



OHM Offers 'My Journey Continues' Training

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April 2009 was the first time we featured training on

My Journey Continues at SALTS.

My Journey Continues, also referred to as *Book Two*, is designed to take you deeper into your story and further down the path on your journey towards wholeness. It includes chapters on powerlessness, betrayal, ambivalence, and control. Participants make use of a life size body drawing to help connect them more deeply to their story.

The first time I went through *My Journey Continues* I found myself irritated that I had to bring my life size drawing back and forth to group. I also found myself hiding my poster at home so no one would find it. I realized that one of the things being provoked in me was my continued discomfort with the story I carry in my body. This realization became a place for me to explore and be curious during my first time through the material.

At SALTS we gave participants several days to work on their body drawings. The stories came out slowly, often only one story per group session. The participants found that the group experience was in some ways more like their everyday lives, where you are engaging with people and their issues without having heard their story or having had them hear yours. Risk,

trust, vulnerability and connection took place for each person in new ways.

The body drawing becomes a canvas for what is being held on the inside of us. It allows for creativity and bold expression. It is fascinating to see what people will write, how they will write it, what colors they will use, what "extras" they may include.

Each drawing is unique and deeply personal. Some people actually write out their story inside their body on the legs and arms. Others neatly organize the information in categories. Some paste photos, magazine images, or stickers on their drawing.

As the week moved forward we watched people go to their posters to write more, naming things in their stories or writing words of truth and dignity to cover words of shame they had written originally.

We spent time looking at the culture

of our family of origin. Participants considered what was "cultivated" in their family. They looked at what children need in order to feel secure and loved. We talked about re-parenting and how the body of Christ, and a Grace Group, provides a place for new things to be cultivated.

The topic of kindness was explored during the week at SALTS. We looked at what the Bible teaches about kindness and how that should impact us. We talked specifically about what kindness is and what it isn't. Participants had the chance to identify where they are not being kind to themselves and to others.

Moving into deeper parts of our story also surfaces scenes where vows and agreements have been made. These are places of shame filled with messages of evil that can stay

with us in unexpected ways for years. *My Journey Continues* includes addressing these scenes and breaking the vows or agreements that have been made. On the final day at SALTS we

could hear cheering and clapping as people broke agreements and experienced new found freedom from dark places in their stories.

As I have continued to lead groups through the *Journey Guide (Book One)*, I have found that the time I've spent in *My Journey Continues* allows me to pursue people in new ways and has helped me show more kindness to myself and to my group members. I have also loved watching experienced leaders walk through this new material and find more connection with their own hearts and more healing on their journey towards wholeness. Doing *My Journey Continues* locally over 12 weeks gives participants the chance to really engage their body drawing and dig deeper into their story and in doing so they experience God in new ways.

We are hoping to have more and more people come through *My Journey Continues* at SALTS so they can return home and offer it in their local ministry with more confidence. The pre-requisite for being in *Book Two* at SALTS is having been to SALTS at least once. Hopefully, you have also been involved in a Grace Group at home. We would encourage you to bring someone with you from home so you can return with a co-leader who has also experienced the material.

We'll be offering *Book Two, My Journey Continues*, at SALTS in October. Please sign up and join us!

