

# Living The Good Life

by Krysta Gibson



## How Did I Get To Spain?

A lot of people know that I was invited to Spain this past November. I was a speaker at the second International Kabbalah Conference which was held in Barcelona. All of my expenses were paid and I received a speaker's fee. Because of the unusual nature of this, many people have asked me how it happened. What did I do? How did I find out about the conference and apply to be a speaker and so on. Here is the story.

One morning at 7:30, my phone rang. I don't usually answer that early but felt I needed to answer this call. When I did, a man introduced himself and asked if I spoke Spanish. I said I spoke a little but not enough to carry on a conversation with him. He said he would try to speak English. He did pretty good.

His name was José Luis, and he reminded me that he was the man who has been publishing my writing in Spain since 1994 or so. He and I had been students of the Builders of the Adytum ([www.bota.org](http://www.bota.org)) correspondence course at the same time, had never met, but a mutual acquaintance had made José aware of my newspaper. He had asked if he could reprint some of my articles and I told him he could.

José operates a spiritual school in Barcelona and publishes a magazine and books. I hadn't thought about this for awhile, but remembered when he told me. He said he was putting on the conference and wanted me to be a speaker. He said he would pay my expenses and a speaker's fee.

My first inclination was to say "no." Who was this man, really? And why would I want to go to Spain? My mother had always wanted to go to Spain but I had never even thought about going there. Something told me not to say no, to keep talking to him.

I told him I wasn't qualified to speak on the kabbalah and he said that was fine. I could talk about anything that I had written about, that his students love my writing and as long as I used those subjects, it would be fine.

I said I didn't speak Spanish well enough to give the talks and he said they would have an interpreter for me.

I hesitated. He said he would send me an email and a link to their website and then I could decide. I agreed. It wouldn't do any harm to check this out further.

Within a day, his email with the link arrived. I looked it over and decided to accept José's offer. Everything inside of me said, "Yes, do this."

It was a risk, of course. I didn't feel this was a scam, but what if the talks I gave weren't what José wanted? I was going to be the only woman speaker in an esteemed group of male professors and rabbis. What if I wasn't able to give good presentations with an interpreter? What if I didn't like Spain or the people didn't

like me?

I overcame all my own objections, agreed to go to Spain, took a traveling companion with me, and went.

What an experience it was! From the second I arrived until the moment I left, amazing things happened. José Luis and his students treated me like a queen, my presentations went beautifully, my interpreter and I clicked and worked together like we had one mind, and I love Barcelona. It is my new second home.

Now José wants the worldwide rights to publish my books and CD in Spanish. I am going back to Barcelona to give a workshop in June of this year, and I will be a speaker at the next kabbalah conference in 2009.

When people want to know how I "made" this happen, I tell them I didn't. I live my life in a certain way and this is only one of the many fabulous things I have had happen for me. Let me share some of what I did that influenced this outcome. Perhaps there will be something here for you to apply to your life.

1. I was willing to share my writing for many years without asking for compensation and this allowed the universe to return the bounty to me.

2. I followed my intuition and picked up the phone at an unusual hour when I really did not feel like talking to anyone.

3. Even though the man on the phone spoke only a little English and I didn't speak a lot of Spanish, I again followed my intuition and didn't hang up.

4. I was willing to step out into the unknown, with no guarantee of how things would go. I was willing to risk being uncomfortable and maybe even being greatly embarrassed if my talks did not go well. I was able to let go of the undermining thought that I wouldn't be able to give as good a presentation as the other speakers.

5. At the time I received that first phone call, I had been doing a lot of releasing of unconscious emotions and blockages using the Release Technique ([www.releasetechnique.com](http://www.releasetechnique.com)). I believe this had a lot to do with José even thinking of contacting me. After all, he had known of me for years and this was his second conference, not the first. Why did he

call me now and not several years ago?

6. I trusted the process. Every step of the way, from the first phone call to getting up on the stage to speak in Barcelona, involved trusting. I was totally out of my element and was even speaking to an audience who, by-and-large, spoke no English.

7. I have learned to be grateful for everything in my life, even the things that I don't necessarily like. Sometimes our good is disguised as a challenge. If we are not grateful for the challenge and push it away from us, we could be rejecting something very special.

As Helen Keller said, "Life is either a daring adventure, or nothing at all." We can play it safe and live as we always have or we can be willing to step out, trust ourselves and life's processes, and see what sort of fabulous things are in store for us. Sure, sometimes we might face some uncomfortable results, but my experience has been that, more often than not, when we say "yes and thank you" to life we will open the door to a grand adventure.

Try opening the door by saying "yes and thank you" to life a little more often, and let me know the results. The worst that can happen is you will have a great story to share with the rest of us!

*Krysta is the publisher of New Spirit Journal and the author of "22 Steps to Success," "The Entrepreneur's Toolbox," and the CD program "Embrace Your Day, Love Your Life." She gives individual consultations to businesses and individuals as well as speaking to groups. Visit her website at [www.krystagibson.com](http://www.krystagibson.com) or contact her at [krysta@krystagibson.com](mailto:krysta@krystagibson.com)*

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