



DreamLift

a monthly newsletter from

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helping people create a happier, more passionate life!

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"Keep your face to the sunshine and you cannot see the shadows." - Helen Keller

It's the Heart of Winter

I recently had a conversation with someone about February. It went like this:

Me: "How are you doing?"

She: "OK...considering it's February."

Me: "What's up with February?"

She: "I hate February. It's cold, it's dreary, it's boring, it's too long until spring, and it reminds me of terrible times in my life that I hate to think about."

Me: "Is there anything in the month of February about which you can feel grateful, happy or contented?"

She: "Nothing. Absolutely nothing."

And with that, she turned and walked back toward her unhappy life.

I felt a little sad. Here's what I took away:

- If you believe something is awful, it will be awful.
- If you believe something has no positive aspect, it will have no positive aspect.
- If you believe something is cold, dreary and boring, it will be cold, dreary and boring.
- And, if something only reminds you of terrible times in your life, you will find yourself re-experiencing those traumas as though you're trying to make those feelings and experiences real again.

I know this is true. Positive feelings and experiences can only come in when the door is open. And, the great news is that the door only has to be open a little crack...possibility only needs a bit of room.

How do you view February? Instead of "the dead of winter", I like to look at it as "the heart of winter".

Winter has a specific purpose in our lives. It's a time when plants and animals sleep in preparation for the renewal of spring. I use February as a time to plan, a time to prepare, and a time to determine my path for the upcoming months.

And I also remind myself that nothing needs to happen. Nothing needs to be fixed or changed or altered for me to joyfully experience that which is my right.

Playtime

Notice any grey-ness in your life. Be it external or internal, just begin by taking note of anything in your awareness that feel dark or dreary.

Is the illusion of darkness or dreariness serving you in the moment? Is it doing anything positive for you?

What would it take to move out of the grey-ness?

I can see your hands waving over your head as though you're waiting to be called on...You're saying, "I know, I know the answer!!!"

Because the answer is it would take a mere, effortless thought. A simple shift in your thinking. As if by magic, you have the power to change those dreary feelings in any moment.

Beating The Winter Blues:

- Find one thing for which you're grateful.
- Laugh at something, and laugh a little louder than you think you should.
- Kiss your dog on the lips.
- Have a summertime picnic in your living room. Play Jimmy Buffett music and wear shorts.
- Watch a really funny movie.
- Do something kind for someone anonymously.
- Volunteer your time for an organization you love.
- Write a letter (on paper, by hand) to someone who will be really surprised to receive it.
- Make up a new word and try to get it to catch on. My new word is "positack" - which I define as an overwhelmingly positive feeling that seems to come out of nowhere...such as, "I'm feeling so good, I'm totally having a positack."

And, more than anything else - keep looking for the joy!