



## Reclaiming Unlived Life

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“Regret is the sand trap of the soul.”

(Joan Chittister, *Golden Years*)

“We are scattered now,  
like seeds

in the rich soil of becoming.”

(Bruce Sanguin *If Darwin Prayed:*

*Prayers for Evolutionary Mystics*)

From the moment of our birth, if our environment and circumstances are nurturing enough, every stage is ‘the best stage to be in’ (Bill Plotkin, *Nature and the Human Soul*). If we can let ourselves fall in love with the stage we are in, we move relatively naturally towards the next. We participate consciously in the evolutionary flow of our lives. This is the ‘rich soil of our becoming.’ ‘Eldering’ by another name. Soul work.

Immense sadness can and most often does accompany this shift as we move out of the ‘best stage ever’ into new territory. Life and death, joy and grief – the Paschal pattern or signature of the universe forever present in our lives.

Environment and circumstance have not been perfect for any of us, and for some of us downright horrible. Sometimes this requires deep inner work for healing (e.g. psychotherapy). The creative process of **Reclaiming Unlived Life** invites us into casting an eye over the whole pattern of our lives to this point. We are artists, composers of our lives. This is not a straight line. We may be heading in one direction, to find our lives taking repeated re-direction through the many improvisations we must make (Catherine Mary Bateson, *Composing a Life*).

### Reflection in Consciousness

Your own art, poetry or storyline might help you to look at your life with new eyes.

- What are some consistent threads running through your life that give you clues about your purpose, direction, spiritual identity as part of the whole web of creation? Which do you want to keep and deepen? Which would you like to be free of?
- What is dormant in you that you yearn to give expression to now?
- What would you like your future life to look like? (Be realistic as well as creative).
- What new memories would you like to create? (Not so much a ‘bucket list’ as an exploration into your deeper journey of personal legacy and good life completion).

Catherine Shelton rsj

For the Josephite Eldering Team - Clare Conaglen (CLT), Maryellen Thomas, Colleen Woodcock, Annette Coulthart, Jane Kowalczyk, Kathleen Cramer & Michele Shipperley (Chair).

**Next Issue: *Letting Go of Life that Cannot be Reclaimed***

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