

Tap into the Power of Your Life Transitions

Life is a journey. Most of us say it, and nearly all of us believe it! So why then are we so darned focused the next big step that we don't honour where we actually *are* along the path?

As women, we experience many emotional and physical changes during the course of our lives. These are our rites of passage. They're huge, important, and very often – ignored or trivialized.

(Ever been to a bridal shower where the bride-to-be walked around wearing a paper-plate hat with streamers on it?) Someone explain to me how that prepares a woman to figure out what *wife* means!

We talk about intention a lot at SWAN. Intention to make things happen in our businesses...intention to bring happiness into our lives...intention to contribute to our community.

What about bringing intention to how we move through our profound life experiences? Things like marriage, career changes, becoming a mother, career changes, a scary medical diagnosis, the death of our parents, divorce? These are some of the signposts of a lived life. These are the experiences that hold the most potential to transform us.

And yet, many people today lack the tools to face their milestones, be they of joy or sorrow. It certainly doesn't help that we live in a society that when the going gets tough tells us 'get over it' 'let it go' 'move on'.

I learned something valuable about this in recent years. In less than ten months I got engaged and married, underwent major surgery, and completely unraveled because of the suicide of my dearest friend. I came to see that to pass by even one signpost without truly understanding what it meant, was a way of dismissing myself.

So, how then do we bring intention to how we experience our transitions? Ritual and ceremony are powerful and conscious tools. When made deeply relevant, these provide a sense of personal symbolism, comfort, and an understanding of the continuity of life. A well-thought out ritual takes through a gateway; in it we metaphorically move from one phase of our life into the next. Sounds like a good idea, doesn't it?

Discovering your own personal rituals and traditions will enrich your life. So how do you begin?

- Take time to reflect upon the significant events of your life. This says something powerful about you. It says, "I value myself. This is who I am."
- See your joys *and* losses as motivational calls to adventure. Connect and surround yourself with inspires you – poems, quotes, objects, readings, people, places in nature.
- Reflect on the missed opportunities for ritual/ceremony you experienced in your own life and how these have affected you. What could you have done differently?
- Always remember that it's never too late to reclaim meaning and growth from unacknowledged events in your past.

And ladies, most of all, never forget that you are the heroine of your own journey!

With her warm-hearted, trustworthy presence, Celebrant Michele Davidson is highly regarded as an engaging ceremonial writer and officiant. From meaningful ceremonies for birth, marriage, and death (and everything in between) every ceremony is custom written to be entirely reflective of the client's values and beliefs.

533 words including bio