

Tears of a Thousand Years

Things hadn't been going well. So many parts of my life were falling apart.

And here I was, driving up the highway, crying, the tears streaming down my cheeks.

Yeah, I had cried before, but these tears were different. It felt like I was crying tears that had been bottled up for ages. The tears of a thousand years.

The 6 months prior to this had not been good. Things in my life seemed to be unravelling.



It's hard when things unravel...not just getting a bit frayed around the edges, but unravelling in not one, but in many areas of your life. When the things that give your life its solidness are dismantled and there seems to be few areas of firm footing. And you start to doubt those because you know they too could be dismantled.

This moment, crying as I was driving up the highway, was to fundamentally change my life.

Not only did it seem like something deep inside was being released, for the first time in my life I was able to be there for myself at a whole new level. As I cried I was emotionally there for myself, safely and gently holding the deep place in my heart from where the tears flowed.

It's funny that even though I had specialized in self care for others, and that I had spent my life supporting and guiding others through difficulties, that this experience was new. I had never really experienced just how real, how powerful, and how transforming being emotionally present to myself was.

From that point on I approached life with a lot more. It built my capacity to meet the difficulties, and even though there were many things outside of my control that I couldn't change, there were many things in me that now I had the resources to meet in a whole new way. And I was now clearer and stronger in myself.

Helping you to open up new landscapes and possibilities within you is at the heart and soul of Heart and Soul Coaching. It is what we do.

We aren't looking to change you, so much as help you to grow and build your capacity to meet life so that it enriches the good times and helps you through the downs. So that you can better manage the stress, and build wellbeing in wonderfully positive ways. So that you can be there for yourself in ways that truly meet your needs. So that you can be stronger and clearer in yourself. So that you can bring your best to your life, work, or business and get better outcomes.

Whatever your contact is with us, from the free programs and newsletters, to the one on one coaching, or the soon to be released 'I feel good!' program, our commitment is to enable you to be more of who you are in the world.

It is to support and resource you, so that you can take the next step, from where you're at, in a way that works for you. That's when you'll get the best outcomes.

Thanks for being part of our journey here at Heart and Soul Coaching as we grow people, teams [Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.] , businesses, and communities that are more alive, more enriched and enjoying better outcomes.

Peter

Interested in managing the stress and wear and tear of life better? Or coaching that helps you be at your best in your work or business?

No fancy sales page to go to. If you're interested just contact us at peter@heartandsoulcoaching.com.au or phone 0407 118 734. Places for 1st quarter 2014 are still available. January specials finishing soon.

It's wonderful to get so many emails giving your experiences, thoughts, comments, appreciation and just to say hi. Thanks!

