

GATHERING WISDOM FROM AND FOR THE JOURNEY

Spend some time reading/reflecting on the following:

Each transitional time in our lives, if negotiated consciously and honestly, takes us, as we journey, to the deeper places within ourselves. Our sense of peace grows, as we grow, into a deeper self-understanding and self-acceptance. Each of the following discoveries, in one way or another, can be a part of this process.

As we journey deeper we may discover:

- ☺ that our persona probably has chinks and cracks in it and may need some mending or adapting, or a complete renovation
- ☺ that we can find wisdom in the wounds we've carried from birth onward, and that these wounds can heal
- ☺ that surprise of beauty and talent in us wait to be discovered and shared with the universe
- ☺ that some of what we thought to be unbreakable truth, beliefs, and values is now shattered pottery and unmendable
- ☺ that risk taking is essential if we are to grow
- ☺ that we are loveable as we are
- ☺ that loneliness need not kill us
- ☺ that we require time and solitude for ourselves
- ☺ that the best of who we are has not only survived the bruises and battering of life's storms but has actually taken root and is ready to put out a vivid green shoot of life
- ☺ that many of our efforts to hide in the clutter of busy activity have left a dry, stale taste in our soul and we are crying out to be held in the embrace of simple presence

- ☺ that we have within us the weaknesses we've despised in others
- ☺ that what we saw as our failure was really our teacher
- ☺ that guilt and shame can be kept for only so long before they turn sour
- ☺ that past regrets must be let go lest they cling to us and suck our energy for life like leeches in a farm creek
- ☺ that the loving part of us can always out-wrestle the hating part of us
- ☺ that our struggle to name God and find a spirituality that enlivens and enriches our existence is less complex than what we first thought
- ☺ that we can be free as a child to enjoy the wonder of life in a simple, spontaneous splashing of play in the world

(Adapted from *Dear Heart Come Home*, Joyce Rupp)