

Touchstones Theme: Transformation

...Transformational change ...occurs when our foundational understanding of ourselves and the world around us significantly shifts. A transformation occurs when we go beyond the bounds of our current understanding and awareness. We cannot think our way through this change; we have to experience our way into it. ...The journey of transformation begins with an event in one's life sometimes referred to as "The Call." This event occurs as if life, or our soul, is trying to reach out and grab our attention. ...The Call offers us an opportunity to lean into the unknown and to explore the unforeseen. It is a portal to adventure, ...shedding ...old growth, discovering [new] aspects of our lives..., and the potential for a more fulfilling life.... *Jim Marsden*



...The spiritual practice of transformation holds within its wide embrace the personal renewals that come with a spiritual awakening, a conversion, a mystical epiphany, or ...enlightenment. ...Transformation usually involves the shedding of old ways, especially those that have become burdens. ...Transformation implies a marked change in your life, but you can practice it by making simple changes. Start by doing something different.... ...With transformation comes healing and wholeness. It's as if they had been waiting in the wings all along, until you made room for them on stage. *Frederic and Mary Ann Brussat*

Please join us in exploring Transformation

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