

Touchstones Theme: Transformation

Transformational change ... occurs when our foundational understanding of ourselves and the world around us significantly shifts, ... when we go beyond the bounds of our current understanding and awareness. We cannot think our way through this change; we have to experience our way into it.

...The journey of transformation begins with an event in one's life sometimes referred to as "The Call." ...The Call offers us an opportunity to lean into the unknown and to explore the unforeseen. It is a portal to adventure, ...discovering ...the potential for a more fulfilling life....

Jim Marsden



The essence of spiritual practice is change, self-transformation. If you are on any spiritual path you have to be ready and willing to not fit in where you used to, with the people you used to and or the way you're used to. Why? Spiritual practice changes you. It changes you at the deepest levels.

...A spiritual practice should have some kind of effect on you. It should make you feel something different inside not necessarily immediately but at the very least, after a period of consistent practice. *Devi Sawh*

Please join us in exploring the theme of Transformation

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