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Endings & New Beginnings...

Welcome to the very first instalment of Wild Whispers! We're just slipping into December 2022 and I can't believe where the year has gone. It's been a big one with a fair few milestones, plenty of endings and many new beginnings: Covid 19 restrictions seemed to end rather abruptly and the diary bounced back to life; One of my besties had a baby, and I became Godmother to beautiful Jessica Rose; I both started and finished my training to be a Life Coach and launched my new coaching business; I saw several clients start and finish their coaching journeys with me; My fulfilling journey and identity as a Primary School Mum came to a close as my son's secondary years began; And I said goodbye to my dear Nanny at age 94.

A peaceful goodbye

My Nanny was the Shepherd of our family, and a soft rock – so gentle and loving, dependable and present. She has left us with strong family value of togetherness that we will always hold dear. My personal tribute to her which I read at her funeral was called ['The Shoes at Your Door'](#). She passed in hospital incredibly peacefully with many of us gathered round her bedside. As I held her hand and saw her breaths come fewer and further between, I felt the rising panic and desperation for her to hold on whilst at the same time, a calming acceptance that she was ready to let go. It was devastating, but also life-affirming for me. I am left with her grace, her strength, her peace and a lasting presence.

For anyone grieving, you can see my recent instagram post for [12 affirmations](#) that might help with acceptance and healing.

Life, Death, Life

Life amazes me with its rhythm and cycle of endings and new beginnings. One of my favourite authors *Clarissa Pinkola Estes*, in her book *Women Who Run With The Wolves*, refers to this rhythm as the *life, death, life cycle*. But in this analogy death isn't death as we know it. It marks the end of one thing and the beginning of something else. It marks a change. Estes explains "The Life/Death/Life nature is a cycle of animation, development, decline, and death that is always followed by reanimation." This feels both obvious and yet significantly overlooked in our culture of clinging, fearing death and avoiding endings. Endings are a part of life and beginnings are inherently dependent upon them. One cannot exist without the other. So when we experience an ending, or a loss – it serves us to see it as a doorway; the emergence of something new for us.

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CLARISSA PINKOLA ESTÉS

"Through their bodies, women live very close to the Life/Death/Life nature. When women are in their right instinctual minds, their ideas and impulses to love, create, to believe, to desire are born, have their time, fade and die, and are reborn again."

WOMEN WHO RUN WITH THE WOLVES

TODAY'S

Wild

WHISPER

It's been emotional

It's been an emotional and fast paced year again but one where I have felt truly blessed and present with my family, and with my clients. This year I made the time for myself. I explored who I was and what I wanted. I found my **onlyness**. I also found **patience** and **perspective** and started to **trust** myself more. I started stepping into fear like never before and only last week, I stood before hundreds of teenagers to deliver a talk on the importance of 'Being your own BFF'. I am finally doing work I truly love.

My talk, which was delivered as part of their PSHE Mental and Emotional Health Unit seemed to resonate as much with the adults in the room as it did with the

children... Do you treat yourself with the same acceptance, trust, kindness and compassion as you would a good friend? Here is my Self Best Friend Forever checklist of questions to ask yourself when you are feeling lost or low...



On a Christmas Note...



Find Joy and Peace in an Imperfect Christmas

I hope that you have a truly magical and imperfect Christmas with your families and manage to find and feel the joy amid the chaos. Remember that real Christmas contentment lies in the connections with the people around you and not the dinner being

on time or the gifts being right. I will leave you with some tips for finding inner calm and joy this Christmas:

- Stop working around what Christmas should be and work towards what it could be.
- Be open-minded as to how things play out and lower your expectations of yourself and others.
- Keep committing to your self-care despite feeling extra busy. It will be your saving grace.
- Tune in to the excitement the children display. Allow yourself to feel it with them.
- Embrace the messy realness. Don't be an Amanda. (From Motherland. If you know, you know. If you don't, you gotta watch the Christmas Special!)
- Focus on the feelings you want out of Christmas...and remind yourself of what you can do to obtain those feelings. If you want to feel calm, you'll need to slow down. If you want to feel joy, actively seek it. That means doing things that you love to do and not just the things you think and feel you have to do.
- Do things that light you up so that you feel *as bright as the tree, and your sparkle not just worn – but really felt.*

Best wishes for the festive season to you and yours, from me and mine!

I'd love to hear from you...

If anything has resonated with you, or you want to talk more about how coaching could help you reconnect and set some exciting personal goals for 2023, please don't hesitate to get in touch!

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1:1 Coaching Options



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