

The mix of spiritual direction, coming here, and writing the reflection papers is coming together like the tumblers in a combination lock. There has been a profound 'click' into healing this year I couldn't have found on my own.

I look at things differently now: "Everything is holy" given eyes to see. I saw that hidden wholeness in a new client with Alzheimer's who made no sense whatsoever on the surface, yet underneath he is fully a child of God. I want that wholeness for everyone and am asking 'How can I be part of helping that to happen?'

The relationship building that occurs in this process is profound. I've always looked outside for a hierarchical guru. I've learned that real transformation is about inner work in relationship. This is a safe, genuine community that allowed an unraveling of my identity from producing and rushing into a more contemplative way of living. Slowing down, becoming reflective *with* others is so pivotal.

What happens when you *Listen to Your Life*?

All the different ways of hands-on prayer has somehow filled the gaps in me, making me whole.

Why am I doing this? Because I have to! The big surprise is that I fell into a deeper relationship with God. Everything we've done had slowly built toward that. I'm cerebral and logical but also creative. This process has opened me in new ways and now I crave silence, waiting, listening, really seeing...

The biggest surprise is how much I enjoyed the 2-page reflection papers. They brought a surprising freedom. I'd resist the invitation to notice "What's stirring?" but what happened as I paid attention and became more self-reflective is a gradual shifting from head to heart. I thought I was a heart person, but now I am actually living a heart-centered life. When people talk about the Holy Spirit, I'm there because it's a lived experience.

I always thought my core stability was in my strength. I could face anything. To my surprise I'm discovering that vulnerability IS strength. It's messy, and it's real. It's such a paradox – there's pain AND there's genuine hope.

Reflections from 2015-2016 Participants