

Natural Healing Express Weekly

Column Volume 49 Getting Your Life Back

Ever wonder when was the exact moment in time that your life shifted and became what it is now? What I mean is when things went from happy go lucky to oh my gosh it's on me mode? Was there a specific event or events that caused you to step into the role you are playing now? A marriage, children or passing of a loved one? Were you conscious of it at the time or did you just look back and say, dang it, when did this happen? Or are you just realizing it now that we are bringing it up or did someone else point it out?

As not to offend, I will begin writing this from a personal angle, hoping many of you can relate. Now, I don't feel old, I don't think I act old and I don't want to be perceived as old but I have somehow without much thought or awareness began going to bed at 9pm and getting up around 530am. I think that's a sign. I have caught myself actually doing a few household chores before going to work. Egad, historically, I have never done anything but run out the door in the morning thinking I may have to speed to get there on time. Maybe even more telling, I have seen the sunrise now on many occasions and it is not from just getting in from the night before. The thought made the hair stand up on my arms. When the heck did this happen?

For someone that is primarily programmed to Honkytonk time, upon full realization of these now formed habits, I am in terror and wonderment. Have I officially become my parents? Is this what being a grown "up" really means? Is this so called maturity? Not sure I want it...When did I become the responsible one and even scarier yet, the dreaded non fun "voice of reason"? Who would have thunk it? So, as in any good volleyball or basketball game, I immediately signaled for a substitution. No one came off the bench. Crap and snot. So I need to deal with it I guess. The pondering begins.

Am I now old? Not that there is anything wrong with "old". I love "old", in certain things, like my building or baseball cards, just not my skin. I would just rather stay young at heart, a bit mischievous and full of life. And I think to be able to accomplish this; I gotta stay up past 9pm, at least one night a week. Where oh where has my zeal gone? Or is this just a chapter of slowing and learning and I get to play in the fast lane again sometime soon? Then it dawned on me. I am surviving. I am dealing. I am getting through and by and learning. I just don't feel like I am thriving. Emotionally, I feel heavy.

Now, don't get me wrong. I love my life. I always have. I realize it is a gift from above and can change in an instant. I had to play through a few bad hands here and there, but when it comes right down to it, I have been blessed in many, many ways. I have treated life like playing the lottery. You can't win if you don't enter. Get out there, learn, enjoy. Don't do stupid things twice. Move on, be happy, and be grateful for experience. And when things don't go exactly as planned, remember, don't be so upset, a lot of people don't even take on "experiences" in the first place. Next time remember to use the bond card.

However, I am grateful for my blessings; I just didn't know one of the "right now" blessings would be watching the sunrise. So, what's a reasonable girl to do? Dreams of walking the beach in Playa Del Rey immediately came to mind, but dang it, here comes that darn word responsibility pops up again. So, I

called my super supportive friend Trent Blanchard who is renowned consultant in NYC and cried on his shoulder a bit. And, what came out of it was very interesting.

Trent and I met at USM in Santa Monica. We both have the same Master Degree. We supported each other throughout that difficult venture and became fast friends, and yes, pulling practical jokes and laughing all the way through. So I called Trent and cry/whined because everyone needs an outlet.

Waaa. Waaa. Am I old, Am I stuck, Am I this, Am I that, Waaa, Waaa. His response, hilarious and poignant and a classic Trent, "If you don't like how you're feeling, change it, it's not like you don't know how." Well, duh. Roger that. And I realized how much I missed him.

So we talked details and figured a lot of other folks may be going through the same thing, so we decided to conduct a workshop this fall. Yes, I have officially pried his butt out of NYC (he doesn't even have a car) and I am bringing him to God's country to tag team with me (or use me as the guinea pig) for the workshop – "Surviving to Thriving: Getting What you Want out of Life – How to Make it Happen". We will "work the process" of discovering what you might want out of life, we'll work on how to get it; we'll discuss obstacles and beliefs. And we'll probably play happy, supportive music here and there until it becomes irritating. We are tentatively scheduling this endeavor for the weekend of October 12th with one day in Galena and one day in Lena. We need suggestions on where to hold this in Galena if anyone has any.

And we have "girmed" our dear Lisa into cooking a fantastic "Eat Clean" lunch for the workshop where she will discuss supporting our changes with nutrition. Woo Hoo. So, please let us know if you have interest. We'll have many more details coming soon. I know I feel better. Trent is absolutely a scream, yet as professional and effective as they come. And we inspire each other in odd ways, so this should be interesting.

Trent Blanchard is the author of Triple A's for the Soul. Your pathway To Personal Freedom available for purchase/download at www.naturalhealingexpress.com.

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