



***Julia Lynn Gray - GrayLange llc
a Place Called HOME***

I am a Spiritual Director & Supervisor, Leadership Coach, and non-profit consultant specializing in organizational change. I focus on the messy middle of our lives. I received my certificate in Advanced Spiritual Studies and Spiritual Direction from the Institute for Spiritual Leadership in Hyde Park, IL and my coaching training from UW - Madison. I spent 30 years of my professional life in executive leadership positions mostly in nonprofit organizations; most recently, as an Executive Director of a small arts non-profit in Milwaukee, Danceworks.

I believe we create our HOME, within, in alignment with Spirit. We are invited to listen deeply to the movement of God in our lives and develop a relationship for Divine expression through our human self. How is God expressing as YOU? It is a process of unveiling and revealing that which has always been there. The very nature of Spirit that lives and flows through all! Allow me to travel with you on your sacred journey as you navigate the Wilderness WITHIN! The unknown Mystery is the precise place where God's Grace is found.

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Blog post: <https://julia Lynn Gray Spirit Lives Within.org/>

Availability: virtual and in-person by appt.

Trusting God's Grace - Becoming Transformed

Transformation happens in the mundane and through miracles. Tiny shifts in awareness that allows us to open to God's work in our lives. Grace is found, trust develops, and we are transformed right where we are as our relationship with God deepens and unfolds.

In this workshop, we'll explore the obvious places of transformation & growth while, at the same time, revealing the quiet work done in the shadows. Our wholeness isn't defined by duality but by the both/and of life. There is the external change that we choose and the internal transformation that finds us in our dark days when we honor the Sacred within us.

"This is the interior blessing...being who you are is a prayer. The inlet is most happy being rushed by the sea. Imagine the exchange of waters. In just this way, our core, our center of our being, is our inlet to God. It is where the soul can spill into the greater sea of Spirit and where Spirit upon return can cleanse a single soul. For us, love opens the inlet and fear closes the inlet. So standing by one's core involves the courage to inhabit this inlet. In fundamental ways, the rush of all-there-is coming and going cleanses and shapes who we are. This is the interior blessing." ~ Mark Nepo, Finding Inner Courage, p. 202