



DreamLift

a monthly newsletter from
Carol McKay, Certified Life Coach
helping people create a happier, more passionate life!

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"I refuse to be a prisoner of the drama." Anne Hjelle

Would You Choose to Let Go of the Drama?

Anne Hjelle is one of my new favorite people. You may remember her story. While going for a routine ride on her mountain bike, Anne was attacked by a mountain lion in Southern California in January of 2004.

Statistically, there's no reason she should be walking the planet and telling her story. Yet today, she is recovering beautifully and talking about her miracle.

Anne is an awesome reminder of the power of letting go. Days after leaving the hospital, she visited the sight of the attack. When asked how she was strong enough to make the return, she said she refused to be a prisoner of the drama.

I tell you this because I have a comparatively small story, which I will share with you only to offer some insights and perspective.

On May 15, at approximately 2:30 in the afternoon, our home was burglarized. Ransacked is really a good word for what was done. They turned our home upside down, taking our treasures with them, and leaving behind disorder and a feeling of chaos.

I was the first one to return home, and could tell from the garage that people had been in the house. I've seen enough "Law and Order" to know I shouldn't go in alone, lest I find them in the house. Yet, I was overcome with worry about the dogs. So, I called Scott and he "walked in with me" on the cell phone. And, I made a deal with the Universe that as long as the dogs were OK, nothing else mattered.

The dogs seemed fine - still in the house, and appearing unharmed. And all I could think was "Thank You". I was so grateful to the people who invaded our house for allowing our dogs to be safe and sound.

Each day since that day has been so amazing - so filled with gratitude. I have learned SO much in this process.

First, I learned that sometimes people don't have my best interests at heart, so I will be more attentive to my personal security. Not feeling threatened or insecure, simply aware.

I learned that there is "stuff" and there are important things. All the important things in my life are still intact. We are well, the dogs are well, and we're all moving forward.

Stuff is gone, and it's only stuff.

I learned that someone can take my "stuff" without touching my spirit.

I learned that my personal characteristic of finding gratitude is firmly in place. I have found so many things for which I could feel grateful --- even on the very night of the incident.

And, most important, I'm indebted to Anne Hjelle for my new motto: I also refuse to be held prisoner by the drama. Anne said it so eloquently. A trauma can cause a person to feel trapped, consumed and imprisoned. And it doesn't have to feel that way!

Playtime

So you might be thinking, "But Carol, what am I to do with this information?" Here's what I'd like you invite you to examine: Is there a drama in your life you've chosen to mentally replay, repeat, and rerun? Are you stuck in a tragedy? Are you re-performing a script from your past?

Are you allowing yourself to be held prisoner?

Is there a chance that you could allow yourself to let go of that drama?

If you really look closely, you'll see there are no locks on the doors or bars on the windows of the detention center you inhabit.

If you've kept yourself confined to a prison, step outside. It's just a decision.

No keys, passwords or shovels needed...