



## Looking Back – Life Review

When did you last find yourself discerning a shift in your life? A change of ministry, perhaps, or a re-sizing of your workload; a decision to move community or living situation or regretfully give up your licence to drive. What triggered these events? Passion and enthusiasm for a new and

challenging ministry; flagging interest and effectiveness in your current one; life-sapping relationships or troublesome health issues – or simply a consciousness that life is beckoning you to a new space.

- What is growing well and producing fruit?
- What is growing well but could use pruning?
- What is dead wood?
- What is ready to sprout?

These organic questions might evoke images and stories of a present reality that urge you to reflect on how you got here. Layer upon layer of the “*Who am I? What is this all about?*” questions enter our lives regularly, expanding our understanding of who we are and what we are here for. No matter how young, it is all part of the practice of good life completion, and the sacred movement into conscious eldering.

Mary Jo Leddy (*Radical Gratitude*) speaks of “the unique word that each of us is called to en flesh in the world.... This word is who we really are, who we are meant to become, our calling in this world. Within this word lies the secret of our happiness, the source of our power and the mysterious point of our being. Through this particular word of our lives, we bring the one thing necessary that no other can bring. A particular grace.”

We discover this as we reflect on our life stories - achievements as well as unresolved conflicts. We consider what they mean, how they fit together. We use the events of our lives to find the patterns that make us the unique expression of God's image trying to fulfil itself in us.

### ***An exercise in consciousness***

- Take some time to look at the beauty your memory holds.
- What is your ‘word’ that is your daily movement into the sacred?

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