

HOW TO COPE?



When boomers, parents, students, and graduates call with the stress of not knowing what to do, I relate. Our society hasn't taught us how to be uncomfortable or allow someone else to be uncomfortable.

We want a solution, a fix and quickly.

Vulnerability is a gift not a weakness. If you can shift your perception that Not Knowing is NOT FAILURE, then you can let it be.

Clarity will unfold, just not at the pace you might desire. Ask five times: WHAT DO I NEED TODAY.

We ask once and think we SHOULD get an answer. Myth for sure.

I use this photo I shot of a sunflower showing the unpredictability of open and closed. Transitions invite us to go within ourselves and chat with what we know and don't know.

Ask yourself how you are doing today. What do you need? WHAT DON'T YOU YET KNOW? FIVE TIMES ask.

Simply Listen to what you hear without judging it. Write it down.

NEVER GIVE UP

"No matter what is going on
 Never Give up
 Develop the heart
 Too much energy in your country
 Is spent developing the mind
 Instead of the heart
 Be compassionate
 Not just to your friends
 but to everyone
 Be compassionate
 Work for peace
 in your heart and in the world
 Work for peace
 and I Say again
 Never Give up
 No matter what is happening
 No matter what is going on around you
 Never Give up "

---H.H. the XIV Dalai Lama

Last week while I was teaching, a woman gave me permission to share what she shared in the circle. She really wanted to be happy.

She attained a major goal and that didn't do it for her. She was uncomfortable resting, closing her eyes in the day because she didn't want to see or hear anything that might make her cry. She keeps busy.

She spins thoughts over and over in her bright mind so she can hear something familiar and not feel alone. Once she gave herself permission to not have to have an answer of how to be happy, she could slow down.

She became comfortable without figuring out where the answer to her happiness would be discovered and let it be alright for now to simply be in the unknown.

MAKE FRIENDS WITH THE UNKNOWN. MAKE FRIENDS WITH NO ANSWERS. Actually go within and ask that part of you, THE UNKNOWN, what it could teach you, what it has to say today.

Say hello to the part that has NO ANSWERS, YET, LISTEN to what that part wants to say to you. It might be non-verbal and still you will sense something meaningful.

The images the woman chose from photos on the floor that I laid out and the writing she did for herself, relaxed her into remembering that she knows a lot about herself that is great.

She remembered what nice things people said about her over the last years. She wrote them down. She shared her story of where she is today and where she might be heading tomorrow.

Giving herself permission to change her mind was freeing.

The number one reason people don't change is they don't start something, anything. START is key. Maybe you don't start something for fear you will be trapped there.

You get to change your mind. Begin something, START.... This doesn't mean start a project. It means start something. You get to decide what that might be today.

Did you know that when you say what you don't want to do or be, that saying leads you to what you do want? Your NO'S lead to your YES'S. Make a list of what you don't want to do or be. Notice what voice pops up that might be a surprise, but I do want to..... BE OPEN TO SURPRISES when you spend quiet time walking or sitting or noticing what you see right in front of you. You don't have to have an ah ha moment.

A moment is a gift. A present moment with self is meaningful.

I don't know what I want yet, and I will know something soon. Doesn't that sound more compassionate than, IT is time you figured out what to do.

Oh that inner critic is such a stealing energy and at the same time valued. Sometimes that critic gets you off the couch, doesn't it? Learning to walk with paradoxes takes practice.

Use the word AND more than BUT and see if that languaging helps. I am frustrated with no results AND that might be different tomorrow.

Natalie Caine

Featured in **TIME MAGAZINE, NY TIMES, LIFETIME RADIO FOR WOMEN, LA TIMES, USA TODAY, WASHINGTON POST, BETTER HOMES AND GARDENS**

Change is inevitable. Get Ready . Get Support. Life transitions need a hand to hold.

- Invite Natalie to speak in your community.
- Call for a private telephone consultation.
- Gather ten people and Natalie will do a workshop for you.
- Pass on this newsletter.
- Build a community

Natalie's Calendar



Boomer Summit, San Francisco
 April 29, 2011

www.boomersummit.com

Rancho La Puerta
 Tecate, Baja California, Mexico
 May 14-21, 2011 and

October 29 - November 5, 2011
www.rancholapuerta.com

Private Sessions
 Philadelphia, PA
 June 10- 12, 2011

Los Angeles Workshop
 "Life In Transition, What's Next"
 July 29-31, 2011



Interviews With Natalie

Caroline Dowd-Higgins
 "Transitions"
 April 4, 2011

www.nothecareeriordered.com

Boomer Nation Talk Radio – WGUL 860AM
 "That's Life" March 6, 2011

<http://www.boomerradioshow.com/listen.html>
 June 2, 2011

This Little Parent Stayed Home
 with Ally Loprete on Tognet Radio
<http://thislittleparent.com/2011/03/18/the-ideal-you-how-to-become-an-exemplary-version-of-yourself-as-a-parent-and-an-entrepreneur-03-11-2011/>

March 11, 2011

The Mom Advocate, Ann Marie
 BlogTalkRadio.com
 February 28, 2011

July 14, 2011

• *LIFE KEYS* with Lauren Mackler
<http://www.contacttalkradio.com/hosts/laurenmackler.html>
 July 11, 2011, 9am-10am ET.



If you go to Zion National Park,
 I recommend you stay at
 Desert Pearl Inn and eat at Oscar's
 Make a trip down the road to
 Red Mountain Resort and Spa .

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