

In The Storm

Weathering the Seasons of Life – In The Storm

As the changing of the seasons and changing of the weather so do our lives. For some it could be the first day of school, the first year at college, or starting a new job. And for some, the seasons bring forth new births/new families.

And for others this could be a season of grief, and grief can come in many forms. It could be that it is time to let go of the departed. Maybe you are grieving a relationship that has ended. Or this could be your own grief (your own plate of disappointments).

And sometimes we can find ourselves in a season of storms - an overwhelming feeling of emotions that your soul no longer wishes to carry. It is crying out, pleading for you to release that of which no longer serves your body any purpose.

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In this Issue:

When I began writing this newsletter I had no idea that it would turn out to be so long.

So I decided to break it up and let the audience decide if they wanted to read any further.

Since the subject topic of this newsletter is based around depression and about being in the storm, and for some this may not be of interest and that is completely understandable.

But if this newsletter can reach just one person who has been through the storm or who is currently in the storm, may this be a reminder that they are never alone.



In The Storm

How are you weathering?

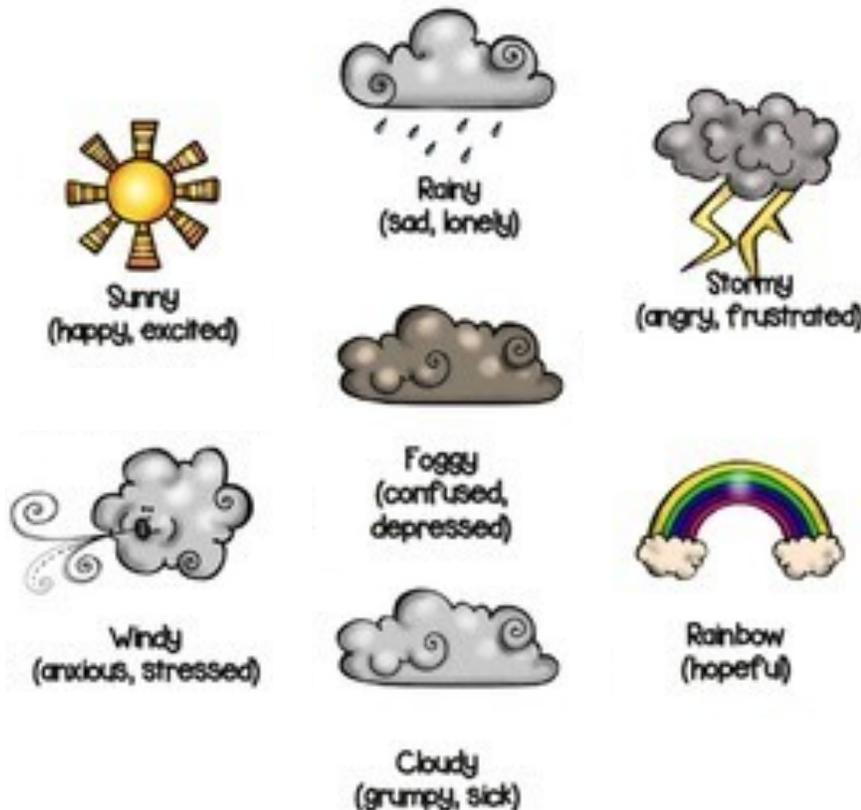
As with every season brings a different forecast with various weather patterns. It is about how you live the season, how you gather all you have learned. And learn to look at all of your Seasons as beautiful.

So whatever season and whatever weather you are currently experiencing - you will prevail.

Our lives are predestined to have sunny, cloudy and stormy days. It's how we live in the moment that matters.

Our lives are like seasons,
all experiencing various
weather conditions.

What kind of weather are you having today?



In The Storm

Are you in the Eye of The Storm?

Are you having a rough season, experiencing some bad weather? Are you in the eye of the storm?

Being in the eye of the storm, does not mean - all is lost. And saying that you are sad and maybe even depressed - does not label you. Feeling like this just means you are in an emotional storm.

HAPPY, SAD, or DEPRESSED = are all emotions.

It is just like when you feel happy - you tend to do joyful / happy things.

When you are sad - it is just a human emotion that all people feel at certain times during their lives. Feeling sad is a natural reaction to situations that cause emotional upset or pain.

And when depressed, it impairs social, occupational, and other important areas of functioning to where you may find yourself withdrawn and isolating yourself from family/friends. You may even be self critical / self sabotage and can become your own worst enemy.

And feel alone - even in the midst of others. Even feeling like there is no more life within to offer. You may feel empty. Even lifeless.

And it is these emotions in which society has dictated for years what is acceptable to talk about and what is not. It's acceptable to express your happiness. Or to express that you are sad, but to express that you are depressed. Was unheard of.

Society has created this ideal image that if you said you were feeling depressed - you were somehow labeled as unstable, a little crazy, etc - you get the picture.

Well, thank heaven times are changing - this is a time to rise above and don't let society keep you silent any longer.

Being able to say that you are depressed is not a sign of weakness, but a sign of courage to ask for guidance. Or for someone to just be your anchor during the storm.

Believe me, no one ever wants to admit that they are feeling lost and depressed. And how can we even begin to describe to someone what is hell is going on inside.

Because many of these feelings of depression come from deeply rooted past experiences. Some emotions you feel, you may not even know why you feel like that - and ask why am I feeling like this? And you have no answers. It is these unexplainable emotions that stir within, that stir up old experiences that did not go well, our not so good life choices, negative feelings, pent up sadness and anger at ourselves and others. Wow! You sure can really get swept away in a storm like that - these emotional storms sure can be rough.

How are you going to weather the season?

Are you going to Live the Season, No Matter the Weather?

In The Storm

Living the Season No Matter the Weather

I know first hand what it feels like to be in the eye of the storm. Feeling like when will it be over, when will it change? Will it ever change? Will it ever get better? Why? Why? Why? Can't stand myself or anyone else either!! The list goes on... it just all depends what weather pattern I got caught in!

There have been seasons that I have experienced JOY! I have had the privilege to experience being a kid, going to school, making friends. Starting new jobs, making new friends, having a loving husband, birthing two beautiful and amazing daughters, experiencing life being born that of my beautiful granddaughter. Having a career that I love and enjoy doing. And my saving grace has been the love and joy experienced with being a doggie momma.

Now within all that JOY experienced at various seasons of my life - there too came the cloudy skies, rainy days and several storms. By the age of 20, I had already survived a few storms (an abusive relationship, a miscarriage, and the death of my father).

Other storms I found myself in - was the storms of divorce and rough as it was - I survived!

I have been through seasons where friends and acquaintances brought fierce weather. I have even endured the seasons where I created the storms.

I even survived the seasons that my daughters at various seasons of their life made it cloudy and sometimes stormy in mine.

You see our lives can sometimes seem like some crazy storm spiraling out of control leaving us feeling hopeless. I know these feelings, I have weathered some storms. I have felt alone and lost. But I wasn't - I just couldn't see through the clouds. There was a part of me that just wanted to let go and then there was this other part of me that chose to hold on. I reached out and found an

anchor in the storm and with their mighty compass they were able to provide the guidance I needed to get out of the storm.

Today I can look back with wisdom and knowledge and offer this to you: Live the Season No Matter the Weather, Never fear to reach for an anchor and may you see through the clouds and see the beauty in all.



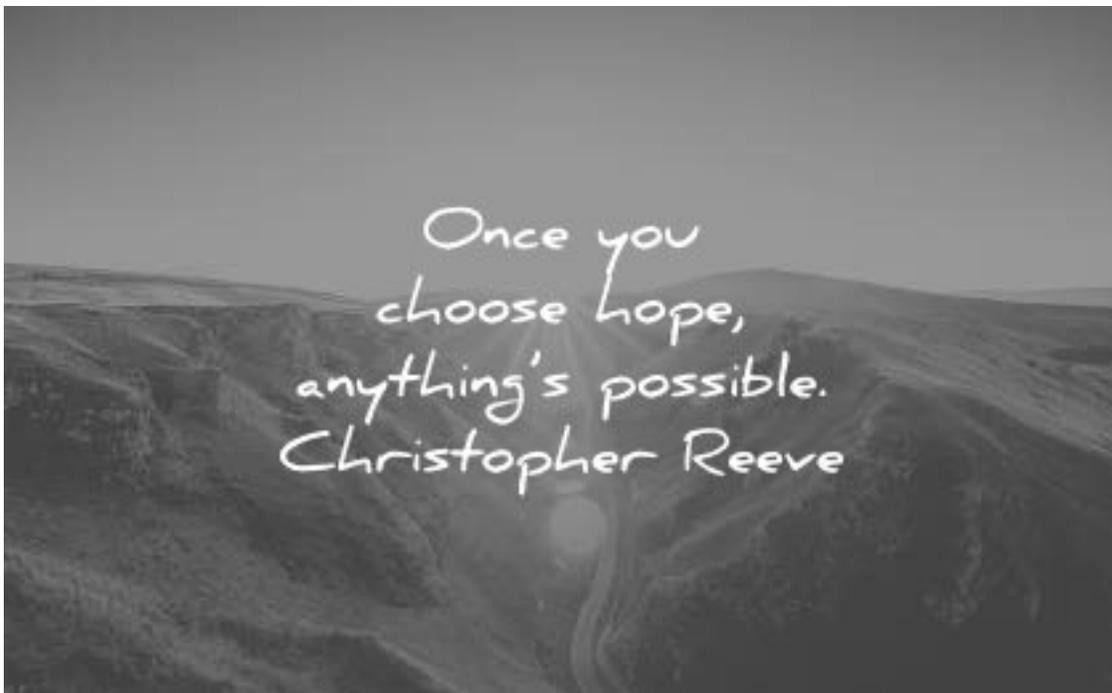
***Reach for an anchor in the storm -
you are never alone.***

***Want to learn how to survive the storm?
If so, please keep reading.***

In The Storm

Surviving the Storm

Should you find yourself in the storm without an anchor - All hope is not lost. You do have the power to survive.



If you could consider for a moment that all of your life experiences were beautiful - and that all of the weather that you endured was a part of the art of your life's seasons. To experience (the good weather and the bad). You see our lives are like seasons full of various weather patterns - there will be highs and lows, there will be days full of sun and days of unending rain. There will be cloudy days and days when the fog is so thick you can't see clear. There will be days where you feel lost at sea without a compass and/or anchor.

So if you do, just take a deep breath, be gentle with yourself, love yourself.

Take the time to understand and acknowledge any lesson learned in the storm and find the beauty.

In The Storm

Heal & Recover

- It's about allowing yourself to cry - (a let it all out cry (and when you find yourself crying and have no clue about what - those are the BEST - just let it out).
- Rest your body to regain your energy.
- Scream if you have to.
- Breathe - I mean really breathe.
- Spend time in nature and play.
- Spend time in meditation, imagining with your minds eye (third eye=center of forehead) that you are releasing this sadness, this pain, and even the unknown emotions that cause your body turmoil - release into the universe farther than you can even imagine.
- Then look yourself in the mirror and say - "I love you."

And if you have seasons that you feel you can not calm the storm within - find an anchor! Confide in someone about how you feel. It's about finding a safe way to release in order to calm the storm.

Take the time to learn how to better care yourself in ways that promote healing of the mind, body and spirit.

NEWSLETTER Issue 2

Seven Embers Healing
407 Fairview Avenue
Frederick, MD 21701



Services Offered:

Reiki Healing – This is a session where Reiki enters your being and begins working on healing the storms within.

Angelic / Intuitive Healing Session – This is a session where I navigate through your weather patterns, see the storms and then work on healing and to be your compass and/or anchor.

Angel Card Readings – This service will tap in on the exact issues at hand and provide further guidance to your healing.

Namaste' Sandi