

Life Bridges

Metaphorically we all cross many bridges in our lifetimes; leaving a familiar shore, often suspended through a journey of unknowing perhaps to a destination yet to be determined.

Our bridges are unique to us and quite personal. They can be short (think “bridge job”) or represent a period of more extended passage; sturdy and utilitarian or suspended on gossamer threads; a broad expanse or wide enough for only a lone traveler.

Bridges rarely represent one-way passages. You may find yourself returning to familiar shores to complete unfinished business that only becomes apparent from a new vista.

If there is a passage looming on your horizon working with the image of a *life bridge* can be a very powerful tool.

- What does your bridge look like?
- From what shore have you embarked?
- What are you bridging?
- On what new ground do you want to set foot?
- Who are you becoming on your journey?