PILGRIMAGE OF IDENTITY

The Impossible Dream

Class 4

**MIDWIFE**

EMBODIMENT

Everything I offer is to support the arrival and inhabiting of our truth, especially our physical truth of how it is to be in our bodies. Rather than a head on demand for this arrival, to approach it from an oblique angle, as if you are the animal whisperer of your own body, and your own body’s wisdom.

MIDWIFERY /Impossible dream **–** the birthing process in response to our longings

You may recall instances in your childhood where you experienced your ‘anticipatory body’ noticing a horizon and courageously going towards it, gladly and unthinking. There continues to be a portion of the world that calls you – however silent or distant, even now.

The adult portion of this is to be discovered through mediating our inner experience by witnessing signals in our body that ask us to check – is this how and where we want to be?

Class 4 Continuum =

|  |
| --- |
| Exhaustion…………. wholeheartedness………….Rest |

*‘The antidote to exhaustion is not necessarily rest, the antidote to exhaustion is ‘wholeheartedness’*. DW

IMPOSSIBLE DREAM

*“The discovery of a new source is often accompanied by the sense of something ancient that was always secretly near.” JOD*

Bringing to birth your impossible dream, finding restful places amidst its growth challenges. Your body will show you how to locate the migration routes of the dream you came here to experience. You may be able to experience it as something beneath you in the ground of your life or the voice of the spirit of your life. That promise far inside you trying to break out and meet the sky.

As a species we are a long way from home from our animal bodies and our instincts, and so it’s a life pilgrimage. And in the midst of our culture, our impossible dream, our longings can remain patiently out of sight of short sighted human immediacy.

THE WATER ELEMENT OF MIDWIFERY

We are up to 60% water – perhaps an understanding of our kinship and belonging with water might support the conversation with your impossible dream? When the search for what we are longing for hits arid land, perhaps it helps to hold the image of ‘the mother liquid’. Water within stone. Water has been found in the heart of granite stones which are 400 million years old. This could be a metaphor for the tenderness that lies at the heart of the most stolid and enduring hardness.

When a drop of water falls into the sea, the whole surface of the sea is raised imperceptibly. So every gesture towards bringing about what you long for does the same. The watery element can be so treacherous yet can also bring the lost wanderer home.

PATIENCE AND TRUST IN THE COMPASSIONATE INNER WARMING PROCESS

"With continuous and patient deconstructive work underneath, a large mass of ice finally gives way." JOD

Oftentimes we may only have a sense of the frozen places, but know that through compassionate warming, a process of entering what is true for us, there is a constant movement inside us towards life. (me)

EMBODIMENT OF OUR STORY AND OUR LONGINGS

Here are some practical suggestions around how to continue this conversation at the frontier of possibility:

* Silent spaces in order to listen is essential to this unfolding
* That space between the notes of your body’s reactivity, patiently holding them and listening for the silence between
* You are vastly more than your history and your culture and it is in these silent spaces that you can dialogue with this individual sacred part of yourself
* Without expectation or a sense of hurriedness
* The pathway is in befriending the signals of the body (its natural constant concern about us being ‘safe’)
* Create the container. Here you are standing on holy ground, light a candle, bring warmth and welcome this sacred part of yourself
* Honour what was not honoured by others
* A sense of growing back towards your childhood and listening to the echoes of your true essence
* Work with others – what eases your nervous system so that the ‘work’ is not so arduous, perhaps this warming of our nervous systems is supported by a belonging with others who are doing the same
* And remember you are held by all life

LEGACY

You may wonder about leaving a legacy behind you at the end of your life? We are the ending of some stories, the carrying on of others and the beginning of many it is not our place to finish. You can create your legacy every day in small gestures. Perhaps to be an elder, even for an hour, for a blossoming new being.

JOURNALING

Into Thin Air, by David Whyte

Someday take the road above to Caher Anadurrish,

When you have taken that miracle hour alone,

So that below you the green valley is filled from end to end with whitethorn and bird song

While above, the blue moving sky is torn by wind and cloud

And following the road to the very top looking to neither left nor right but keep going

As if you could walk straight off into that horizon

And on into the thin air of your waiting life

Into the future your ancestors, working the rock of the land might have wanted you to have

Into the past you might deny has brought you here

And into the promise far inside you trying to break out and meet the sky

All the airy nothings you thought would never hold your weight

The sense of beckoning newness, the lightness of air

And you, in that miracle hour

Afraid only

In some upward part that doesn’t matter anymore,

Walking on through the beckoning sky

Ongoing Homework

This inner listening space can be cultivated by practicing the skill of checking in with yourself throughout the day. To become familiar with your nervous system, what stimulates it, what soothes it. Creating mores self-care and more choice, and to honour it as you continue to build your life.

CONCLUSION

Every pilgrimage has sanctuary on the way – a tree, a bird, a loving moment with a young child, an embrace, a shared beverage, a group encounter, a tender look, a witnessing.

"Recognize the invisible hands that guide you, the breath that breathes you, the walls and roof that keep cold from chilling you, the water that magically springs from your taps, the long line of ancestors whose every step made your incarnation possible. You belong to these holy helpers. You have undisputed membership. In your recognition of this wealth, your own life cannot help but become an offering back to that which feeds you."

Toko Pa Turner

Clare O’Sullivan

www.senseoflife.co.uk