

Release & Renew

Release (re les'), n. liberation from restraint; deliverance from pain or distress; the giving out of something; the escape of...

v. to set free; to let go; to permit.

Renew (re nu') v.t. to restore, renovate, re-continue, to grant or obtain.

WOW! Such meaningful words!!! As I sat contemplating what my article was going to be about, these two words kept coming to me over and over. So one way to get me started is to look them up in the dictionary and go from there. Looking these words up and seeing the meaning to them has my mind going in many different directions. There are still many areas of my life today that I want to release and renew but in review of my past I realized are areas that I already have. What a relief!

The end of the year is a hard time for me being that it is Christmas, my birthday, my anniversary (soon not to be) & New Years Eve. Always on Dec. 31, New Years Eve; my birthday, I have looked over that year and decided what I wanted to do differently the next coming year to help me not repeat the same mistakes I had made that year. Invariably, there would be the weight and health issue that I would face once again, just like last year and the year before. The only years that I can remember my weight not being an issue was when I was pregnant. Then I had a great reason to be "heavy" or "overweight". In reality, I have never been satisfied with my weight whether I weighed my perfect weight or 50 pounds over that. In the past, I would start out with six or seven new magazines all having appealing headlines of "Loosing Weight The Easy Way", "5 Pounds Lighter in One Day", and a couple of books to start me off on the right foot in order to do this year right.

The things that I continue to release and renew are my "old" body images of how I looked at 18 and how I am creating my new body image by the way that I "FEEL" today; comfortable in my body at 46. I am learning to enjoy the changes that have taken place in and out my body, including menopause and remind myself how my body supports me the way that it does today. I realize that my "old" body image is outdated for me today. I look at old beliefs about my weight, size and looks needing to be a certain way and I realize that I am now becoming OK with my body being 25+ pounds overweight and wearing a size 12+. This weight is a protection for me at this time. It is protecting me of the pain of a divorce. This is ME and who I am, in this moment, today. I am accepting that.

After looking at my past failures I realize that they were not failures but very important learning experiences that I have needed to go through for one reason or another.

I use to continue to look at what was not working but I am now looking for what IS working in my life. This sure changes my attitude quick.

The old relationships in my life that are not conducive to me being me have fallen by the wayside. I now have relationships with people who truly care, support and love me just the way I am. This is freeing for me to be comfortable with who I am today.

As I have listened to self criticism in the past, I am now changing my listening to a new self talk; a self talk of acceptance of myself and a loving voice that cheers me on throughout my day.

I am not saying that all of these issues are all gone; no, they still creep back in periodically. I do listen to the old self talk for awhile and realize that this is an old voice or tape and do some self talk back to her and let her know that she does not serve me well today and I change the talk to one that is much more gentle, loving and reaffirming of me.

Yes, I still want to lose some of my weight and I will gracefully and slowly as my body decides it does not need it or that it is time to let go of it. I know the more that I release the pain in my life at this time; I will release my weight also.

So, where and how are you going to start this year, with the same old tactics or are you going to start with new ones; tools that will be more inline with who you are today? Let's start to take the easier, softer way, lighten up and just accept that we DO know what is best for us and our bodies, just the way they are, will release and renew when we start to listen and understand our bodies, allow and trust our bodies to teach us what is good for our bodies. It is ALL good!