

Let's Welcome 2011 with CURIOSITY and COMPASSION

December 31,
2010



Thank you so much for being part of my community.
I am feeling very excited and hopeful about the NEW YEAR. I know
more about my gifts and curses. I am stronger for living in the
unknown.

I believe in love and beauty and the mysteries of life.

One of the TRADITIONS I practice is, each year I use a CALENDAR where I hand-write thoughts, schedules, events, and feelings. At the end of the year, I curl into bed and read from January to December of that year. I am ALWAYS surprised at what I lived during the year. You think you remember, but you don't. I pass that idea to you for 2011. It is a way to fall in love with yourself.

- Being focused and open simultaneously takes practice.
- Being forgiving and realistic takes reminding.
- Tolerance takes patience.

Being in love is easy and the greatest joy of life. Love includes creative moments, moments with partners, friends, children, family, and community. Love of SELF seems obvious and yet we put time and nurturing with self on the bottom of a day. Rise up in 2011.

A woman thanked me this year and it stuck. She said, "I finally learned that changing the word, SINGLE to SOLO shifted my attitude, and helped me get on with my life. I am not less than."

A couple shared that their expectations were based on past roles they lived and when they fell into that habit, they missed the moment, and caused a lot of yelling and abandonment in the house. A mother dragged herself away from texting her kids and nagging them to text back by counting to five before she picked up her cell phone. The pause that refreshes and helps you hear, DON'T DO IT. WALK AWAY FROM THE PHONE.

One of my favorites was a mother who said, "I really don't like my daughter's boyfriend, but I adore my daughter enough to tolerate him. She had struggled with her not being able to control her daughter which was based on her not wanting her daughter to be hurt.

A woman shockingly became ill and that turned her into a person she didn't know. She weeps, she asks for help, and reminds herself that this is how it is for now and maybe not always. She now uses pastel crayons in bed to keep a journal and on days she feels great, she gets herself outside for a short walk.

Change is inevitable. It isn't predictable. It isn't because you did something wrong.

You can handle hurt. You have felt it before.

You can handle disappointments. You have lived those.

Can you begin again and bring yourself the wisdom and comfort you would give to others?

May this NEW YEAR hold you in peace, health, and dreams that lift your spirit and bring you appreciation of ordinary days.

Natalie

Empty Nest Support Services

- I am available for private consultations on and off the telephone.
- Speaking engagements at your events
- Support groups and workshops in your home town.
- Retreats one on one and in groups.
- Interviews
- Mentoring

Please visit the website for more information, blogs, stories, tips, FAQ, and audio conversations with Natalie, as well as, an ongoing active, free support community on the message board.

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Featured in *TIME MAGAZINE*, *USA TODAY*, *NEW YORK TIMES*, *ASSOCIATED PRESS*, *LIFETIME RADIO FOR WOMEN*, *BETTER HOMES AND GARDENS*, *RADIO INTERVIEWS*, *CHICAGO TRIBUNE*, *WASHINGTON POST*, and more...

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

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Natalie Caine, M.A.

Upcoming events for 2011

February 4-6 **Sparkle and Hustle** with Tory Johnson, Women for Hire

March 4-6 **Hotel Boulderado, Colorado**, *LIFE IN TRANSITION, NOW WHAT?*

April 9-16, **Red Rock Mountain and Resort**, *LIFE IN TRANSITION, NOW WHAT?*

May 14-21, **Rancho La Puerta Resort and Spa**, *LIFE IN TRANSITION, NOW WHAT?*

June 8-10th Private consultations, Philadelphia, PA

July 15-17th **Los Angeles, CA**, *LIFE IN TRANSITION, NOW WHAT?*

October 29-Nov.5, **Rancho La Puerta Resort and Spa**, *LIFE IN TRANSITION, NOW WHAT?*

Natalie Caine

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