

THE PERSONAL COMPASS EXERCISE

adapted from Wilkie Au, *The Enduring Heart*

On a piece of paper draw a circle and divide the circle into four quadrants. Leave the centre of the circle open for now.

In each of the quadrants draw or write the events, choices, images, questions ... that fit the orientation thus:

EAST – the direction of the rising sun

What new energy or movement is starting to emerge in you?
What is starting to happen? what are you starting to take hold of?
Where are you being invited to embrace something new?
Are you aware of issues or areas in need of healing and/or change?



WEST – the direction of the setting sun

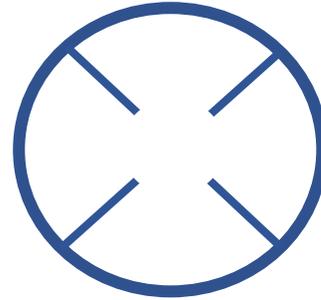
What or who needs to be ended,
released, or shed?
What beliefs, attitudes and traditions do
I need to die to?
What maps no longer work for my life?
Where is deep healing needed?

NORTH – the North Star that guides, stabilizes and orientates.

Who is it that deeply loves and guides you?
What are the images of God that nurture and sustain you?
Who are your spiritual guides and dearest friends?
What writings, what values, resonate deep within you?

SOUTH – source of energy, warmth, light, spontaneity

Where is your creative energy being called forth?
What do you really long to do or be?
How do you nurture yourself?
What are your passions?



In the CENTRE draw an image / metaphor
of your unconditional yes to your life,
to living life to the full.
What would a full yes to God in
your whole person – physical,
emotional, spiritual – look like?

You may wish to return to your compass many times
in prayer and reflection to allow it to reveal more fully
the insights and learnings that are there for you.

At any point in our lives, we experience a mixture of desires, urges and longings that stir us, draw us, unsettle us. Some of these energies are compatible and allow us to move in a single direction in living them out. Others are conflicting and require us to scan the wide horizon: to let go of one thing in order to embrace another; to say goodbye to something in order to say hello to something new. Transition happens.

At other times, we find transition forced upon us: a partnership ends, retirement arrives, a visa is refused, redundancy knocks, a part of our body fails. We might see it coming, might not, but its outcome is inexorable. Again, to scan the horizon, to notice what is rising, what is fading, to check in to true north, to open to warmth, light and life-energy ... Transition happens.



The image of a personal compass is helpful because a compass lays out the different directions open to us. Consulting our personal compass can help clarify our orientation, our perspective, our landmarks, the terrain ... which can in turn nudge us toward greater balance and wholeness, toward freedom, healing and spiritual depth.

PRAYER FOR A MAJOR LIFE TRANSITION

Lord, help me now to unclutter my life,
to organize myself
in the direction of simplicity.

Lord, teach me to listen to my heart;
teach me to welcome change,
instead of fearing it.

Lord, I give you these stirrings inside
me.

I give you my discontent.
I give you my restlessness.
I give you my doubt. I give you my
despair.
I give you all the longings I hold inside.

Help me to listen to these signs
of change, of growth;
help me to listen seriously and follow
where they lead

through the breathtaking, empty space of an open door.



Shane Claiborne *Common Prayer: a liturgy for ordinary radicals*

Praying through transition

