

Power in the Stillness

In the quiet of the morning, as the sun rises, before traffic starts roaring and the world wakes there is this stillness available to you.

The idea of stillness tends to evoke some sort of emotions, feelings or thoughts for people.

Maybe you immediately went to...

☁ that would be nice but I have too much going on with family, work, household and everything in between

☁ anxiety started filling your body (what?!?!)

☁ sadness of days gone by when you did have more time

☁ or maybe you experience joy with a sigh of “ahhhh” because you already make a point to regularly be still whether it is daily, weekly or monthly, and you know the value this stillness brings as it allows you to align your mind, emotions, body and spirit each day. Good for you!!

I am not talking about a spa day, even though I am a HUGE advocate for a good, therapeutic massage as part of a persons overall wellbeing.

I am talking about sitting in silence with no noise around you but the chirp of the birds, the bustling breeze, or the hum of whatever is around your home.

Stillness only requires sitting for a moment, even if that moment is the time it takes for you to enjoy a single cup of your favorite morning beverage.

So why would moments like this create angst and wishful thinking for some?

Well...as someone who has been there we do it because we are afraid to be alone with our own thoughts, feelings and emotions. If we face them then we become aware of the deeper truth of them and we have created fears around what those truths could mean.

Now I am speaking from my experience and those I have seen with my clients. Your experience may be different or somewhat similar but the concept I am presenting here still applies.

The TRUTH is in the stillness we do face the deeper truth of ourselves...



maybe certain relationships are holding you back from being authentically you



maybe your health issues are really linked to the heavy emotions you never fully allowed yourself to acknowledge and process



maybe all the stress in your life you unconsciously created



maybe you continue behaviors because you unconsciously are trying to live up to what you perceive are others' expectations of you

I 1000% understand each of these as I have done it too - so no judgement from me.

What I invite you to entertain is another and even more important TRUTH...

You 1000% have the POWER to change all of it!

You don't need me, some guru, another self-help book, or program to show you how. You only need to be willing to take radical responsibility for your own life and I am going to tell you how you can too in only **5** steps.

STEP 1: You say "YES" to you. It really is that simple. Say "YES" every morning as soon as you open your eyes.

STEP 2: In the beginning of your healing journey, self-discovery, wellbeing, or whatever you want to call it - schedule time to sit in stillness, even if it only lasts for a single cup a day (morning or night it doesn't matter).

STEP 3: Allow yourself to feel, think, emote whatever comes up for ONLY for the duration of the stillness.



Do not allow yourself to drown in it, and do not judge or analyze anything that comes up. You are only looking to become AWARE of what has been lying there waiting to be seen and felt. Also do not go into the blame game: "well if they would only do XYZ my life could be XYZ"

or some version of this. This is deferring responsibility for your life to something or someone outside of you and YOU ARE TOO POWERFUL FOR THAT.

STEP **4**: Recognize (or if you want journal)

your current belief (narrative) of what came up, then decide your NEW BELIEF. YES, you really

get to decide and Cocreate your new narrative.

Final STEP **5**: Imagine, think, feel, however it works for you, your new belief as being active in your life.

This may seem oversimplified and too easy, but it really is this SIMPLE.

I have been living this way at some level or another for over a year now.



Have I done it perfectly? NO.



Have I been caught up in the downward spiral of my emotions feeling like I could drown? YES.



Has my life drastically improved? 1000%!!!

It's not about perfection. It's not about having to do it alone - I have had wonderful, loving support.

Each moment has been about me LEARNING.



Learning to accept help/support/love



Learning to have more grace, compassion and empathy for myself and others



Learning to love myself, to be authentically me, and to live my life aligned with MY TRUTH




Learning to have more curiosity, wonder and adventure towards life



Learning how powerful I am and seeing the beauty in life

Life is about learning which I will touch on a deeper level another day so the list above is not exhaustive. However, it is presented here to help you understand that if you are willing to say YES, show up ready and willing to learn anything is possible and your life will change for the better.

So try these  simple steps to get you started to your new, powerful life and enjoy the STILLNESS.