) and touch back on the spirit of the morning intention setting. See how much alignment there is between the two. It's important not to get caught up in the details of what you did and did not do. The idea is to broadly survey to see the synergy between your intentions and your life that day.

Whatever thoughts and feelings this reviewing might bring, just stay with it. There's no need to push them away if they have a negative quality, or grasp at them if they seem positive. Simply stay with whatever you experience for a while in silence.

Finally, think of something from the day that you feel good about—a helping hand you gave your neighbor, an empathetic ear you lent a colleague in distress, not losing your cool in the drugstore when someone cut in line. Then take joy in the thought of this deed. If nothing else, take joy in the fact that you began your day by choosing a conscious intention.

Questions to Ponder

Read through the questions below and notice which ones resonate with you. One or more of the questions might seem particularly compelling or some might stir resistance in you. Either of these reactions might make the question fruitful to consider. Choose just one and take time to consider it, over several days if possible. Write it down on a piece of paper you carry in your pocket. Or take a picture of that paper with your phone. Or record it in your journal and spend some time, each day if you can, reflecting on it in writing or otherwise, noticing where it leads you and what you learn from it, and your response to it.

Questions

1. Is it possible to make a practice of choosing? For example, choosing to obey a stop sign or listen when others speak. What “routine” life decisions have you streamlined by making them practices?
2. We tend to think of having many choices as a good thing, but researchers have discovered that more choices can lead to greater uneasiness, dissatisfaction, or regret about a decision. How do you handle having many choices? Is it liberating or paralyzing? Why?
3. Sometimes a group we belong to makes a choice that we disagree with. How do you handle that situation? Can you make peace with a choice that was made for you? Why or why not?
4. How do you make choices? When do you tend to just go with your intuition, and when do you do the work of considering the choices to make an “informed decision?”
5. How did you choose your spiritual practice(s)? Are your chosen practices serving you well? Do you sometimes change your spiritual practice? Why?
6. Have you ever chosen to heal?
7. When have you chosen to see things differently? How might you choose a new perspective on a situation now?
8. In challenging circumstances, do you usually pause to choose an attitude and a response, or do you react? What causes you to go one way over the other?
9. We’re confronted with ethical choices every day; most of us have shared a streaming service password or driven over the speed limit, but where is your line for which laws to follow or how closely to follow them? How do you choose between “ethical action” and “easier action?”
10. Why choose to celebrate kindness and generosity when what the world needs is systemic change?

What is your question? Your question may not be listed above. As always, if the above questions don’t name what life is asking of you now, spend the month listening to your heart to hear what your question is.

Inspiration

Recommended Resources

For Personal Exploration & Reflection

Here you will find a variety of resources to help you take a deeper dive into the worship theme. These offer you several ways to engage with the theme that invite you to consider it thoughtfully, inspire thinking, and open you to new insights. They are optional. As you browse the packet, consider trying out several that hold meaning for you and, possibly, one or two that may feel challenging.

Word Definitions

Choose—verb, gerund or present participle:
choosing

pick out or select (someone or something) as being the best or most appropriate of two or more alternatives. “he chose a seat facing the door”

decide on a course of action, typically after rejecting alternatives. “he chose to go”

(Oxford Languages, via Google.com)

Wise Words

“There is no shortage of good days. It is good lives that are hard to come by. A life of good days lived in the senses is not enough. The life of sensation is the life of greed; it requires more and more. The life of the spirit requires less and less; time is ample and its passage is sweet.”

—Annie Dillard, *The Writing Life*

“Choose not to be harmed, and you won’t feel harmed. Don’t feel harmed, and you haven’t been.”

—Marcus Aurelius, *The Obstacle Is the Way*

“Death, bereavement, and our grief reactions are not matters of choice. But grieving in the quite contrasting second sense of the term as an active response to them is pervaded with choice. When ready, we must choose our own path in transforming the course of our lives following bereavement.”

—Thomas Attig

“(N)othing appeals to us more than the notion of freedom—the feeling that we are free, that intoxicating illusion with which we blunt the hard fact that we are not. Try to will yourself into—or out of—loving someone, try to will someone into loving you, and you collide with the fundamental fact that we do not choose whom we love. We could not choose, because we do not choose who and what we are, and in any love that is truly love, we love with everything we are.”

—Maria Popova

<https://www.themarginalian.org/2021/06/06/james-baldwin-giovannis-room-love-choice/>

“The interesting question is, What happened to the lives you once had as options but did not choose? Where do they dwell? Perhaps your un-lived lives run parallel to your current life and in some subtle way continue to influence the choices you make. All this might be happening beside you and in you, yet unknown to you. Maybe these un-lived yet still unfolding lives are the sustenance from which your chosen life draws.”

—John O’Donohue, *To Bless the Space Between Us*

“We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.

And there were always choices to make. Every day, every hour, offered the opportunity to make a decision, a decision that determined whether you would or would not submit to those powers which threatened to rob you of your very self, your inner freedom, which determined whether or not you would become the plaything of circumstance, renouncing freedom and dignity to become molded into the form of the typical inmate.”

—Viktor E. Frankl, *Man’s Search for Meaning*

“We have been given free will. Any person can become as righteous as Moses or as wicked as Jeroboam. We ourselves decide whether to make ourselves learned or ignorant, compassionate or cruel, generous or miserly. No one forces us, no one decides for us, no one drags us along one path or the other; we ourselves, by our own volition, choose our own way.”

—By Maimonides

“I love the idea of being chosen and choosing your ancestors. The idea that our lineage is more than familial. It is one of ideas, values, and commitments to one another in our time and throughout our shared history. Ancestors are tapping you on the shoulder insisting that it is your turn now to do what you can for the common good.”

—Rev. Kimberlee Tomczak Carlson, Minister of Religious Education, First Universalist Society of Milwaukee

<https://uumilwaukee.org/choosing-your-ancestor-teachers/>

“Love is a choice—not simply, or necessarily, a rational choice, but rather a willingness to be present to others without pretense or guile. Love is a conversion to humanity—a willingness to participate with others in the healing of a broken world and broken lives. Love is the choice to experience life as a member of the human family, a partner in the dance of life, rather than as an alien in the world or as a deity above the world, aloof and apart from human flesh.”

—Carter Heyward, from *We Pledge Our Hearts: A Treasury of Poems, Quotations and Readings to Celebrate Love and Marriage*

“We practice meditation in order to cultivate a sense of agency, to understand that a range of responses is open to us.”

—Sharon Salzberg, *Real Change*

Poetry

The Door

Jessie Belle Rittenhouse

There was a door stood long ajar
That one had left for me,
While I went trying other doors
To which I had no key.

And when at last I turned to seek
The refuge and the light,
A gust of wind had shut the door
And left me in the night.

<https://discoverpoetry.com/poems/jessie-belle-rittenhouse/the-door/>

Choices (excerpt)

Nikki Giovanni

If i can’t do
what i want to do
then my job is to not
do what i don’t want
to do
It’s not the same thing
but it’s the best i can
do

If i can’t have
what i want ... then
my job is to want
what i’ve got
and be satisfied
that at least there
is something more to want

Read the entire Giovanni poem here:

<https://www.poemhunter.com/poem/choices-144/>

Decisions (excerpt)

Boris Novak

Between two words
choose the quieter one.

Between word and silence
choose listening.

Read the entire poem here:

<https://apoemaday.tumblr.com/post/184807317775/decisions>

Choose

Carl Sandberg

THE single clenched fist lifted and ready,
Or the open asking hand held out and waiting.

Choose:

For we meet by one or the other.

<https://www.poetryfoundation.org/poems/45030/choose-56d2245cd0a71>

Articles

“How Prison Changes People”

Christian Jarrett. BBC, May 1, 2018.

The choices we make about incarceration may do more harm than good. The “chronic loss of free choice,” is cited as one of the factors leading to personality change and “prisonization.” Why should we care? If not for humane reasons, then at least because there are models to employ and changes to be made as to how we treat prisoners—punishing severely or focusing on rehabilitation—that reduce recidivism and help ex-offenders lead more productive lives. Ultimately, the author writes, the choice is up to society, up to us.

<https://www.bbc.com/future/article/20180430-the-unexpected-ways-prison-time-changes-people>

“Helping Kids Make Decisions”

Gia Miller, with Clinical Experts: Grace Berman, LCSW, Rachel Busman, PsyD, ABPP. Child Mind Institute.

It’s important to help children learn the skills of decision-making and to start early. But, “by the time we’re adults, we’re so accustomed to making decisions that we may not think about the process we go through...

When modeling decision-making, focus on general questions that can help [you and] your child process all of the information they’ll need:

- What decision do I need to make?
- What are my options, including less-preferable ones?
- What are the pros and cons of each choice?
- Are there any rules (school policy, curfew, etc.) I need to consider when making my decision?
- How will this decision impact others?
- What is my gut telling me to do?
- How does that decision make me feel?
- What’s my plan B?”

<https://childmind.org/article/helping-kids-make-decisions/>

“Reframing Your Life Story”

by James L Creighton. Psychology Today, September 22, 2019.

We can choose to reframe the stories we tell about ourselves, and change our lives.

<https://www.psychologytoday.com/us/blog/loving-through-your-differences/201909/reframing-your-life-story>

“How to Embrace Vulnerability in Decision-Making”

James R Langabeer Ph.D., Ed.D.

“If we make hundreds (or thousands) of choices in any given day on average, as most research suggests, at least some portion of them have to be wrong...”

<https://www.psychologytoday.com/us/blog/how-to-make-better-choices/202302/how-to-embrace-vulnerability-in-decision-making>

Books

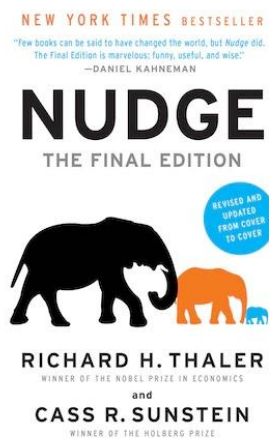
Nudge: The Final Edition

by Richard H. Thaler and Cass R. Sunstein

From Wikipedia: Choice architecture is the design of different ways in which choices can be presented to decision-makers, and the impact of that presentation on decision-making. For example, each of the following can influence consumer choice. :

- the number of choices presented
- how attributes are described
- the presence of a “default”

https://en.wikipedia.org/wiki/Choice_architecture



From the publisher: Since the original publication of *Nudge* more than a decade ago, the word “nudge” has entered the vocabulary of businesspeople, policymakers, engaged citizens, and consumers everywhere. The book has given rise to more than 200 “nudge units” in governments around the world and countless

groups of behavioral scientists in every part of the economy. It has taught us how to use thoughtful “choice architecture”—a concept the authors invented—to help us make better decisions for ourselves, our families, and our society.

Now, the authors have rewritten the book from cover to cover, making use of their experiences in and out of government over the past dozen years as well as the explosion of new research in numerous academic disciplines. It offers a wealth of new insights, for both its avowed fans and newcomers to the field, about a wide variety of issues that we face in our daily lives—COVID-19, health, personal finance, retirement savings, credit card debt, home mortgages, medical care, organ donation, climate

change, and “sludge” (paperwork and other nuisances that we don’t want and keep us from getting what we do want)—all while honoring one of the cardinal rules of nudging: make it fun!

<https://yalebooks.yale.edu/book/9780300262285/nudge/>

The Paradox of Choice: Why More Is Less

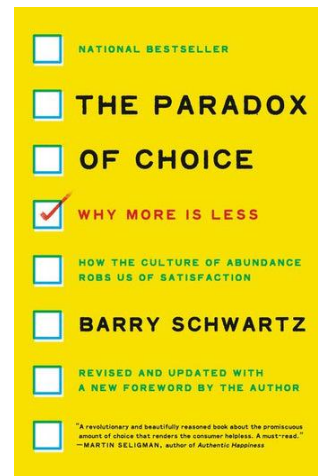
by Barry Schwartz

From the publisher:

“Whether we’re buying a pair of jeans, ordering a cup of coffee, selecting a long-distance carrier, applying to college, choosing a doctor, or setting up a 401(k), everyday decisions; both big and small; have become increasingly complex

due to the overwhelming abundance of choice with which we are presented. As Americans, we assume that more choice means better options and greater satisfaction. But beware of excessive choice: choice overload can make you question the decisions you make before you even make them, it can set you up for unrealistically high expectations, and it can make you blame yourself for any and all failures.”

<https://www.harpercollins.com/products/the-paradox-of-choice-barry-schwartz?variant=32207920234530>



In Search of Braver Angels: Getting Along Together in Troubled Times

by David Blankenhorn. Braver Angels, 2022.

We can choose to think of those with whom we disagree as “us vs them,” or we can approach people of differing points of view as “us and them.” *In Search of Braver Angels* is both a convincing argument to choose “and,” as well, as guidance on how to do that. In the Anderson Library: 320.01 B.

<https://braverangels.org/library/resources/in-search-of-braver-angels-getting-along-together-in-troubled-times/>

Big Money

by Rebecca Donnelly

This wonderful book for middle schoolers (and up) asks three questions: What is it [money]?, How do we use it?, and Why do our choices matter? It introduces young people to many of the concepts that affect economics while holding value as a central purpose. How do we make choices with our money that reflect what we value most? There is an assumption by the author that everyone who uses money will share some portion of it for the common good. Donnelly uses everyday stories that resonate with youth to illustrate options.

<https://us.macmillan.com/books/9781250853134/bigmoney>

The Road Not Taken: Finding America in the Poem Everyone Loves and Almost Everyone Gets Wrong

by David Orr. Penguin Press, 2015.

Robert Frost's "The Road Not Taken" seems straightforward: a nameless traveler is faced with a choice: two paths forward, with only one to walk. And everyone remembers the traveler taking "the one less traveled by, / And that has made all the difference." But for a century readers and critics have fought bitterly over what the poem really says. Is it a paean to triumphant self-assertion, where an individual boldly chooses to live outside conformity? Or a biting commentary on human self-deception, where a person chooses between identical roads and yet later romanticizes the decision as life altering? What Orr artfully reveals is that the poem speaks to both of these impulses, and all the possibilities that lie between them. The poem gives us a portrait of choice without making a decision itself. And in this, "The Road Not Taken" is distinctively American, for the United States is the country of choice in all its ambiguous splendor.

<https://www.theparisreview.org/blog/2015/09/11/the-most-misread-poem-in-america/>

Children's Books

The One Thing You'd Save

by Linda Sue Park, illustrated by Robert Sae-Heng. Clarion, 2021.

If your house were on fire, what one thing would you save? Park explores different answers to this provocative question in linked poems that capture the diverse voices of a middle school class. Ages 8 and up.

<https://lindasuepark.com/books/books-poetry/one-thing>

You Choose

by Pippa Goodhart

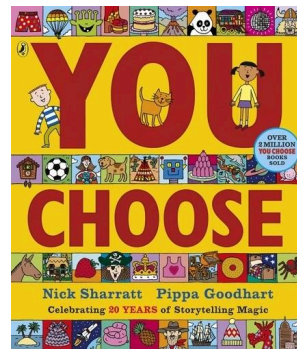
From the publisher: Imagine you could go anywhere, meet anyone and do anything.

Where would you live?

Where would you sleep?

Who would be your friends?

What games would you play? Go on ... you choose!



Pippa Goodhart explores a whole range of scenarios where choosing is made fun! This is a timeless classic which children will love to return to again and again - and there's something new to find on every read!

<https://www.penguin.co.uk/books/305040/you-choose-by-goodhart-pippa/9780241648971>

Movies

Past Lives

Directed by Celine Song, 2023.

Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York as they confront notions of destiny, love, and the choices that make a life.

<https://www.npr.org/2023/06/09/1180748796/past-lives-review-greta-lee-teo-yoo>

It's A Wonderful Life

Directed by Frank Capra, 1946

From IMDb: “An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.” In other words, protagonist George Bailey gets to see his personal “road not taken” story. What the IMDb description doesn’t tell you is about the role choosing plays in the story of the road George took in his life. Here are a few examples: Young George Bailey chooses not to deliver a poisoned prescription, saving a customer from death, and Druggist Mr. Gower from ruin and prison. Despite being set on leaving Bedford Falls to see the world, George chooses to stay and run the Bailey Brothers Building and Loan after the unexpected death of his father. George and his new bride Mary, choose to use their honeymoon savings to keep the Building and Loan solvent during a bank run.

<https://www.imdb.com/title/tt0038650>

12 Angry Men

Sidney Lumet, Director

This classic movie examines what happens in a jury room when ordinary people have to make an extraordinary choice in a murder case, and how their prejudices and preconceptions about the accused and each other affect their decision.

<https://www.imdb.com/title/tt0050083/>

Videos

“TED Talk: The Radical Act of Choosing Common Ground”

Nisha Anand

From TED Talk: To achieve lasting change sometimes requires the hard, even radical, choice of partnering with people you’d least expect. Justice reform advocate Nisha Anand shares her story of working with her ideological opposite to make history and save lives, and urges us all to widen our circles in order to make progress with purpose.

https://www.ted.com/talks/nisha_anand_the_radical_act_of_choosing_common_ground_jan_2020

“TED Talk: The Art of Choosing”

Sheena Iyengar

Sheena Iyengar studies how we make choices—and how we feel about the choices we make. At TEDGlobal, she talks about both trivial choices (Coke v. Pepsi) and profound ones, and shares her groundbreaking research that has uncovered some surprising attitudes about our decisions.

https://www.ted.com/talks/sheena_iyengar_the_art_of_choosing?language=en

Podcasts

“Choose Carefully”

Hidden Brain

From Hidden Brain: “All of us make choices all the time, and we may think we’re making those choices freely. But psychologist Eric Johnson says there’s an architecture behind the way choices are presented to us, and this invisible architecture can influence decisions both large and small.”

The decision-making examples in this podcast include how Ken Jennings ended his Jeopardy win streak by choosing the wrong question in Final Jeopardy, how “Sully” Sullenberger made the decision to land his crippled plane in the Hudson River, how ballot architecture affected the result of the 2020 presidential election in Florida, and more.

<https://hiddenbrain.org/podcast/choose-carefully/>

“Dr. Edith Eger on Recognizing the Choices and Gifts in Our Lives”

“Unlocking Us” with Brené Brown, February 24, 2021.

Holocaust survivor, psychologist, and author of *The Choice: Embrace the Possible* (Scribner, 2017) Edith Eva Eger discusses the prisons we choose to live in, the choice to heal, the power of choosing how we see ourselves, and the choice to love.

<https://brenebrown.com/podcast/brene-with-dr-edith-eger-on-recognizing-the-choices-and-gifts-in-our-lives/>

Music

“Choosing” Spotify Playlist

<https://spoti.fi/4bibpnU>

- “Which Will” —Lucinda Williams
- “Should I Stay or Should I Go” —The Clash
- “My Head & My Heart” —Ava Max
- “Is You Is or Is You Ain’t My Baby?” —Erroll Garner
- “All or Nothing at All” —Diana Krall
- “Unwritten” —Natasha Bedingfield
- “Torn” —LeToya
- “Til You Can’t” —Cody Johnson
- “Everyone Chooses Sides” —The Wrens
- “Love or Confusion” —Jimi Hendrix
- “Take It or Leave It” —The Strokes
- “One Way or Another” —Blondie
- “So Beautiful or So What” —Paul Simon
- “Which Will” —Nick Drake

Photos



Photo by Viktoria Slowikowska:

<https://www.pexels.com/photo/a-woman-in-brown-top-5871623/>

Cover Image by Micha, from Pixabay

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