

## **Life, it's just beginning, again!**

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Remember change is never easy. It can take time but it's up to you if you really want to change. We say, 'yes' we want to change but why is it that we don't? Is it really just too hard or do we fear it or is it that we are just too comfortable or too old? Ask yourself 'Am I really happy with the way my life is going?' Or 'Am I just going to continue to tell myself that only bad things happen to me so I might as well not try?' What does comfortable mean any way? It's about safety, you feel safe, this is what you know, why rock the boat?

People often say, 'life is for [the] living'. But, that is nothing new. Let me ask you this 'Are you living or just existing?' Take your time, no really, take your time, an hour, a day, a week, take your time and then listen to the answer. Is it what you expected or were you surprised? Now, what are you going to do with the answer? You see a lot of people just exist, they wake up and go to sleep and I'm not talking about bedtime. I mean they sleep walk through life with no concept of how to live. I'm not saying that I have not done so myself. But consciously have you really lived?

Now, I've got to this stage in my life having been on many adventures via my soul destiny or just fate, with me being in the right or wrong place at the time. I just got on with life. Existing! Step back two years, I gave in to the freedom that I longed for (though pushed by redundancy) finally. In that time, I have learnt to live consciously, to grasp opportunities that I have no idea where they will lead me; to accept the yearning of my feminine energy to be released; to reveal and explore my spirituality; to celebrate the creative beauty of womanhood. I don't want to exist, I want to live. It's time to follow a different path. Not an A to Z path but one where I have yet to see the next step.

You see change isn't easy, comfort zone is. Redundancy was hard, being forced into discomfort. Existing is easy, living is hard. Hard means you fight. Fighting means you live. It's all biology. When the heart starts beating that little bit faster, feel the blood flow, the body prepares, the excitement builds, your adrenaline is running, energy vibrates. You can't sleep walk, you're awake. You just need to open your eyes and take a look around, see for the first time. Maybe its an age thing, I'm in the third stage of the female cycle or maybe I've decided to listen, to really listen and hear what is being said. After all, I am a Crone - a Goddess of Wisdom, I've accepted that my life isn't over, it's just beginning, again!

