

The greatest conundrum about the road to wellness is how exceedingly difficult it is to get well when one doesn't feel well. I was reminded of this conundrum recently when I came down with a severe cold. For the first couple of days, my patience was high and I spent each day caring for myself, and just being still to allow my body to repair itself. By day three, my patience was waning and I continued to question why I got sick and why I wasn't getting well. Fully perplexed by my symptoms, I was grouchy, frustrated, and beginning to feel depressed. I oscillated between thoughts of being grateful that I have my health (most of the time), and thoughts of how life is not worth much without it. As I contemplated the pointlessness of all activities I was amazed at how quickly my slide into dark doomsday thought patterns came on. This short stint of a seven day bout of a wintertime cold reminded me how thin the veil between meaning and pointlessness is. Bi-polar episodes of mania and depression are nothing more than outreaches of this thin veil and the very nature of life that impacts us each day. Will today be filled with joy, peace, love, and the beauty of life or will it be filled with fear, hatred and disgust for this life experience? Isn't this paradox the very thing that vexes us humans most?

Because of this, I contemplated for some time how I might handle the tricky nature of writing this section. It was difficult because I am aware that the journey for each of us is unique, and that the gift I give to you is in

my personal discovery of truth, love and freedom. In the following section, you will go with me as I walk my path to recovery. My journey through the peaks and valleys will look different than yours because there are so many paths. Many masters have gone before us and offer us signposts along the path of life. “This way” their messages echo. Perhaps you will find my story another signpost to help you along your way.

I am certain that each of us can achieve peace, love and freedom in this life. What you’ll find in this section of the book is an offering of ideas, resources, and maps that can help you on the journey. Take what works; leave what doesn’t and know that you are perfect exactly as you are.

I wanted to prepare an offering that would meet each individual where he or she is and provide enough choices so that each reader could find their own starting place. A place wherein you can connect to your own life-fulfilling story rather than a life of suffering. Here I offer a way for each of you to *Meet Yourself in the Middle* between the emotional highs and lows from your birth through death on planet earth. Welcome to the opportunity to truly know who you are, and experience your life as it was intended. Be free my friend, free to love, free to create, and free to be just as you are.

My greatest wish for you is that you develop the art of *conscious choice* in all decisions related to your life. You decide... You discover... You create your life!