

Hosting Our Edges: A Trauma-Informed Journey into Wholeness

In **Hosting Our Edges**, we meet life's thresholds—the contradictions, turning points, and uncertainties—not as barriers but as invitations into deeper wholeness. These edges are not obstacles to overcome; they are **gateways into becoming**, places where what has been meets what is not yet known. This yearlong journey is rooted in a trauma-informed foundation, honoring the truth that we each carry stories shaped by both seen and unseen experiences. When we invite participants to explore their inner edges, we recognize that memories, sensations, and unexpected emotions may arise.

Trauma, as Gabor Maté reminds us, “is not what happens to us but what happens inside us” — the lasting impact of difficult or overwhelming events on our nervous system, mind, and body

Sometimes these experiences live beneath the surface, shaping how we respond to new challenges, relationships, and opportunities. Trauma-informed practice invites us to **meet these responses with compassion**, not judgment. We understand that activation—fight, flight, freeze, or fawn—is the body's protective wisdom at work. Rather than resisting these natural responses, we create a space where participants can notice and honor what arises, while choosing the pace and depth that feel safe and right for them.

This circle is guided by principles of **psychological and relational safety**, weaving a container where everyone can bring their whole selves—their questions, griefs, joys, and uncertainties—without fear of being “too much” or “not enough.” Our role as facilitators is not to fix, diagnose, or direct, but to **hold space for possibility**. Participants are always invited, never pressured, to engage in ways that honor their capacity. Some may choose to **wade gently into the shallow waters of exploration**, while others may feel ready to dive into deeper currents. Both choices—and everything in between—are equally respected.

Throughout the journey, we offer **multiple pathways for engagement**: storytelling, shared silence, creative expression, movement, ritual, and reflection. These varied forms allow each participant to enter the work in ways that align with their unique needs and ways of knowing. We recognize that healing and transformation are nonlinear, unfolding at their own pace. Trauma-informed practice teaches us that when we provide choice, agency, and spaciousness, everyone feels more resourced to navigate their edges and more empowered to access their own inner wisdom.

Edges also live within community. The stories we carry are shaped not only by personal experience but by **intergenerational and systemic forces**—colonization, racism, sexism, homophobia, ableism, and economic inequity. In *Hosting the Edges*, we acknowledge these layered realities and create a circle where diverse identities and lived experiences are honored with reverence. By cultivating practices of belonging and compassion, we become witnesses to one another's unfolding—not as passive observers, but as companions who help hold each other's wholeness when it feels too heavy to carry alone.

Because trauma resides not only in our stories but in our bodies, this journey integrates practices that support **self-regulation and nervous system awareness**. Grounding techniques,

breathwork, gentle movement, and mindfulness help participants stay connected to the present moment while exploring the edges of their experience. We invite participants to notice what arises, listen deeply to their bodies, and respond with care—whether that means pausing, speaking, moving, or simply resting in silence.

Over the seasons of this yearlong journey, we move together through cycles of inquiry, reflection, and renewal. In this circle, we are not here to perform, strive, or fix—we are here to **listen to one another into deeper presence**. We hold paradox as sacred: sorrow alongside joy, fear alongside courage, uncertainty alongside belonging. In doing so, edges soften into thresholds. Thresholds become gateways. And through these gateways, new ways of seeing, being, and becoming emerge.

In **Hosting Our Edges**, you are invited to bring your whole self—the tender, the resilient, the uncertain, and the becoming. Here, belonging does not ask you to leave anything behind. Instead, it invites you to bring all that you are into the circle, to meet your edges with compassion, and to step across the thresholds of possibility into your own unfolding wholeness.