

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 #4 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 # 4 See differently.

Disconnect from dumping energetic garbage on others or ourselves.

*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*

Page 268 *The Mended Mirror* by Karen Hilfman Millson

QUOTE

My central learning that impacts my life is that: when we connect to our true essence, to our authentic self, we connect to a reservoir of power deep within us that is filled with love and creativity; when we risk connecting to one another in a deeply authentic way, we see life differently—no longer are we bound by small-ego thinking that is rooted in limitations, entitlement, blame, judgment and the compulsion to protect our territory, rather we see creative possibilities, abundance and incredible goodness; and when we connect at an authentic level as a community by creating a commons where everyone is respected and belongs, the wisdom within

us and amongst us has the opportunity to emerge to enable us to recognize future possibilities that enhance life when we work together.

The brokenness and the richness in my relationship with my Mom has helped me to identify principles and practices about how to create healthy, life-giving authentic community so that we can address the brokenness in our world by choosing to live together in ways that reflect our deep longing for the well-being of all.

Page 11 *The Mended Mirror* by Karen Hilfman Millson

STORY

I learn to be aware of the kind of energy I am sending at people. It impacts us. I tell a story in a sermon of a time I am stuck behind someone who is turning left at a set of lights at a busy corner in our town. Though I see many opportunities for the car in front of me to make a left turn, the driver waits until the light is yellow. There is no way that I will make it through this light. I witness myself lobbing cannonball-like aggressive energy at the driver. When I notice, I stop sending the cannonballs. I connect at a heart level with the other driver and ask for forgiveness. I then intentionally choose positive energy to send toward the driver. I realize that my negative judgment does not enhance their life or mine in any way.

Page 252 *The Mended Mirror* by Karen Hilfman Millson

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 or 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.