

Transitions of the Heart

It happened to be a few weeks prior to Valentines Day but it had nothing to do with that day. I made a profound shift in my heart that had wide spread affects on my family that even others beyond our family noticed. My heart had been heavy for a good month or so. With the harsh snows this winter, my husband traveling more than usual, and other seemingly insurmountable pressures in my life I found myself carrying around a 'poor me' attitude.

One day I realized that I was creating much of this stress on myself and our family simply by obsessing on these issues. I decided to instead focus on the positives in my life and show overflowing appreciation for my husband. Miles and I disappeared into my office and produced 36 pink hearts with notes of thanks and love for Tim. As we were hiding the hearts all around the house Miles was strapped on to me, giving me the biggest bear hug ever telling me how much he loves me and saying, "We just made a heart house!" Before you know it our 21 month old is in on the action – it's a love fest on the kitchen floor. A few hours went by and Tim walked through the door. He didn't need to see even one heart...he could feel the love. From there, amazing things began to happen. Time seemed to expand, connections grew deeper, romance blossomed, and kids behaved. All because I had a transition of the heart.

When one person changes, the world changes with them. The only thing is, it has to be YOU who makes the change. I heard a wise man once say, "Energy goes where attention flows." And the Jedi says, "What you focus on becomes reality." So the question is where is your attention? What are you focusing on? The first step is to become aware of your thoughts and feelings. Are you focusing on what is not working in your life or appreciating what is wonderful about you and those around you? Try these exercises for the next month and notice what changes in your life.

WHAT'S RIGHT EXERCISE

1. Make a list of what is RIGHT about you.
2. Anytime you notice something else that is RIGHT about you, add it to the list.
3. When you are judging someone, start noticing what is RIGHT about them.
4. When you are having a problem or challenge, ask yourself, what is RIGHT about this situation?
5. Note any observations that you have from doing this exercise.

BREATH AND BE EXERCISE

1. When you notice a judgment of yourself or another, stop, pause, take a breath and be.
2. If stress or fear threaten to over take you, stop, pause, breath and be.
3. When life doesn't go the way you want it to, stop, pause, breath and be.
4. When life goes the way you want, stop, pause, offer gratitude, breath and be.

AFFIRMATION

Repeat this affirmation daily “My heart, my mind, my life, and everyone in it are perfectly at peace right now.”

Gretchen offers one-on-one and group coaching as well as workshops on the subjects of transition, personal development, and leadership.

If you would like to join a group of like minded individuals striving to create what they want in their lives, groups will be starting in Coal Creek Canyon, Gunbarrel, and Denver in April. A Louisville group is currently in process with an opening for an additional member.

For more information, visit Gretchen’s websites at www.integratedgrowth.com and www.motherhoodtransitions.com or call her at (303) 642-3105.