



*A Message  
from Elaine:*

*June/July  
2010*

Welcome to the SUMMER! It's a GREAT time of year to enjoy the beautiful outdoors, connect with loved ones and get some down time for ourselves. So make the most of these simple pleasures! In the last newsletter, we explored how 2010 starts a new 10-year cycle, one sure to be full of growth and change. In this ISSUE, we'll discuss **CHANGE** from a deeper perspective. **Specifically, the REAL reason we dislike, avoid and/or resist change out of fear.**

*So why do we REALLY fear change?* Over the years, I've come to realize that it's NOT really change we fear. Ask yourself: *What does change introduce into my life that I dislike, resist or try to avoid?* Upon deeper reflection, we find it's *the UNCERTAINTY that accompanies change* that's at the root of our fears. *So why is this?* Uncertainty brings up our **early childhood wounds** and how we felt - often powerless, scared, confused or overwhelmed. As children, we didn't always understand what was happening around us OR have the emotional support to deal with it. In essence, uncertainty brings up what is **still unresolved or unhealed** within us. The good news is that as adults we can now address these issues. Thinking about it another way: change is constant in our lives - it's unavoidable. So what we cannot escape, we must face and embrace. The best way to CONQUER a fear is to take action. In doing so, we learn the FEAR that once looked like an **ELEPHANT (our inner child's view)** is actually a **MOUSE (our adult view)**. I hear elephants are afraid of mice so keep this image in mind as a positive reminder. To put this into perspective, I'd like to share a personal story.



I grew up in a small working-class family that was very loving AND also very dysfunctional. My father was an alcoholic who worked hard every day and then stopped off at the bar on his way home. Needless to say, he was tired, angry and drunk by the time he made it home. Uncertainty was a way of life in my family - something many of you can relate to. I loved my father deeply and yet his angry words cut me to the core. Fortunately, I began doing **"INNER WORK"** in my early 20's (some 24 years ago now) to heal from these emotional wounds. From the start, I realized how much COURAGE it takes to FEEL and WORK THROUGH painful emotions. It's much easier to run away from our pain, to stay in anger/resentment, blame our upbringing or get stuck in the victim role. **Easier YES - effective NO!** When we run away from our pain, we end up becoming **"imprisoned"** by it. We unknowingly find ourselves in abusive relationships; struggle with chronic negativity or low self-esteem; are driven by scarcity-based thinking; or try to numb ourselves with addictions. I saw many examples of this in my own family history. Good people being HELD CAPTIVE by their past, perpetuating the cycle of pain. **But it DOESN'T have to be this way!** Thankfully at age 22, I began to focus on what I COULD change: MYSELF! By doing the necessary INNER WORK, I learned how to **free** myself from an abusive past, **overcome** limiting fears and **reclaim** parts of myself that got lost during childhood. With each level of healing, I felt more whole, free and like my REAL self. What a feeling THAT was and still is!!!

I've long considered my father to be among my life's greatest teachers. You see, loving him required me to stay connected to my inner COMPASSION from a very early age. It also led me to learn about my father's own childhood wounds. He too was raised by an alcoholic father - a great source of pain and shame for him. Compassion allowed me to see HIS PAIN and how he did the best he could given his unresolved past. Through my own INNER WORK, I was able to better understand and forgive him; develop a closer and deeper relationship between us; and STOP the painful cycle from repeating itself within me. Looking back now, I wouldn't change my childhood, father or the challenges we faced as a family. **WHY NOT? Because my journey taught me a PRICELESS WISDOM: *By healing our deepest childhood wounds, we come to discover and live our highest life purpose.*** At a core level, my life purpose has to do with teaching others, by example, about the transformational power of compassion. For it was compassion that literally SAVED my life! It profoundly shaped my soul's journey -- made me who I am today -- and inspired my greatest passion: *Inner Journey Coaching (IJC)*. Through *IJC*, I compassionately yet firmly help people overcome their fears as they take the actions necessary to LIVE MORE balanced, courageous and fulfilling lives! We ALL deserve that!! The extent to which we LIVE THIS will largely depend upon our INNER WORK. And that is a life-long journey!

Healing occurs on many levels and in many ways: mentally, physically, emotionally and spiritually. I view healing as "a journey toward *conscious wholeness*." Although we are inherently whole, healing allows us to *consciously FEEL* that truth; VIEW life more compassionately; RELEASE the pain of our past; and LIVE our highest potential -- ALL from a state of inner wholeness. The rewards of healing are VAST: a deep sense of peace, compassion, love, gratitude and joy to name just a few. **But healing doesn't occur on its own.** It requires both courage and action. Courage is similar to a muscle. To build our courage muscles, we must take action. By taking action, we venture PAST our fears and DISCOVER their falsehood (they're NOT elephants anymore -- they're mice). We don't need to know ALL the answers. We only need to know our next step and have the courage to take it! In turn, we gain the courage, clarity and confidence necessary to take yet another step.

The importance of doing our "INNER WORK" cannot be underestimated. Doing this work puts us in a unique position to eliminate fear altogether from our lives -- starting of course from WITHIN. By showing others it can be done, we become beacons of hope, love and support in our families, communities and the world at large. Now that's a legacy worth living!

Let's close with an affirmation that helps "*re-frame*" the uncertainty that accompanies change in a way that serves our learning and growth. May it support you on your journey inward and forward!

*"I embrace uncertainty as my teacher and friend!"*