



## Allow the “Wow!” and Space for Grace

Ever get the feeling when you look at your life that you can't believe it's yours? I've experienced that lately, amazed at both the hardships and blessings that have played out thus far. This begs the question: **How do we navigate life when reality diverges from the story we mentally mapped out for how it was supposed to be?** How do we find wellness when things don't go according to “the plan”?

There are parts of my story where I've wanted to exclaim “No! That wasn't supposed to happen. What were you thinking God? I can't handle that!” or “That's not fair!” Or any other form of tantrum and despair. I was the type of person that had her life mapped out and followed the norms for what you should do to lead a successful, happy, healthy life. For some reason (what the hell was I thinking?) I thought this would insure freedom from pain, disappointment, failure, and insecurity. Turns out I was wrong. Thank God for therapy!

On the flip side of the coin, I've also had moments where I've thought, “Holy wow! This is more amazing than anything I could ever have imagined!” Moments when I'm in awe of how expansive and full of possibility life can be, if we just allow it.

I can tell you a couple of years ago I never would have thought that I could be happily married again. Growing up, owning my own business and opening a yoga studio were not on my radar. And yet, here I am enjoying the process of creating not just a business, but a community, and a space that exudes positive energy and acceptance.

This dichotomy of joys and sorrows in life is exactly what makes my story, and yours too for that matter, whole and interesting and inspirational. I mean, who wants to read a story of greatness where there was nothing to overcome? Where there was no great moment of triumph, nor suspense. Would we really grow as much if life didn't include some moments that forced us to? Wouldn't we be bored? Experiencing lows and highs means we're whole people. **It means we are experiencing the condition called being human.**

The key to surviving and thriving is to resist labeling an experience as good or bad and simply identify it as part of the flow of life. Never were we promised freedom from pain and suffering. Only robots get that assurance.

When we open fully to the human experience, we neither resist the more challenging events nor extend too much effort striving towards perfection and having things "just right." This does NOT mean we stuff down thoughts or feelings. Quite the contrary. We stay in the present moment. We notice what we are sensing, feeling, and thinking and allow it. There is freedom in ceasing to "fake fine." We may discover that for the first time, we truly come alive.

My motto for wellness is now Allow the "Wow!" and Make Space for Grace. What does this mean?

- Allow yourself to dream big. Create visions for what you want in life, plan, take action; but hold this loosely rather than with a tight grip. Allow room for life to "wow" you and take you in directions you never imagined.
- We need not fear failure. There is as much gained from failure as there is from success. It's just that the gain happens internally, as in personal growth, compared to external reward.
- Acknowledge your feelings. Now, this doesn't mean you need to act on it. But any time you stuff a feeling down it tends to come back and bite you in the ass. I know – I've been an expert "stuffer" in the past, and it never turned out well. When you do this, you are inauthentic not only to yourself but also the people you are relating with, which in turn prohibits the connection most of us so deeply desire.

- Give yourself and others grace. We are imperfect beings. Are you allowing yourself or someone else to be human? Be kind, compassionate, and forgiving. Remember that most of the time, people are showing up the best they can given what they know and what they have been taught.

I'm staying open to the divine flow of life. While this isn't always easy given my anxious, control-freak tendencies, I'm learning.....

**As a way of celebrating my “wow” of Wellfinity Yoga Studio, I'd like to invite you to the official ribbon-cutting at 4:30pm on Wednesday, April 4<sup>th</sup>!**

There will be a brief ceremony with the Chamber of Commerce, followed by refreshments and a yoga class at 5:45pm. I would love to have you join me for either the ribbon cutting and/or yoga class. Please RSVP if you plan on attending so I can be sure to have enough refreshments on hand and insure your spot in the class. Class will be limited to 12 people.

If you can't get to the ribbon cutting but would like to check out a Wellfinity yoga class, please check the class schedule on our website:

<https://wellfinity.com/yoga/yoga-class-schedule/> Private sessions are also available.

May you open to the flow of life and be absolutely wowed!

A handwritten signature in cursive script that reads "Shelly".