

**Subject:** ImaniCoach 124 - The Journey (of Life)

**ImaniCoach™**

*Life...it's for Living*

## **News & Inspiration**

So...did you make any New Year resolutions or are you done with those already?! How's it going so far this year? Can you believe its spring time already? Who would have thought that after getting stuck in the thick snow with below freezing temperatures that we would now see daffodils and bluebells rising through that same ground!

In the worst of the snow, when it came down thick and heavy that afternoon, most of us left work early to get home but as soon as I came out of the car park and saw other cars involuntarily reversing down the slope I normally go up, I knew I would have to change my route home! Okay, I thought, so it's going to take me a couple of hours to get home from what would normally be a 30 minute journey, I was prepared for that. However, what I was not prepared for was a five, yes five, hour journey which took me off route in order to avoid most of the slopes. Also I didn't expect to stall five times, to ask for help and get pushed two times, to be wanting to wee in my seat, to not having any water or food, to running out of petrol, to being shouted 'NO!' when I asked to be pushed, to lorries being able to make it, when I was stuck and the list goes on! My word, what a journey, I felt like I had driven to Birmingham, in fact on a clear day I could have done a round trip! When I finally got home, by being goaded on the phone to keep going (as I was ready to dump the car and walk), I felt like I had travelled over high and low land, through the storm and back again! It was a real home coming, across the country, when my daughter opened the door and she had just finished decorating the Christmas tree with twinkling lights and it was warm, cosy and safe....aahhh home at last.

For those of us who were out there during those 'troubled' times, I know you know exactly what I mean and have got your own 'how I got home' stories! So...what's the moral I took out of THAT story.....

## **The journey**

We always think we know how life is going to go. We plan, we work, we study, we play, we make love, we fall in love, we fall out of love, we have babies, we don't have babies, we live to a ripe old age full of wisdom, none of our family pass away as it only happens to others, we laugh, we cry, we go to work, we go home, we cook, we clean, we take a holiday...yada yada yada. However, just like on my journey of a lifetime through the snow, which left me 'scarred' for life (!), there are occasions, when Life throws us a wobbly and we are left out in the dark not knowing how we will ever get back to a safe space again.

This is where we need to dig even deeper into our inner strength and pull on the dwindling reserves and tell ourselves that 'I AM going to make it, I AM going to be alright.' It may not seem it at the time, just like I couldn't quite see myself ever reaching the petrol station, what says home, that night with the traffic back to back, parched and dying to go to the toilet. However, the journey might take longer than we envisioned and take us down roads we never imagined that we would be on but we need to keep the vision of 'home' in our minds and just....keep...moving...literally...one step at a time until we reach, plus yes, enjoying the view along the way. There was no point getting upset in the snow as everyone was in the same situation, all I could do was go with the flow and turn up the music. We may have to change route or change our mind along the way but staying true to our core means we are not in conflict with ourselves and therefore circumstances hurt less.

Desperate yes, disappointed, yes, cold and bitter, yes, shocked, fearful, disbelief, yes, a whole range of emotions happen during this time. It's about keeping the persistent thought of underlying belief, faith, dedication and determination that can see us through...in order to find our way 'home'.

PS. Remember...we couldn't see the daffodil and bluebell buds during the snow time but they were there all along. Now that the season has changed, we can see them clearly.

**“TOMORROW WILL BE THE OUTCOME OF TODAY. You choose.”**

Take Care now,

**KAREN at**  
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*Karen is a Qualified Certified Personal Development Coach and has been a Stress Management worker, Mentor, Writer, Woman's Group organiser/facilitator and Princes Trust volunteer. She is also a qualified Chartered Management Accountant coming from a corporate background. As she says 'I am Every Woman and Every Woman is me, whatever you're 'it' is, wherever you're 'at' in life, I encourage you all to say with me 'I CAN DO IT!'*

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