

# A heart to heart article on Community Building

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There is one thing that continues to bring me joy and expansion in my life, and that is my heart to heart community building experiences.

It has become a major focus, and life serving place in my life these past 5 years, that nourishes me on many levels. It responds to my needs of community, intimacy, soul searching, authenticity, and especially learning to know and love myself and others.

This process is an ancient one, very simple and yet can seem demanding to people who resist being in their hearts and in their truths. It is a leap into the unknown every time, but from experience of having dived many times into the unknown, its rewards greatly outweigh, for me, the tension and fear that this may bring up. It has given me patience and perseverance, when my personal space seems uninteresting, or I am having trouble connecting to what is alive in me. It has helped me let go of judgement, or even better, to see how my judgements are covering up my feelings and needs and the search for my truth leads me to another and I follow the thread of my consciousness and into deeper and deeper discoveries about myself. It has shown me the truth under my reactions, and how to choose to reveal myself and be authentic when I am scared, angry and in resistance to what is.

When I am in circle and connected to my heart, everything shared has deep meaning and much significance to me. The group brings me many insights that would be more difficult to stimulate by myself. I let myself touch and be touched by others not only in joy, but in pain and resistance and anger.

It has been and continues to be a deeply rewarding experience. All the threads of my life, our lives seem to weave together to become a rich tapestry of feeling and compassion and acceptance. I have deep gratitude for this ongoing experience, as participant first, and then as an experienced facilitator, being in a privileged space of seeing people flower and blossom right in front of me.

I have participated in many different healing workshops, all of certain value and grace, yet for me, not one has been as powerfully transforming than this.

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