

Workshops

Divorce recovery workshops include a variety of small group and large group discussions, personal quiet time, spiritual direction, and practical exercises (example below) to help participants identify areas of life that need attention and healing. This is not a one-stop-shop, however. Seeking therapy is part of healing from divorce. In my life I attend therapy, spiritual direction, silent retreats, and small group work.

Some of the language I use will be spiritual in nature but not religion specific. I grew up with Christian beliefs and as an adult have studied other faith practices to better understand a broader path to God. Each person has their own path to discover. Contemplation can be for everyone.

Session Examples

The Slow Work of God

Slowing down is so important and it does coincide with gratitude. I've been paying attention to taking "pause" in my life and began adding this practice to my journey fifteen years ago while reading Terry Hershey's book, *The Power of Pause*. It's a simple seasonal read that takes us out of our daily busyness and gives pause to self and nature. My renewal for self is through nature, being outside, taking a purposeful walk, taking time to close my eyes and listen, breathe, and sense the love that comes from my higher power. I find this way of living to be fruitful in my daily life. Even living where there are six months of winter still gives me the opportunity to see the beauty in the bleak and the cold. Slowing down helps me continue to discover my authentic self by reflecting on life, learning to let go, and change direction as needed. Being my authentic self allows me to give back with confidence. For me, the rhythm of the earth through the seasons drives my energy and keeps me at peace.

I can accept what once was and let go of the things that don't add value to my life. I am a better wife, grandparent, mother, friend, sibling, and director, because of choosing to live this way. While it isn't always easy, contemplation is the only way for me to live well and accept others where they are at. Holding Spirit within this stillness or "pause", allows the fruits of the Spirit to flourish within myself and those I sit with in spiritual direction or within the workshops.

I am giving back when I practice being still.

Stuck Grief

I carry a lot of grief from my childhood. At times the grief can be crippling. I have difficulty accepting compliments and affirmations from others and while I don't look for outward compliments such as, "You look nice", or "I like your shoes", I do long to know that I am acceptable as a person just the way I am.

I don't want to wear masks or pretend to be someone I am not. I just need space to be myself.

I am finding that to be vulnerable I need to build up my inner courage and part of that is having the ability to accept (love) myself first. Some days are better than others. When the stuck grief moves in, that's where I struggle. The story that lies beneath is trapped and can take weeks, months, or years to get to the surface. I've been stuffing my feelings and grief for so long that sometimes it feels like I need a team of workhorses to pull it out!

In the end, it's through silence and contemplation where I receive and notice movement. Movement forward or out of my stagnant place, or state of grief. Take some quiet time in nature and read the below statements to yourself.

- I am perfect exactly as I am.
- I am growing and becoming.
- I am enough.
- I am right where I'm supposed to be.
- I have all that I need within me now.
- I am here for a purpose.
- I am learning to love myself.
- I am here.

How can I love another if I cannot love myself? How can I trust another if I cannot trust my own feelings and myself?

Which one of the above statements describes you best at this moment?

Which of these do you struggle with the most? Why?