



Awaken from Wandering

The Newsletter

August 2008

Telephone: 603-759-1152

To receive a **Free Subscription:**

Email: elizabeth@awakenfromwandering.com

Acknowledging The Caregiver

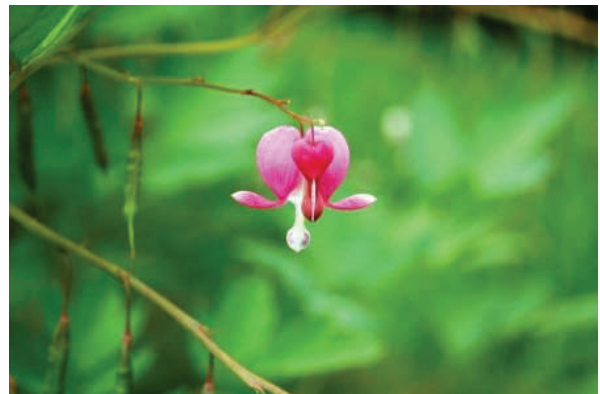
Caring for another person is the most natural thing we do. To a certain extent, we all do it at some point in our lives. When a loved one is unable to continue to help themselves and when care giving becomes full time it seems natural to want to help. Little by little, the care giving starts to take over your life. Perhaps without realizing it you spend all of your time not only caring for a loved one, but also thinking and talking about the care for that loved one. After a while, it can feel selfish to want to get away and remember who you are and do things for yourself. Our society is not well equipped to acknowledge and nurture the caregiver. There are support organizations and groups, yet when you become a caregiver, you are spending so much time thinking about someone else that it may be hard to find the support you need. It may also be hard to acknowledge to yourself that you need support .

Step out of the caregiver role for a moment. Define for yourself a clear focus and statement about what you want in the situation. Who do you want to be? What do you need and want for yourself? What do you want for your loved one? Then look at what you are doing as a caregiver. Is what you are doing meeting your desires or could you better meet your desired outcome by seeking help, help that will free you up to give the care that is of the most meaning to you and your loved one? Caring for yourself in times like this is vitally important. It allows you to be at your best.

Don't expect relatives and children to step in and help you out. Most people are wrapped up in their own lives and they generally do not fully under-

stand someone else's situation. Open honest communication with yourself and with family members is needed. Let go of the past. Let go of blame. Let go of expectations. Do what you need to do to relieve the stress and tension in your life. The ultimate goal is to provide loving support. Take care of yourself and your own needs so that you are at your best.

If you are a caregiver and you don't know how to begin to make healing changes in your life please call me and lets talk about how to define what you want. I am offering this as a free consultation. Call me to set up a time to talk. 603-759-1152.



Please pass this newsletter on to others and invite them to email me for a **free** subscription.

Email: Elizabeth@awakenfromwandering.com

Awaken From Wandering, LLC

*Helping people find
unity in their lives.*

Awaken From Wandering, LLC
Newbury, NH 03255
Email: Elizabeth@awakenfromwandering.com
603-759-1152
www.awakenfromwandering.com

Expectations

Is your life living up to your expectations? Do you feel that you are somehow getting short changed by life? Take a closer look at your expectations. Are they in fact limiting you in some way? If you are spending all of your energy waiting for expectations to manifest you might be missing a lot of opportunities that are opening up before you. It is hard to go through our lives without setting goals. However, goals become expectations when we do not take an active roll in their creation. When we step into that passive roll of just expecting things to happen we are giving away our power to create our own lives. Each step that we take on our path has been of our own creating. Each choice that we make is based on our active participation or on our inactivity in a given situation. Expectation implies a sense of inaction, a sense that something is owed to you. Activity requires us to participate in our lives and requires us to make decisions and to review from time to time, where we are going so that we can make course corrections.

In what areas of your life are you actively moving forward? What areas are you waiting for something to happen? Make a list of what you want for yourself in all areas of your life: work, family, relationships, financial, self-care, community, personal development, and happiness. Really look at what you want and be honest with how you are doing. Dig deep and find your truths. No one else needs to read this so you can be as wild and honest as you want to be. It can help to create a personal life mission statement. Look at what seems to be coming up as a personal truth for you in all areas of your life. See if you can create a personal mission statement, something that defines your journey through this life. When you hit on it, you will know it in your heart. Clearly defining what you want and defining a life mission statement is a first proactive step into your life.



Copyright 2008 by Elizabeth P. Ashworth

Up Coming Programs

Cook Book Master Mind Group

Is there a cookbook in you? Would you like to finally get that book onto paper? Allow the synergy of a group lead by a professional mentor help you get there. As the group begins to pull together in support of each other the synergy they create propels them forward. Visit my [web site](#) for more information.

100-Day Challenge

Join me for the next 100-Day Challenge. What is it that you want to master in your life? Give yourself 100 days to explore on your own with twice weekly support calls with a professional mentor. Visit my [web site](#) for more information.

About Elizabeth

I am a Mind, Body, Spirit Professional Mentor working with clients who are seeking more out of life: more energy, more satisfaction, more creativity, and more passion. I have spent my life working on my own path and journey. My journeys have taken me to training in the following healing practices: Coach U Graduate, Intentional Self Healing Practitioner, Theta Healing Practitioner, 2nd Degree Reiki Practitioner, Craniosacral and Massage Therapist, Equine Massage Therapist, Herbology, and ULC Minister.

My mission is to find truth and beauty inside myself; to find my way home and to hold my hand out for others on their journey home; to let my spirit and connection with the creator shine in all that I do. I have spent time listening to people that I have met. All of us are on a journey and we all have wisdom to share.

Please visit my web site for fees and services: [Fees and Services](#)