



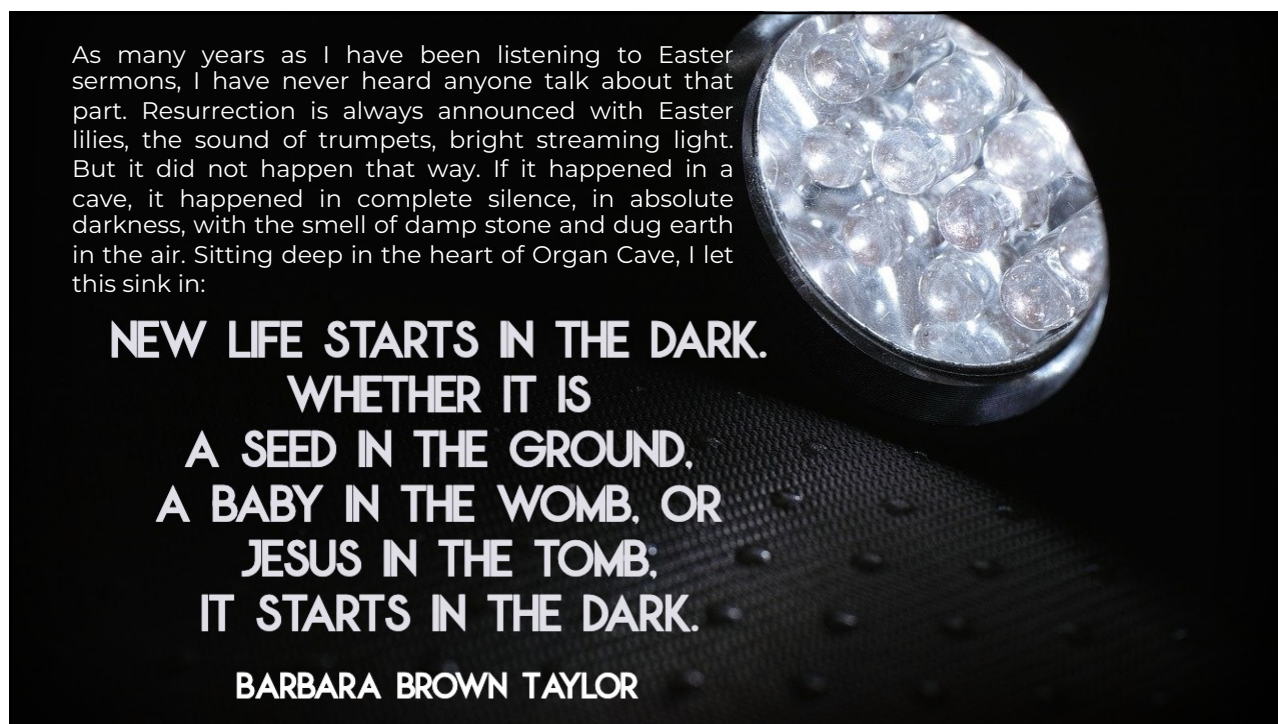
WIRED FOR CONNECTION

A foundation of mental health:  
The connection with yourself

April 2023  
Carolyn Klassen  
Wired for Connection

the MEETING PLACE

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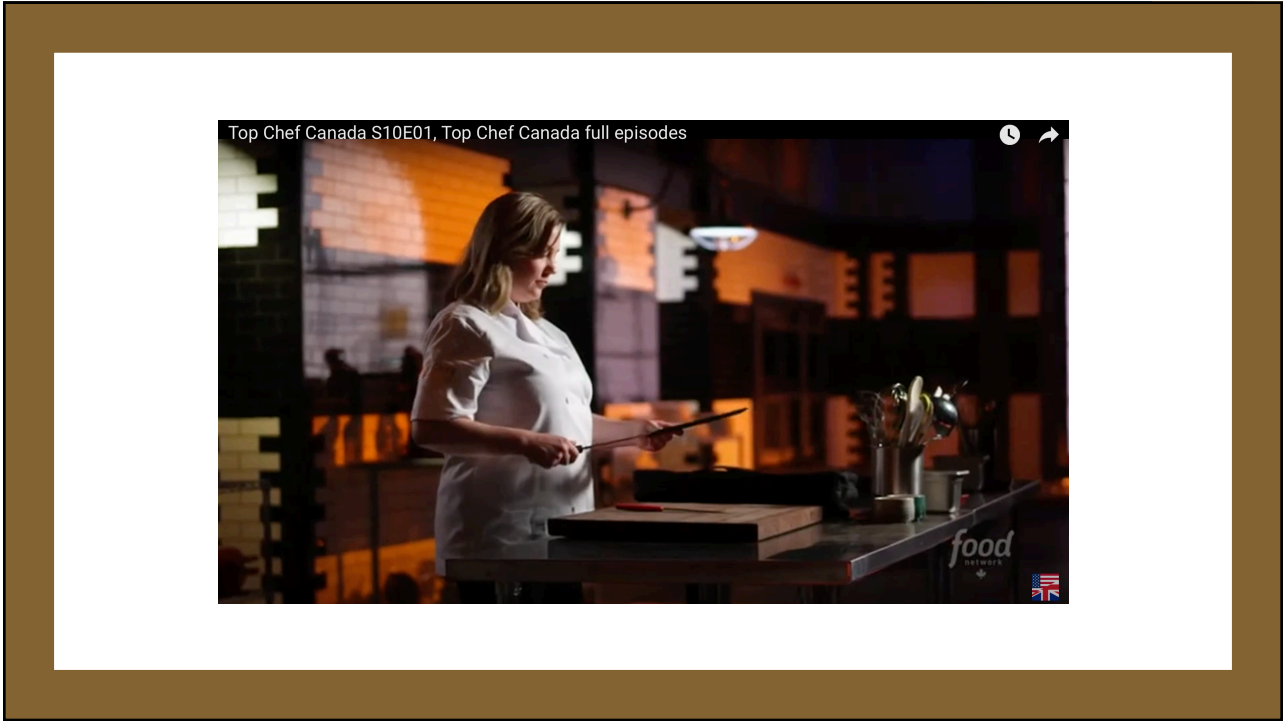


As many years as I have been listening to Easter sermons, I have never heard anyone talk about that part. Resurrection is always announced with Easter lilies, the sound of trumpets, bright streaming light. But it did not happen that way. If it happened in a cave, it happened in complete silence, in absolute darkness, with the smell of damp stone and dug earth in the air. Sitting deep in the heart of Organ Cave, I let this sink in:

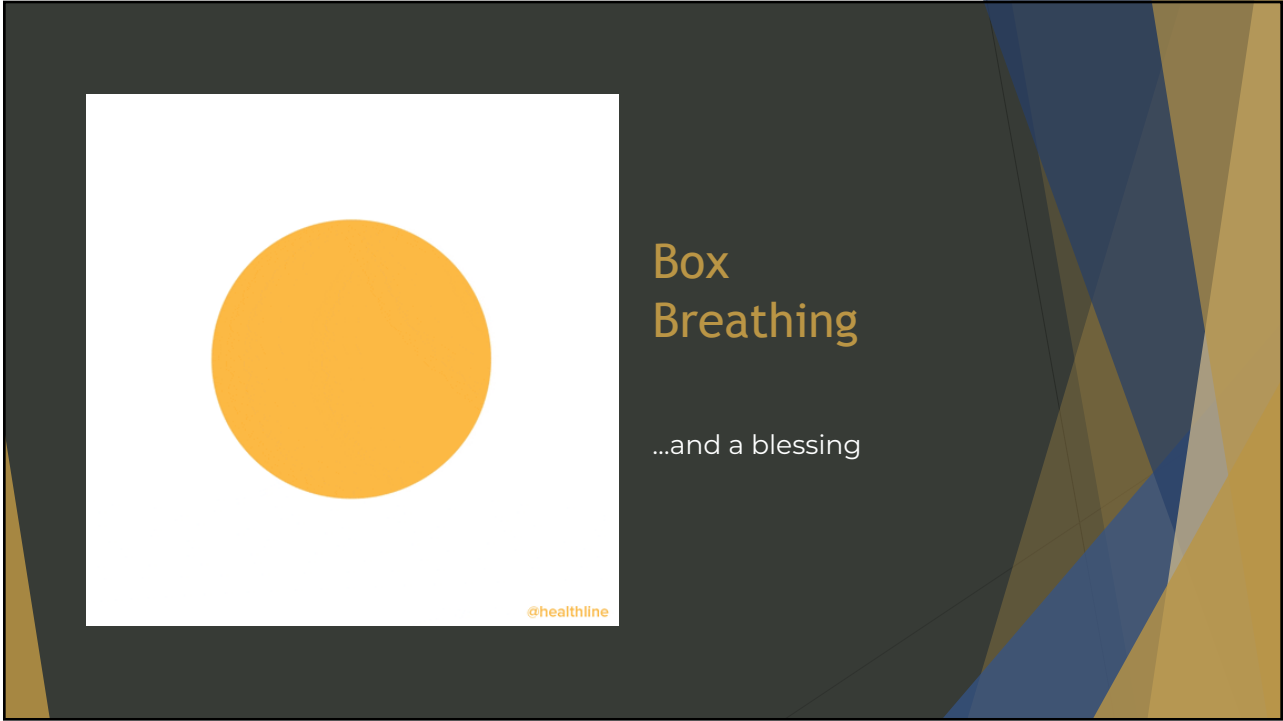
**NEW LIFE STARTS IN THE DARK.  
WHETHER IT IS  
A SEED IN THE GROUND,  
A BABY IN THE WOMB, OR  
JESUS IN THE TOMB,  
IT STARTS IN THE DARK.**

**BARBARA BROWN TAYLOR**

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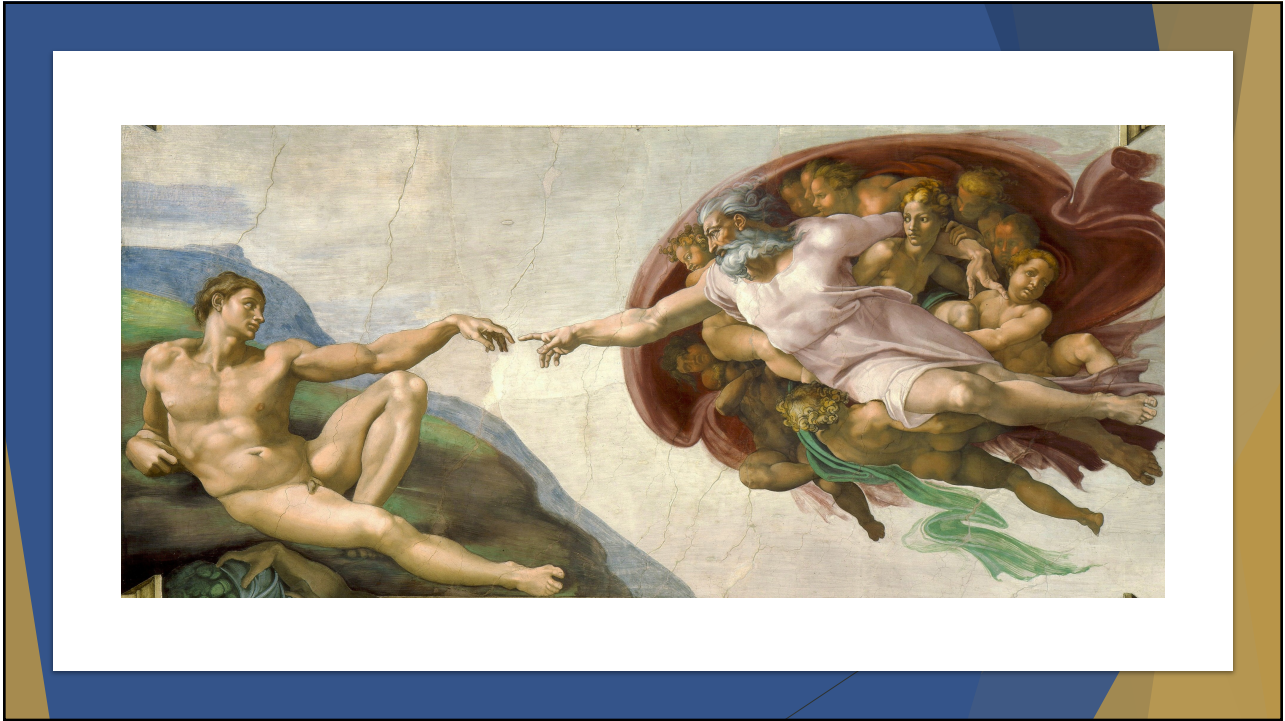
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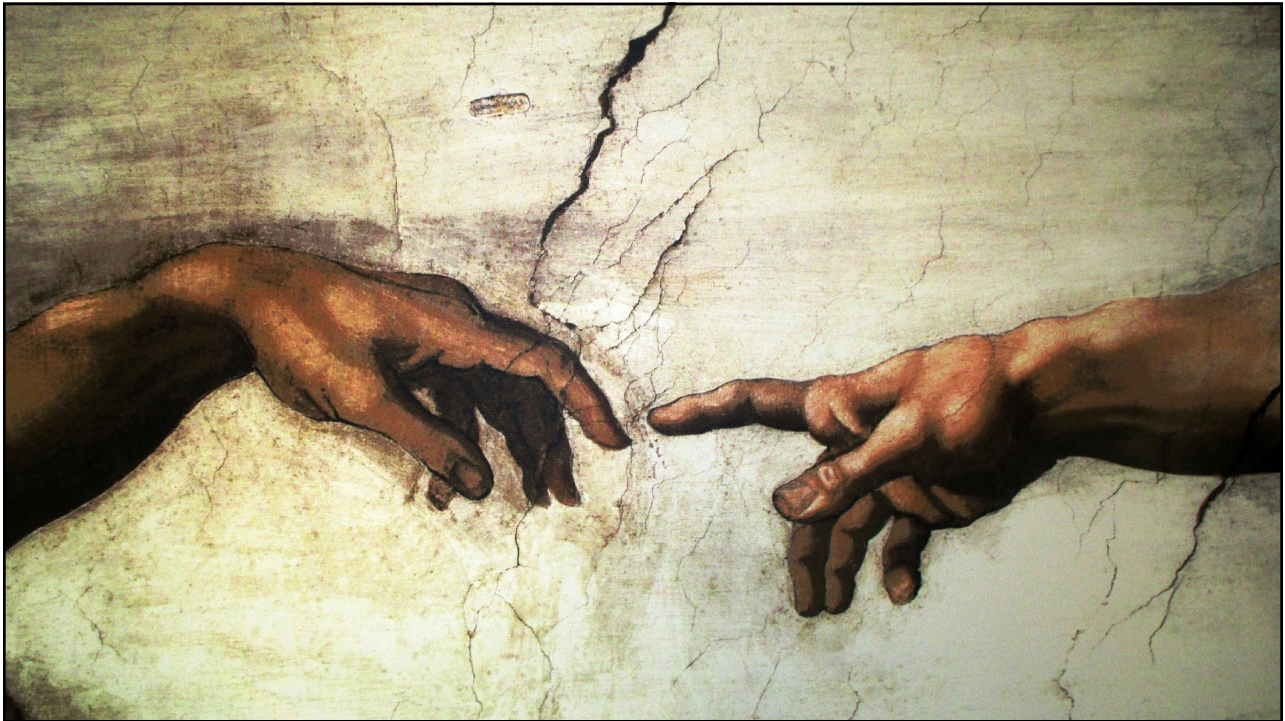
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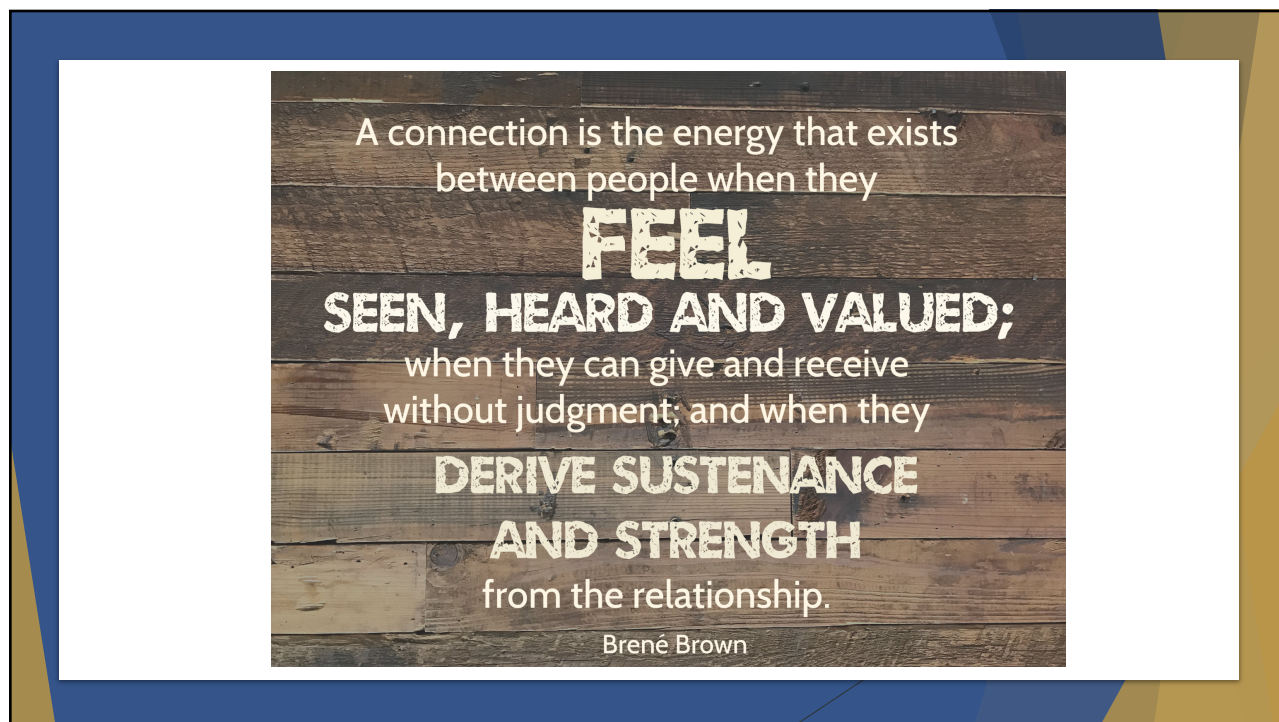
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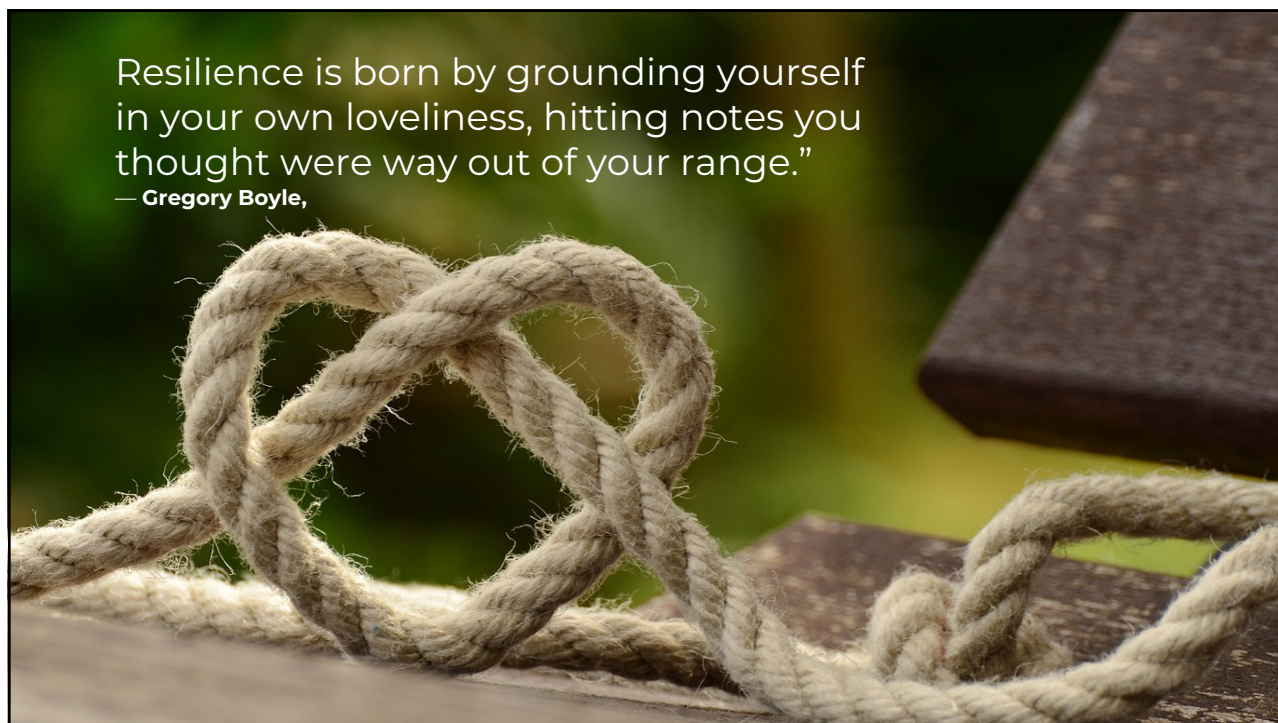
## CONNECTION

Ending at  
the  
beginning

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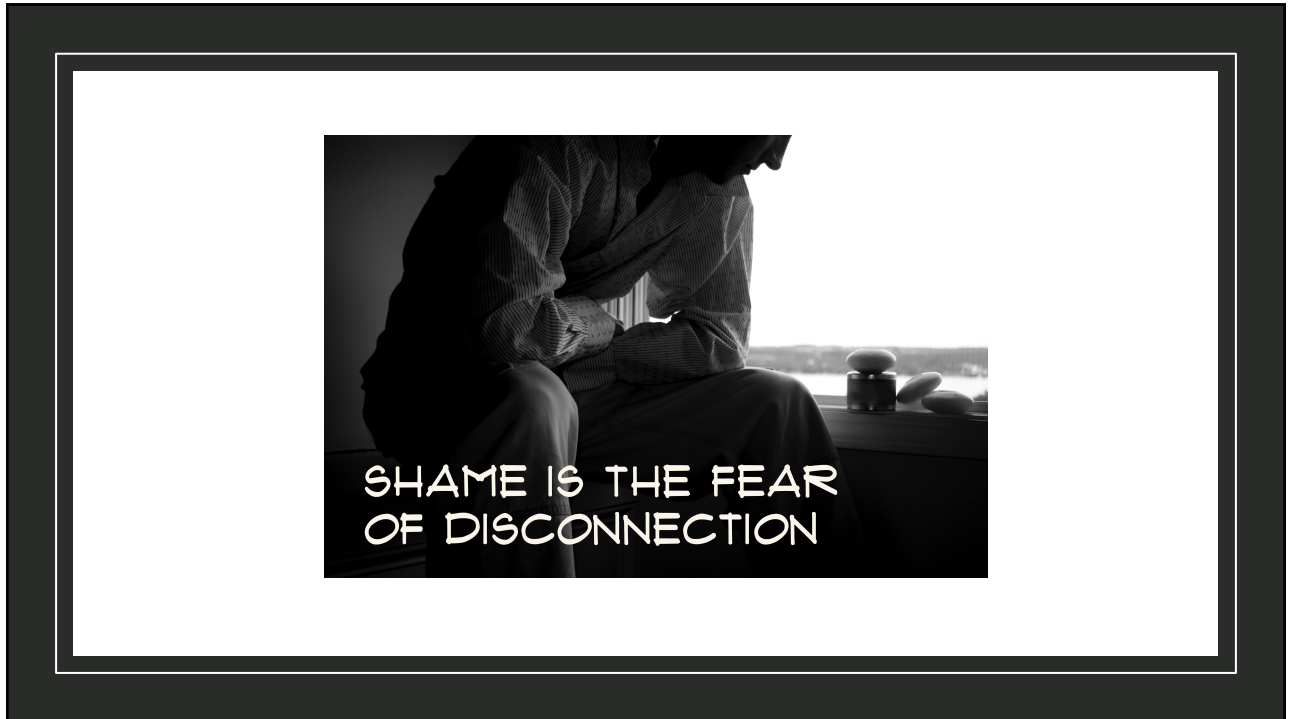
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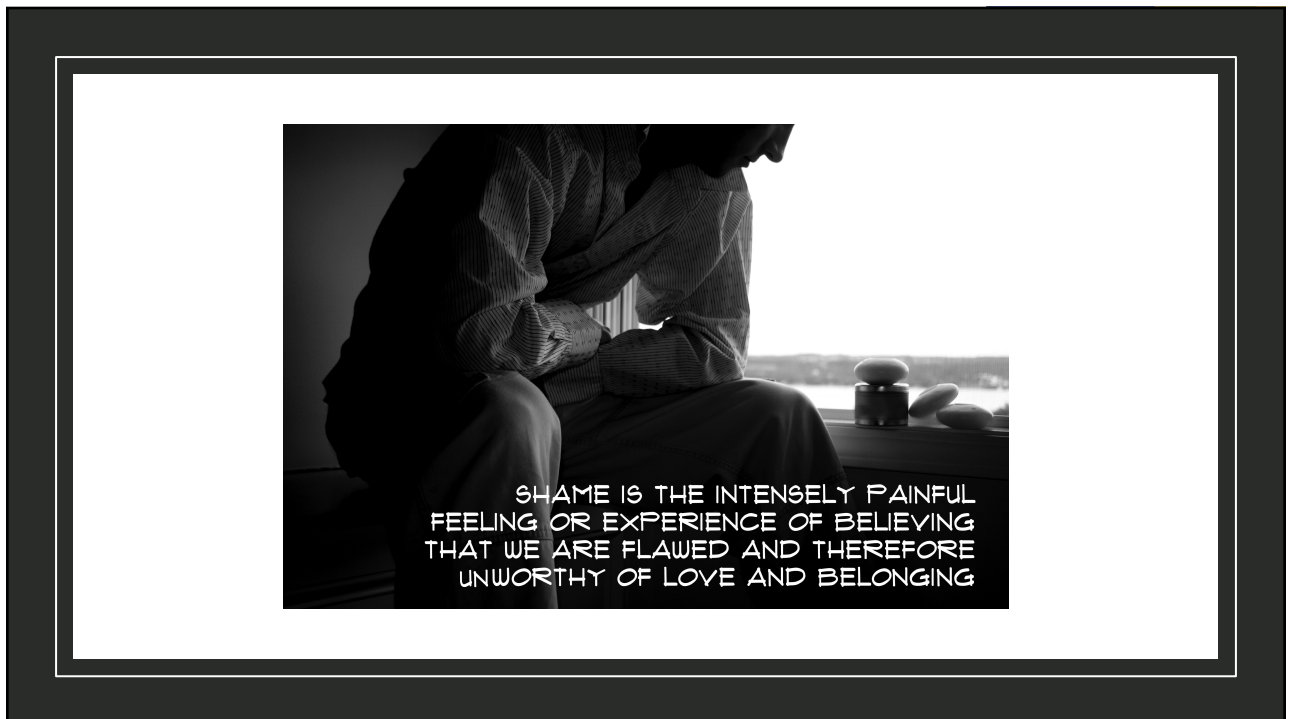
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Love your neighbor as yourself -Jesus  
Love yourself as your neighbour

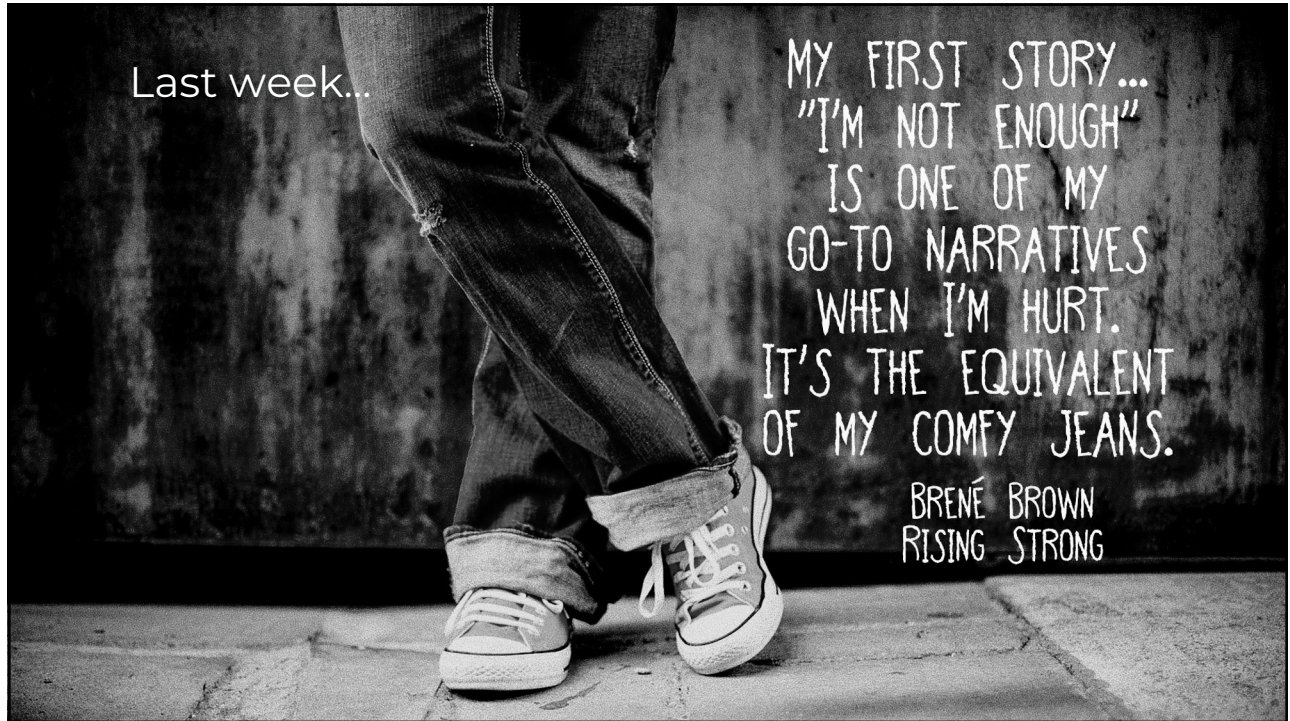
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Love your neighbor as yourself -Jesus  
Love yourself as your neighbor

What does that look like?

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Today: 4 strategies to connect well with self

1. Soothing
2. Self-Compassion
3. Grace/Mercy
4. Presence with self

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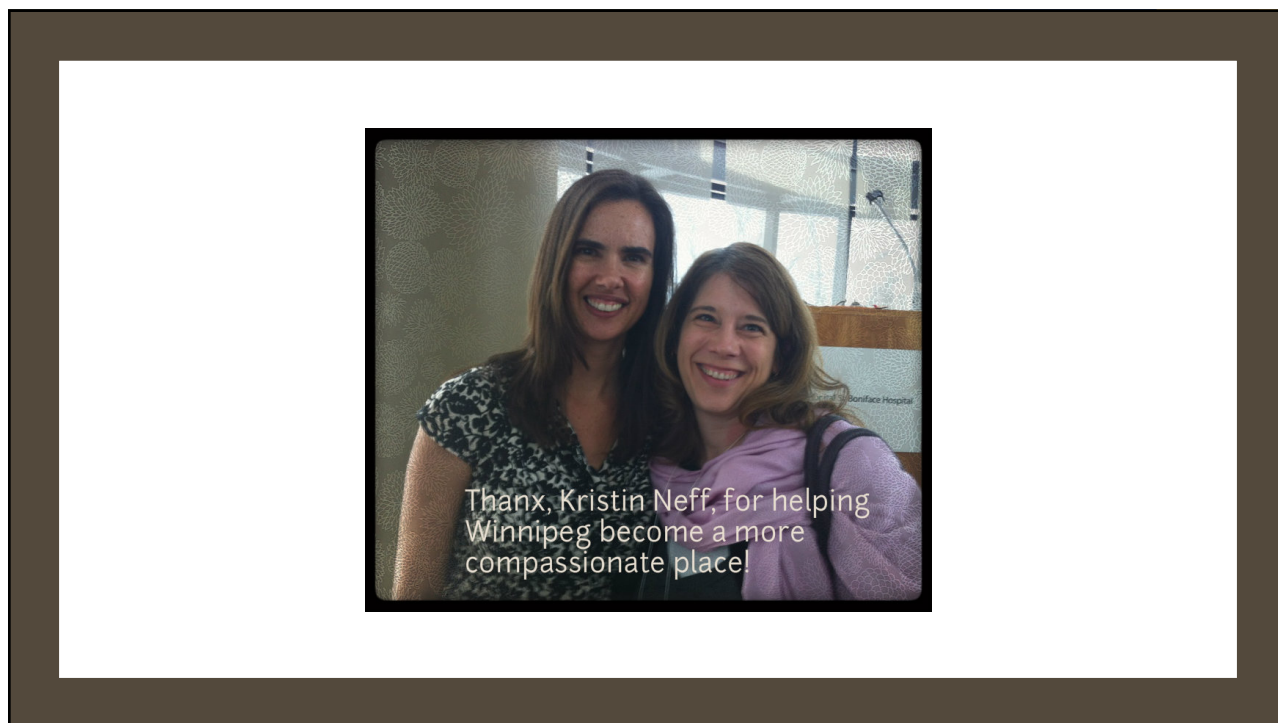
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<p>One soul-building way I can self soothe myself is:</p>	

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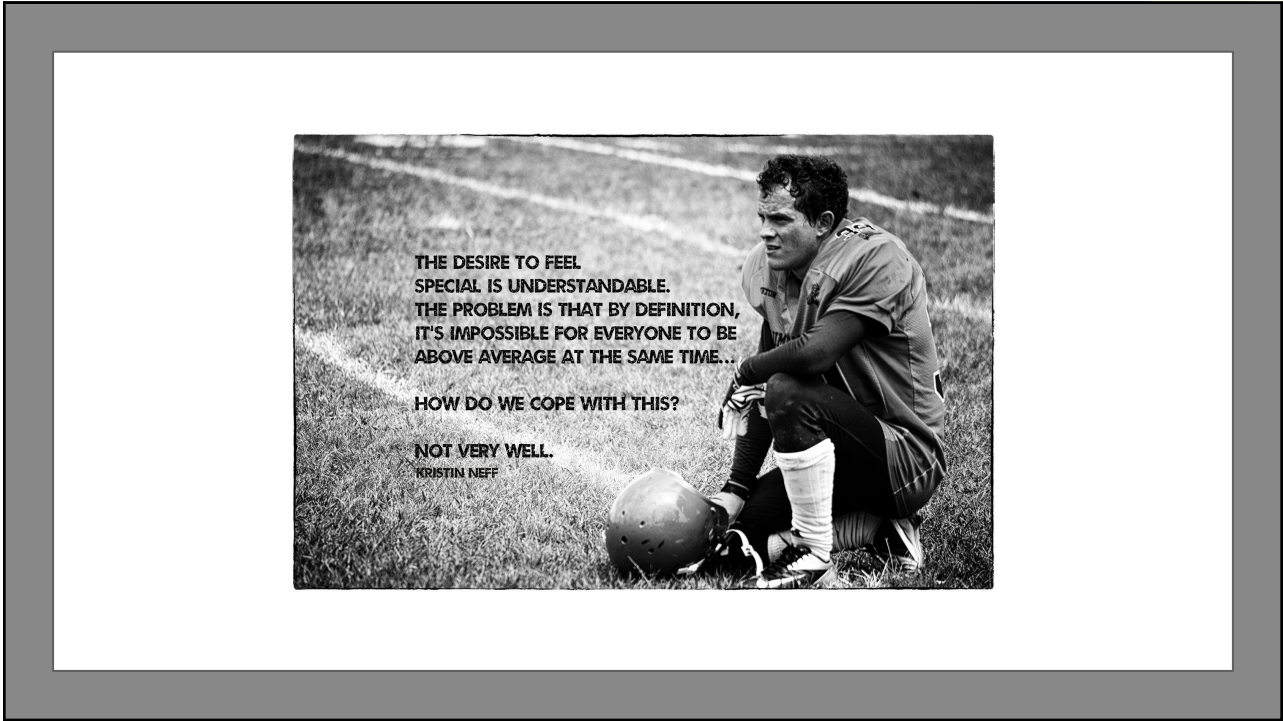


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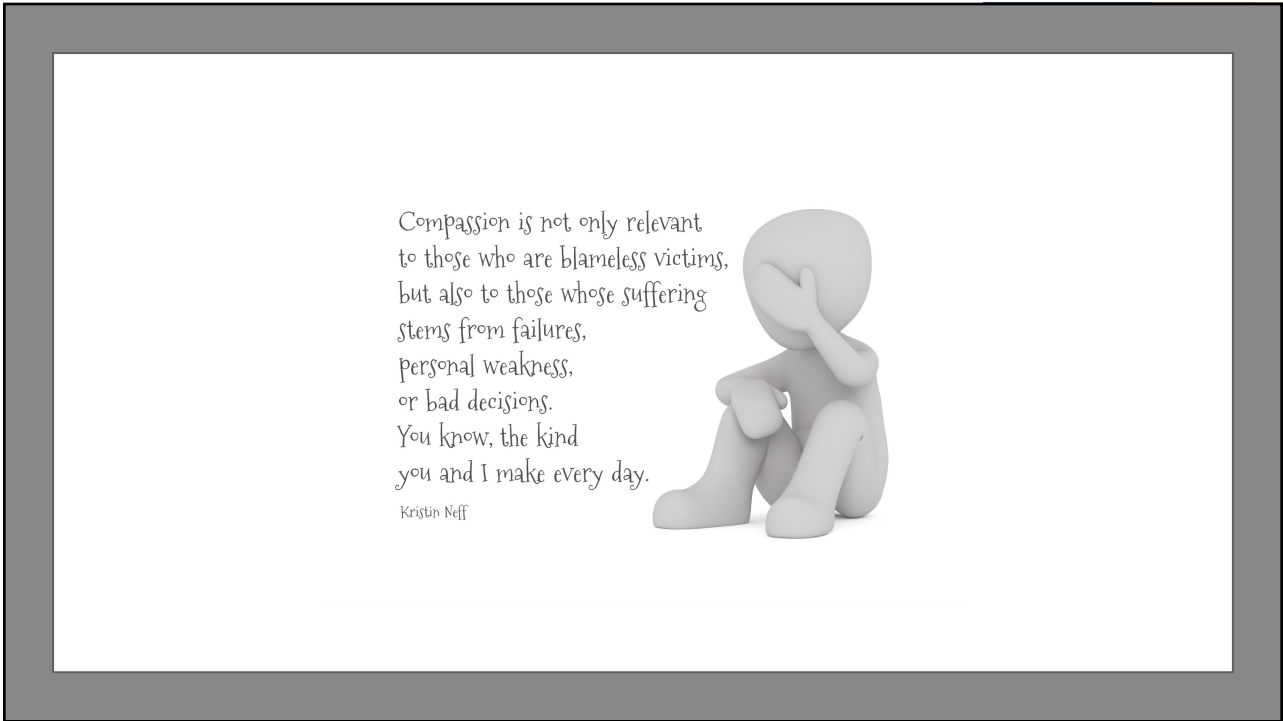
# Self-Compassion

1. Self-kindness
2. Mindfulness
3. Common Humanity

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<p>One soul-building way I can self soothe myself is:</p>	<p>A way I can demonstrate more compassion to myself:</p>

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All behavior is a form of communication



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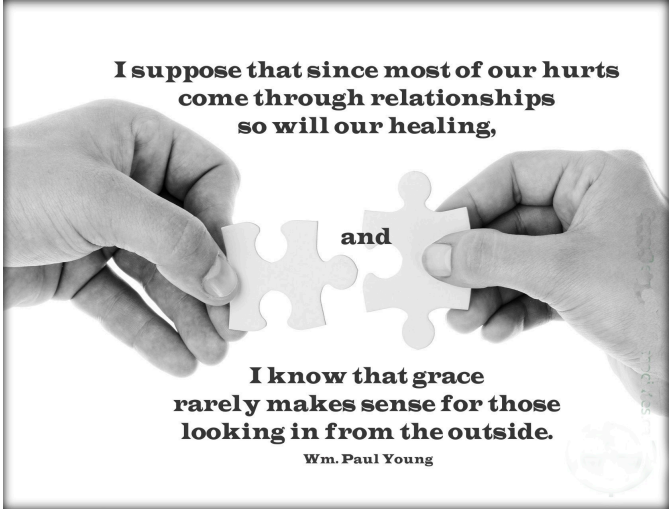
All behavior is a form of communication

I looked to my behavior through the compassionate eye of God who longs for us to lose our blindness, what would we see? If we listened to it with the ear of God, what would we hear?



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**GRITTY  
GRACE**



**I suppose that since most of our hurts  
come through relationships  
so will our healing,**

**and**

**I know that grace  
rarely makes sense for those  
looking in from the outside.**

**Wm. Paul Young**

The graphic features a central image of two hands holding two interlocking puzzle pieces. The text is arranged around this image, with the first part at the top, the word 'and' in the middle, and the second part at the bottom. The entire graphic is enclosed in a white border, which is itself inside a larger dark blue frame.

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One way  
grace shows  
up in my life



A photograph of a jar of Bick's Dill Pickles, No Garlic variety, sitting on a dark countertop. The jar is filled with green pickles and has a red and white label. The background is slightly blurred, showing a kitchen setting. The image is framed by a dark blue and yellow geometric design on the left and right sides.

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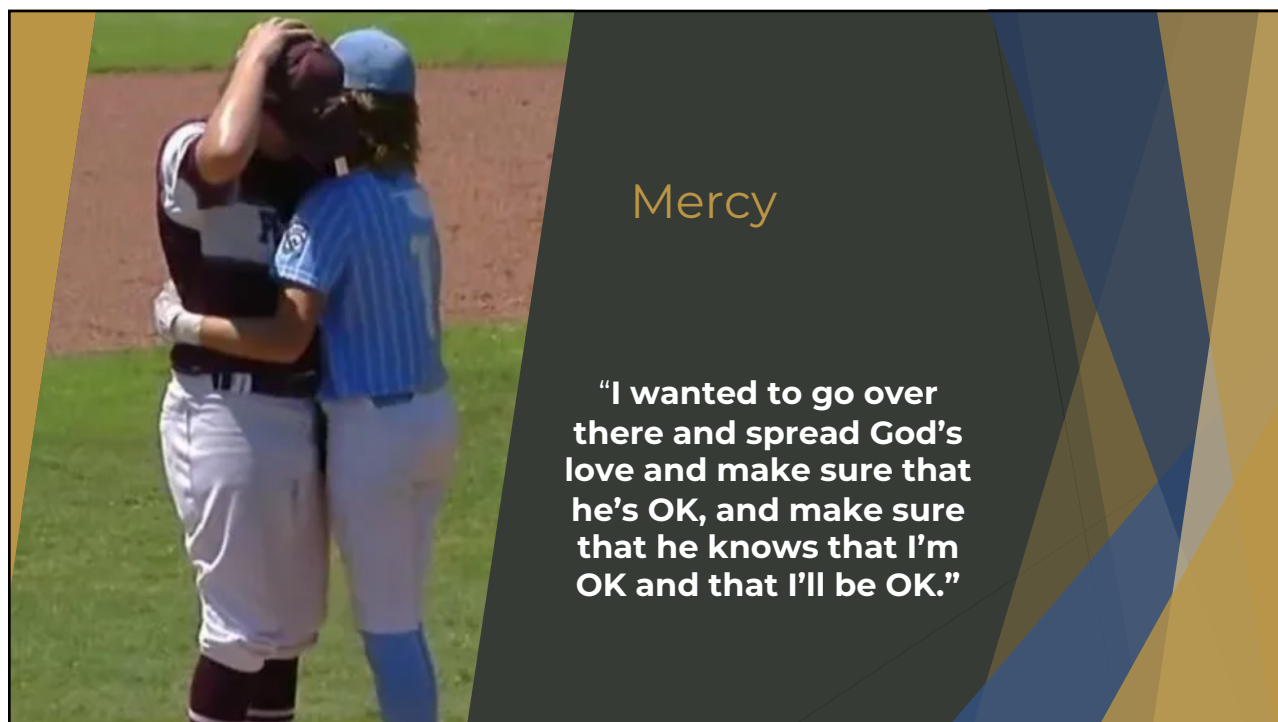
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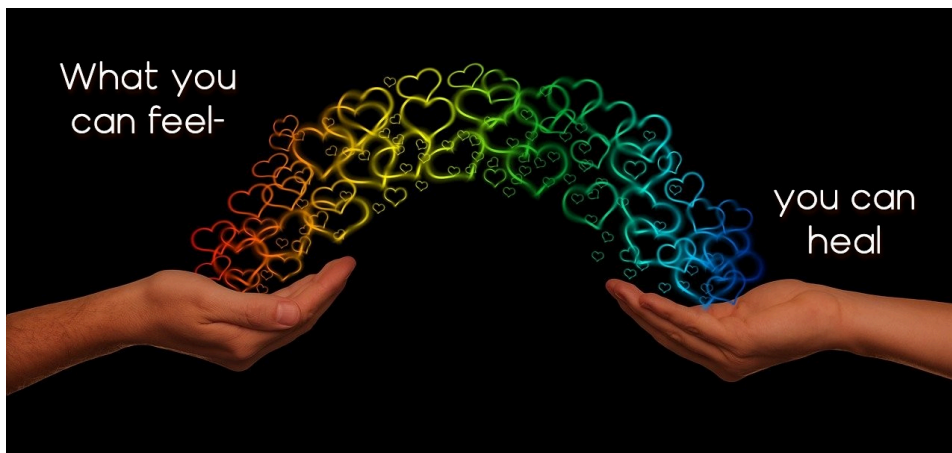
<p>One soul-building way I can self soothe myself is:</p>	<p>A way I can demonstrate more compassion to myself:</p>
<p>One way I can extend gritty grace and/or revolutionary mercy to myself:</p>	

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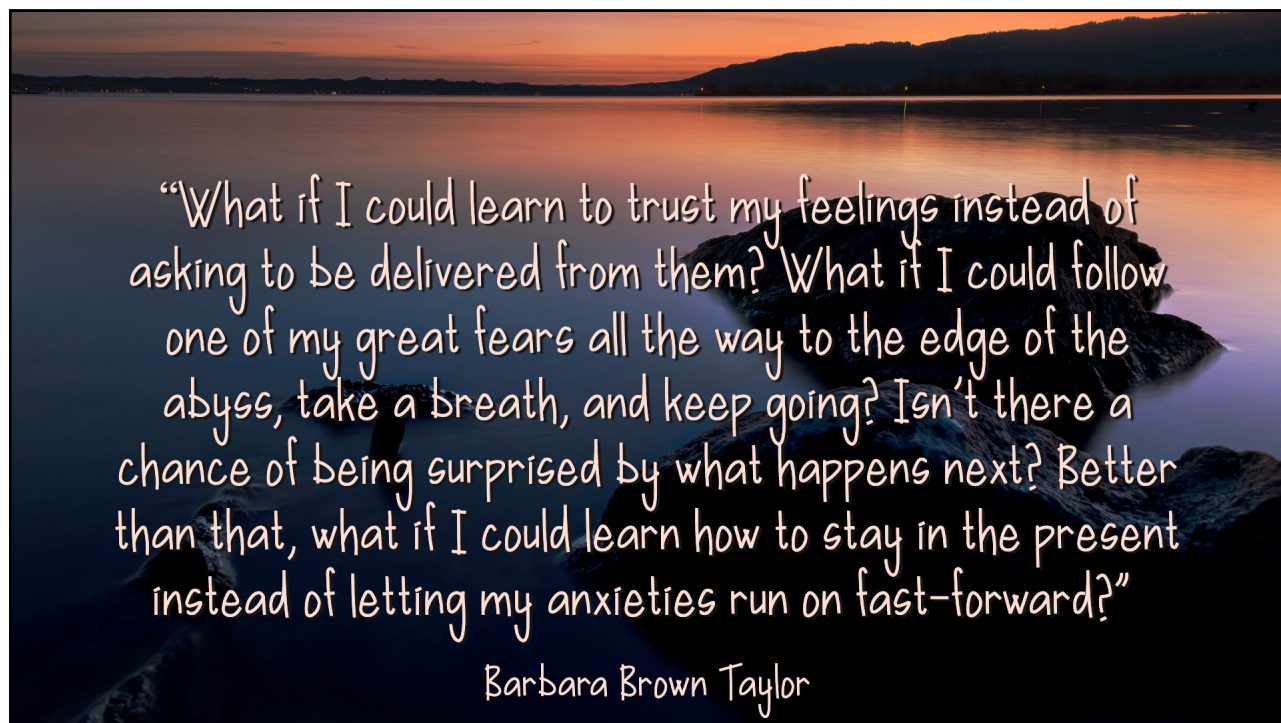


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“Most of us think of ourselves as thinking creatures that feel, but we are actually feeling creatures that think.” Jill Bolte Taylor



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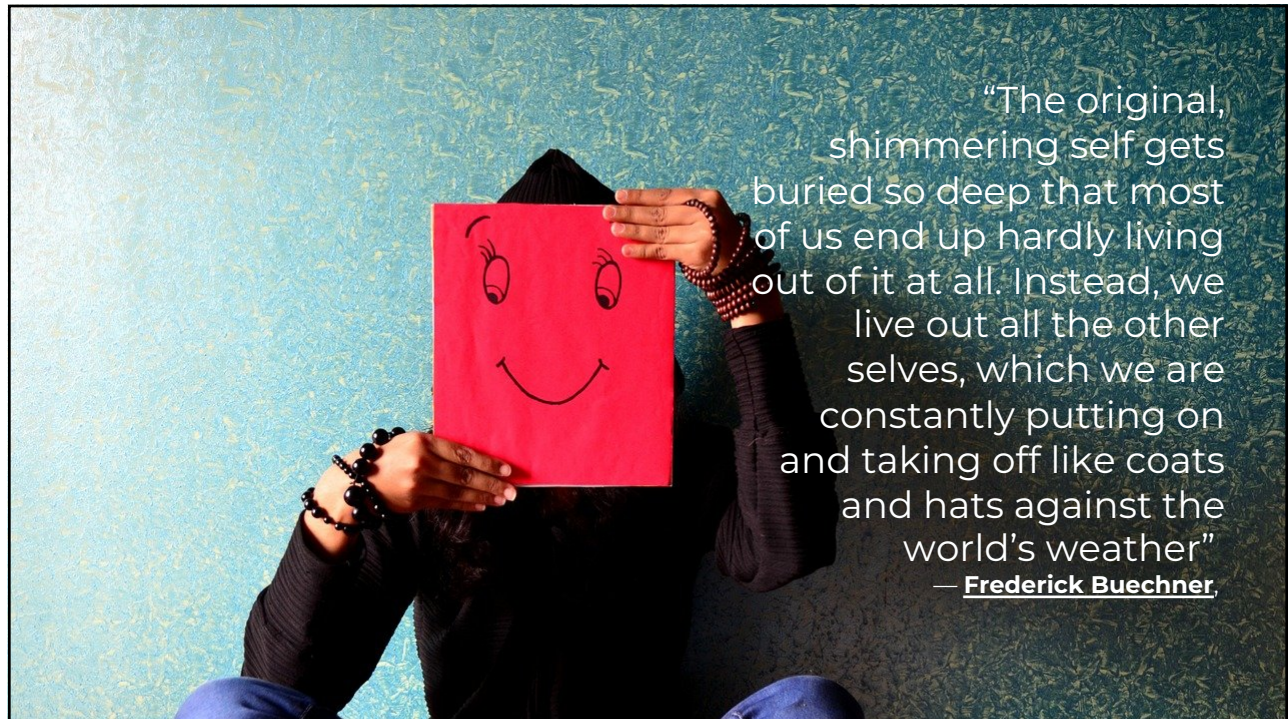
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I believe that what Genesis suggests is that this original self, with the print of God's thumb still upon it, is the most essential part of who we are and is buried deep in all of us as a source of wisdom and strength and healing which we can draw upon or, with our terrible freedom, not draw upon as we choose. I think that among other things all real art comes from that deepest self - painting, writing music, dance, all of it that in some way nourishes the spirit. ”

— Frederick Buechner,



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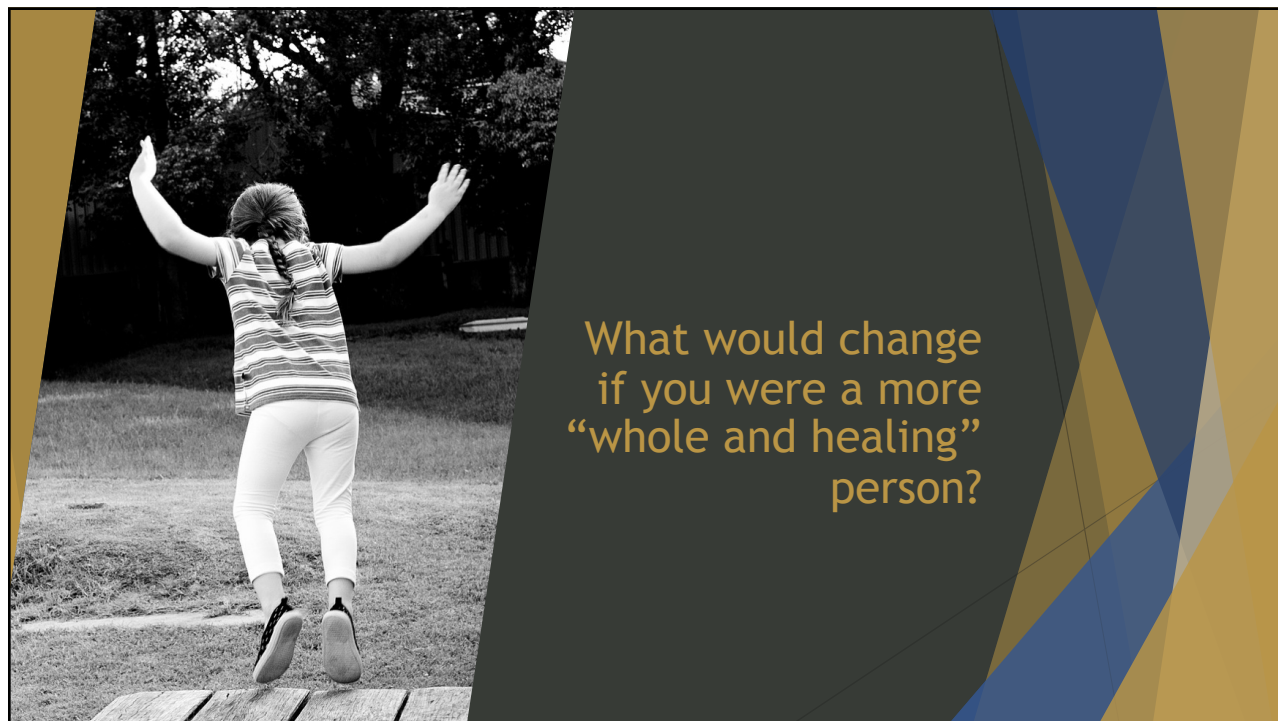


“The original, shimmering self gets buried so deep that most of us end up hardly living out of it at all. Instead, we live out all the other selves, which we are constantly putting on and taking off like coats and hats against the world’s weather”

— Frederick Buechner,

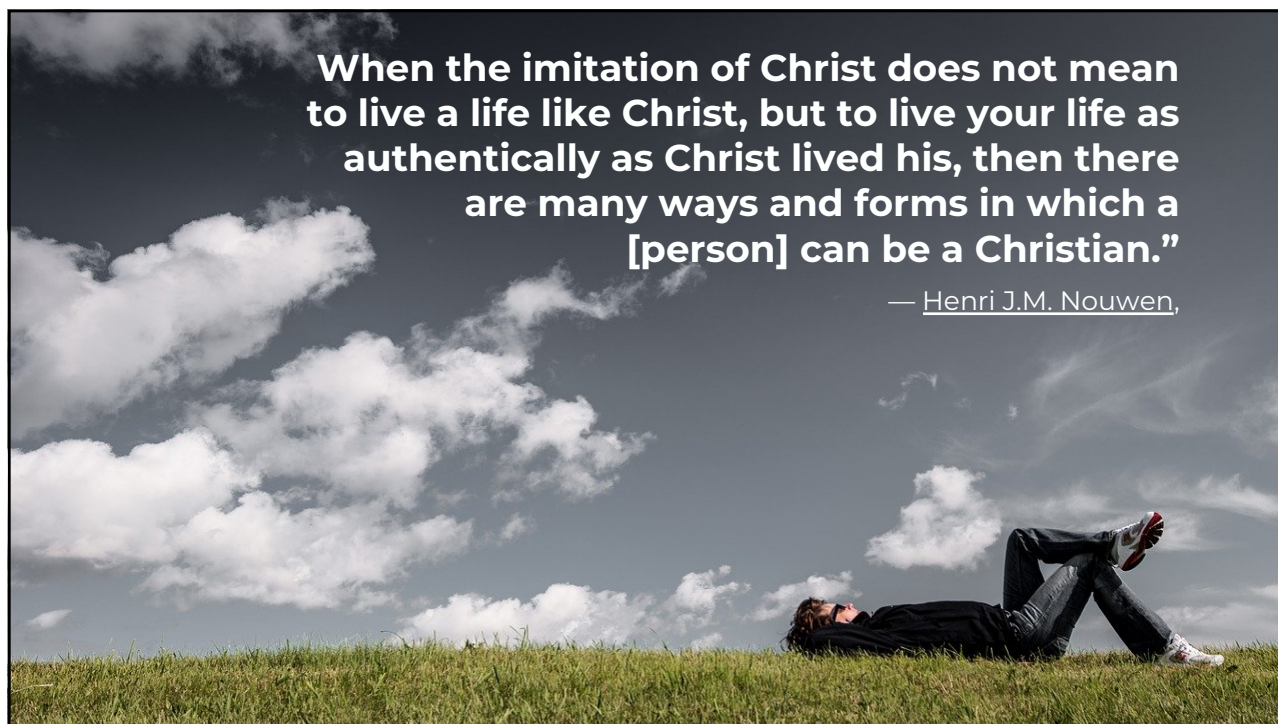
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What would change  
if you were a more  
“whole and healing”  
person?

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When the imitation of Christ does not mean  
to live a life like Christ, but to live your life as  
authentically as Christ lived his, then there  
are many ways and forms in which a  
[person] can be a Christian.”

— Henri J.M. Nouwen,

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