

Soulswept

Just as music is essential to the soundtrack of a film,
emotions are equally essential to the soundtrack of our lives;
if we are to join in the Dance of Life.

*A Retreat for Opening to the
Full-Range of Our Feelings*



Music is the rhythm of emotions. Emotions are the stirrings of the heart. They are the melody of the soul as we yearn for purpose, and as we seek to touch the Divine. Our emotions run the full spectrum of our reality; from the inner-groanings of our deepest hurts to the joyous high-notes of our most delightful moments. Life is a continual soundtrack of our feelings, if we allow ourselves to feel.

Many of us have silenced our life's soundtrack through emotional shutdown. Our symphony of feelings has been replaced by static. We don't dance anymore because we're afraid that we aren't good enough to join in the dance of life with those who are good enough.

Fear ensures we remain wallflowers. After all, if we unpack our feelings, we'll be faced with feeling sad, shameful, guilty or dirty. And we're too afraid to go there. Better to be numb or colorless like a gray sky. Or is it?

We can choose to join in the dance of life, to face our feelings by surrendering them to God, a power greater than we are. Once we decide to trust a Higher Power, we begin to awaken within. We slowly thaw-out emotionally because facing difficult feelings brings internal healing and balance. We come back to life. No longer are we like gray skies: We are now vibrant blue and colorful as rainbows.

Opening to our feelings allows us to be soulswept by the Holy Spirit and afire with a faith that lifts us up off the walls and back into the dance of life.

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Redemptorist Renewal Center
7101 Picture Rocks Road
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**Call 520-744-3400
for reservations.**

Presented by Rev. Charlie Wehrley, C.Ss.R.,
Serenity Retreat Director.