

## PASSAGE POINTS NEWSLETTER

April/May 2010

### This month's topic: *Call to Adventure*

My family was worried in 1976. How could I ever make a living "running groups"? How could I make ends meet as a newly divorced mother without a regular job? How could I say "no" to an administrative job my ex-husband had spawned at the mega insurance company just a mile down the road?

But, the call was clear. I came from the humanistic psychology movement of the 60's and 70's with a BA in Psychology. I believed that Values Clarification, Parent Effectiveness Training, Transactional Analysis were meaningful ways to connect and provide people with enlightenment and life support. As I tried my hand at leading my first workshop at the YWCA, I tasted what was possible. With a deep yearning to become more of who I wanted to be, I jumped into the unknown and declared myself an independent workshop leader.

Trials sprouted up immediately to test my commitment: workshops hours required special babysitters; money and time were too tight to continue graduate school; security and control had disappeared. I hit the deep valley of frustration. I was Jonah in the belly of the whale...Dorothy facing the Wicked Witch...Luke facing Darth. But I had come too far to turn back and the call to adventure was too loud to turn down. With no way out, I had to dig deep to find a way to conquer the hardships.

By grace alone, I stood my ground. Allies appeared and stayed to show me the way: 3-year-old Christopher beamed his brilliant light each day; Ernie Johnston asked me to design a career/life planning course through his office; a friend of a friend wove my work into a string of adult education workshops; requests came in from the University. Step by step I let loose and barriers fell away. I found myself transforming into a "new me".

This was a most memorable passage point for me. And, although I continue to navigate through plenty of passages, I celebrate this as the first true inner call to adventure. It verified that some larger creative process was alive and tangible both within and beyond me. It helps to remember this!

#### Points to Ponder:

1. What circumstances call you to adventure right now?
2. What leaps of faith do you need to take?
3. Who are your allies as you confront obstacles in your life right now?
4. What would a breakthrough look like?
5. How would your life be different if you traveled through this passage point successfully?

***To dare is to lose one's footing momentarily. To not dare is to lose oneself.*** Soren Kierkegaard

***Our aspirations are our possibilities.*** Robert Browning

***Most heroic journeys involve going through a dark place--through mountain caverns, the underworld, or labyrinthine passages to emerge finally, into the light.*** Jean Shinoda Bolen

#### Resources:

***The Path of the Everyday Hero: Drawing on the Power of Myth to Meet Life's Most Important Challenges*** by Lorna Catford, PhD and Michael Ray, PhD

***The Ten Things to Do When Your Life Falls Apart: An Emotional and Spiritual Handbook*** By Daphne Rose Kingma

**Join me at the UNC Wellness Center, Meadowmont, Chapel Hill, as I present a workshop on  
*Transforming Your Caregiving Journey* Tuesday, May 18, 6:30-8:00PM\_**

Become a fan of Passage Points on Facebook and discover all the latest on upcoming events and resources! <http://www.facebook.com/pages/PassagePoints/311753487049?v=wall>