

Reflections on Middle Age

Continued from Page 9

We consciously apply the principals of the law of attraction, the dynamics of affirmation, the practice of aligning with our divine essence.

Naturally, we expect the next step to appear before us any day now. Alas, no viable answers present themselves, just old stories, false fronts, mazes, and dead ends; hence our confusion, frustration, anxiety and disappointment.

So let us step back and take a long, evolutionary view of our situation. From this vantage we can embrace the facts, and accept that what we are asking of ourselves is no small or insignificant thing. In fact, it is nothing less than a miracle.

We are seeking to transcend history; to create a new paradigm for middle aged women that has not existed before. We are focused not on the children/grandchildren/husband/work to retirement scenario. We are not obliged to care for elderly parents, at least not yet. Nor are we wanting to repeat, replay, or recreate an expression of our earlier selves. And we certainly are not going to dry up and blow away.

What we want and feel worthy

of receiving is a version of life that embodies who we are now, incorporates our wisdom and experience, and is an expression of our uniqueness and independence. We are calling for a class act which supports us emotionally, financially, physically, and spiritually, and in some meaningful way, nurtures life on this beloved planet.

But there are few models for this transfiguration, for this new way of walking in the world for single women in their 50s, 60s, and beyond. And I don't believe that manifesting this niche is something our patriarchal leaning, youth enamored culture will do for us.

The good news is this, just the fact that we are asking this question, and that we fully expect an answer from our probes into the limitless presence of God within demonstrates to me that there must be a response. Maybe it is an archetype which is just emerging, but I feel there is "doing" in the world that is destined to meet our expectations and will suit us both, each in our own authentic way. It manifests not only as a purpose for us, but as a model for others faced with similar circumstances.

In the aftermath of the Bush administration and the enthusiasm of Obama's victory, I feel an impulse

to be a part of the rebuilding and recreating process. I want to contribute to the wave of bringing balance, inclusion and sanity back to social consciousness, even to stimulate the raising of awareness to new heights. Could this desire be a sign of a new dawning?

I wrote in my journal a couple days ago, "It feels like the light has gone out of my latest bright idea. I have found the end of this trail and it did not lead me out of the forest. But do I really care? Am I ready to leave this wilderness without having found my treasure? No. On the path to actualizing one's personal legend, Paulo Coelho says in the Alchemist "You must find your treasure so that everything you have learned makes sense."

In God there exists a multitude of possible realities. I surrender the search of my limited knowledge to answer a question so big, I don't even know how to ask it. I trust the needed wisdom will reveal itself.

Maybe now, with the recognition of the enormity of the task, I will be more patient. Maybe now I will have the courage to fearlessly open my heart to the unseen magic in the trees all around me. Respectfully, I hope this understanding will serve you as well.

Thanks for sharing the ride,
Love, Valeria Rae

The Release Technique

Continued from Page 10

use the technique "Feel Deeply – Release Completely." Say yes to the feeling of disapproval. It's nothing more than a feeling. Welcome the feeling. As you relax, the feelings of disapproval will dissolve and flow out of your body. It will then be possible to shift to giving approval. It is interesting to note that most people's first reaction to bodily discomfort is to disapprove of it. Ask yourself. How does this help the body?

Happily, the concept of letting go of disapproval has been the key to my success in treating many of my body's aches and pains. For instance, last February, I was able to enjoy a Caribbean cruise medication free. That's a first for me. Usually, I spend a great deal of time suffering from motion-sickness and the medication that treats it. In this case, instead of resisting and disapproving of the rocking ship – I floated with it – in my mind I imagined waltzing with the ship's movement. I then focused on approving of my body. My body responded with health. Together, Ken and I have experienced more moments of deep inner peace by lovingly

welcoming our feelings and letting them go through the Release Technique. This is quite a transition from our scream therapy session 14 years ago. And by the way, what did the police have to say about our scream therapy? We'll never know, because we furtively scurried out of the woods as fast our feet could carry us. We arrived back at our house undetected and collapsed on the floor nervously giggling with relief. Ken and I didn't know then, that eventually we would discover the Release Technique to help us fill our life with more freedom and joy.

Boost your health, success, wealth, and happiness in 2009. Learn the Release Technique at a live abundance class to be held at the Hilton Bellevue, Wash., Jan. 23-25. Go to www.releasetechnique.com for more information.

Reiki Master, Gianna Rosewood, M.A., CCHT, LMP and Ken Holmes are the co-authors of "Attract 100% Available Relationships." For more information about their work, go to www.rosewoodwisdom.com.

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