

# CREATING SPACE FOR WHOLENESS

13 SESSIONS TO REFLECT ON THE JOURNEY HOME  
TO WHO WE ARE MEANT TO BE

FACILITATED BY KAREN HILFMAN AUTHOR OF *THE MENDED MIRROR*

## SESSION #1 of 13

### *A TIME OF REFLECTION*

- 1) As you read the quote and story below and consider a step in The Connection Strategy, notice what you notice as you read. Does a word, phrase or concept tug at your attention?
- 2) Does a quote or insight emerge for you in this time of reflecting as together we listen for and commit to choosing pathways that lead to life and love and light rather than death and hatred, that lead us home to who we are meant to be?
- 3) What insights rise up from your experience as we hold space to focus on and empower a vision of wholeness and well-being? What are the lessons we need to be learning? What are the shifts we are embracing or need to embrace?
- 4) What wisdom and creativity is emerging for you? What stories and situations fill you with hope? Are there quotes or stories or experiences that you would add to deepen these reflections?

### *CONNECTION STRATEGY FOR SELF AND COMMUNITY FROM DISCONNECTED TO CONNECTED*

STEP #1      Connect authentically with self and others.

Disconnect from expectations that are external or in opposition to your true self; disconnect from building walls within that separate you from *You* and from the people around you; disconnect from wearing masks to hide behind.

13 Steps to Connect to the Power of  
Transformation, Meaning, Purpose and the Authenticity  
Within Each of Us to Enhance Our Life Together in Community

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### *QUOTE*

I learn again and again that though life can be demanding and appear to be fractured or even crushed, somewhere in the midst of the rubble there is goodness and a longing to be whole that yearns to emerge amongst us. The story in this book explores how to connect to that power of wholeness, the power of love, in the midst of the brokenness in our world today.

While this is the story of my ongoing journey home to who I am, rerouted by unexpected detours, it is also a glimpse into our shared story as humans as we seek to be in healthy relationship with ourselves, each other and the Earth; as we seek to create space for love to emerge, acceptance to expand, possibilities of an alternative vision to be considered, and creativity to be our response when pathways to wholeness and the common good become obscured.

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## *STORY*

This story reflects a central theme and perspective which dances and weaves through my life. It arises from a mystical moment that happens the summer I am three.

I am in a glorious meadow where warm sunshine fills the air. Butterflies are flitting everywhere. I hear the song of a multitude of birds and the splashing dance of the creek. I hear the voices of others in the meadow. I can see them out of the corner of my eye as I run and twirl with delight amongst the flowers that blow in the gentle breeze. The breeze carries the warmth of the sun and kisses my face. When I come to the centre of the meadow, I stop. Everywhere I look I see light: light pouring out of the people; light flowing like a wave around the butterflies and blossoms; light emanating from me. I see light all around me, coming from within me and from within every living thing.

I don't exactly see the light with my eyes, but I see the light with an inner vision that feels more real than what my eyes see. This guiding vision makes the world a magical, mystical place filled with possibilities, potential beyond our imaginings, and peace that is deep and profound. For me, the light is the energy of the Divine. I know deep within me that the light all around us and within us is the power of Love.

In the early years of my life this is how I think everyone sees the world.

Throughout my life, this memory informs how I see people and how I engage life. It is a reflection of my profound sense of knowing that the Divine is intimately present and can be found deep within all of us. It is an energy that connects us to life rooted in love. I return to the feeling of this experience in moments when I am challenged to see the light and goodness that are within all of us. This memory roots me in an awareness that even in the midst of the struggles of life we have the amazing capacity to let love shine and creativity flow through our lives. The result is that I am often puzzled by behaviours, masks and walls that cover over the depth of goodness that is everywhere. I am often outraged by injustice, and filled with a longing for what is possible. In the midst of my frustrations, I am sustained by the awareness that the energy of love is all around us, and that no matter how broken life can seem there is still wholeness present.

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## *SHARING YOUR REFLECTIONS*

To add your thoughts to this conversation post them on the *Course* page under each session of *Creating Space for Wholeness* on [www.AuthenticConnectionCulture.com](http://www.AuthenticConnectionCulture.com) or [www.TheMendedMirror.com](http://www.TheMendedMirror.com) or on Facebook. Or simply be intentional about holding prayerful space knowing we connect heart to heart across the miles and time, and that together we are empowering and strengthening the things to which we give our attention.