



The cure for anything is saltwater – sweat, tears or the sea.

We tend to be fixers. When we see a dilemma we often begin to imagine its resolution. We assess the situation to understand the underlying challenge. We weigh various impacts to consider the best solutions. Ultimately, we choose from among the options and we live with the consequences of that decision.

Healing can take many forms.

Healing can come by working for change. We can endeavor to alter what we face. We can turn to our history and re-apply a successful past effort. We can shift our present course – slightly or significantly – and discern a new direction. We can carve out space for something previously untried or unfinished.

Healing can come by grieving what will not be. Change can be launched by letting go. We can release our attachment to something that matched our needs in the past, but no longer serves our needs in the present. We can grieve our former images of the future now that circumstances are different. Through our mourning, we can make room for new “what ifs...”

Healing can come through expanded perspective. We can redefine health and rethink growth. With our limitless capacity to make meaning, we can open ourselves to a new horizon of purpose. We can seek to understand what invitation is at our door, reflecting on what wisdom we are being given. We can consider the value of an unanticipated circumstance and redefine what it is to progress.

With abundant paths from which to choose, we can flourish.

What work am I being asked to undertake? What grief do I need to embrace?

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