

## The Pilgrimage of Wholeness<sup>©</sup>

For every human being there us an inner pilgrimage ...  
one of a courageous movement toward a feeling of  
belonging. A necessary sense of connection that loudly  
proclaims .... "I have a place here - I am one with all."  
This feeling of wholeness, of oneness  
Is created in relationship with counselor, with speaker,  
with trainer, with consultant.



Such a woman is this - a caring, compassionate helper  
Who, when with one or two or a larger group of many  
Encourages and respects the openness required for the journey.  
She warmly nudges me to come out of hiding, to express my wholeness  
That connects body, mind, heart, and soul  
To enter the conversation of challenge and change.  
And while in this helpful relationship  
I have a relationship with my inner silence, with my strengths and potential  
I call upon her to walk with me on this journey, my journey  
As I bask in the glow of meaning and wonder  
Of desires ready to be seen and felt  
I take the risk, I move one foot before the other  
Over the jagged rocks of uncertainty toward useful lessons  
And through the cool waters of peaceful reflection  
To my source of happiness and contentment  
To recognition and acceptance for the courageous traveler I truly am.

***Gloria McArter***