

breath love nourish



sadness

A part of life, and without which, we wouldn't know joy... or so they say:-) I have learned a great deal about "handling" sadness, and I now appreciate that part of getting over sadness, is to just be with it. I have spent many days, weeks, months in an altered state of being while going through chemo. I wouldn't say it was all depression, but certainly not joyful. These moments were when I simply turned inward, and learned to listen to my inner voice, my higher self. I find that voice to be very reassuring, she's my "you will get through this, and you will be better for it... trust in the journey, and get to know your new self." That voice, and that foundation of truth, is what got me through those treatments and recovery. I also spent good time looking back at my life, and seeing where my feet landed. I started to not only know who I am, but I started becoming who I wanted to be. I wanted to be me, once and for all; and if that's not motivation enough, I had the time to refocus and keep going.

"We're taught to be ashamed of confusion, anger, fear and sadness, and to me they're of equal value to happiness, excitement and inspiration."

-Alanis Morissette

I am very comfortable hanging with myself, writing, and looking inward; I've been doing this as my sanity practice since my twenties. I also appreciate that quiet contemplation seems like torture to some people; the key going in is to have the desire to find your true connection, the inner connect.

That connect offers a release from endlessly seeking from outside yourself... it becomes the weight to balance your scales.

This week has been tough on me, I think my hormones have me taking things too seriously, and well, today brought a lot of disappointment (without going into detail, about four large ideas fell apart). Nothing catastrophic, no health issues, just some fun things that went to crap. I ended the morning by saying good-bye to my 560 convertible (good-bye twenties, youth, fun); I knew when I walked in the house, I needed to sit with my sadness but not sure when. I decided to get dressed for a lunch, didn't want to, went to the closet and my inner voice told me to sit down and breathe. Heart heavy, I sighed a few times, sadder... I committed to my closet floor and tears welled, more sighs, more breathing... and the dark cloud dissipated.

I now wanted to get dressed, wanted to focus on doing my hair; looking better helps sometimes, and it did, because I didn't mind spending time on my hair (which usually bugs me to waste the time). Then I thought of me in my car when I was young, and reaffirmed I have a better car now; can't drive in the snow in a convertible, and the money can go to something better, like printing my book! Might be smiling now, and then I got a writing surge and sat down to start this bit. I am definitely smiling now, and looking forward to the lunch I'm about to go to. And that, my friends, is how you sit with your sadness, you listen to it, feel it, allow it to express its way out. Then do it again, NEXT TIME!

breathe

Although that story is an overly simplistic example of how I did my darker days; I did not let them pile up (over time) without acknowledging them and setting them free. That's the simplicity of it for me, never force yourself to do what you won't, and always acknowledge the pain, the sad, and the frustrated. I think that is how you keep the anger away, but still testing that theory!

love

Next comes the most important salve of all... gratitude. It was difficult for me to appreciate my life in my youth; not that I suffered much, just an insane ability to draw focus towards what was missing or upsetting. I have recently found gratitude to be one of my most potent tools. The minute I draw focus on what I appreciate, is the exact minute I start to smile; a most amazing trick:-)

nourish

I like to nurture my broken heart, I actually treat it like a pulled muscle; crawl into bed with a bowl of popcorn and watch rom-com movies until I fall asleep. Sometimes an ego bruise can heal with a simple twenty-minute nap, or a yummy meal, or a glass of wine (not a bottle); but it is not only cleansing, it's important to express upset when your line is crossed, and not to escape.

the moon is my calendar (.com)

I found April McMurtry last year, through a group led by Carrie-Anne Moss; I adore both of them, but April is the focus here. She has created a calendar based on lunar time, and marries this calendar with creating intentions in life:

“When the moon is dark, self-reflection and intention setting feels appropriate and aligned with natural cycles. As the light of the moon grows with each passing day, you can imagine that light nurturing and illuminating our intentions. The radiant full moon draws us toward action and expression. And as the moon wanes, we begin to move towards introspection again.”

“Along with discovering your lunar sweet spot, you may also experience a lunar breakdown.

These are times when nothing seems to be working, or you may feel despair, or anger, or some challenging reactions. Listening to these emotions may unlock something that gives you more access to your own intuition, and the ability to trust what is arising.”

During a breakdown phase, April suggests trying a mantra like:

"I am breaking down to rebuild again."

"I am a part of nature and this is a natural process."

"I trust that on the other side of this breakdown is a breakthrough."

[Check-out Facebook \(Breathe Love Nourish\)...](#) ask questions, share stories, and request future ventures!

I got this recipe at my son's soccer game, one of the parents shared these treats and I have been making and eating them ever since! Honestly, I cannot believe I love these little balls as much as I do, but they truly satisfy my sweet cravings while also providing some solid sustenance. ENJOY:-)

nut butter cacao balls

1 cup dry gluten-free oatmeal (can be regular oats)

2/3 cup toasted unsweetened coconut flakes

½ cup cinnamon pumpkin seed butter (or any nut butter)

½ cup ground flax seed

1/3 cup honey

1/4 cup unsweetened cocoa powder

2 tbsp chia seeds

1 tbsp poppy seeds

1 tsp vanilla extract

Stir all ingredients together until thoroughly mixed; cover and chill in the refrigerator for 30 minutes to make the mix easier to handle and mold. Use a tablespoon to scoop and roll into balls.

Store in a tightly sealed container in the refrigerator for up to two weeks.

(and I freeze half the balls for later).