

Nature's Wisdom Circle



Befriending All of Ourselves

About me

“Without the darkness, you would never know the light.” Yogi tea bag

My intuition has been telling me to share some of my story with you rather than just presenting my bio - so I am going to trust that. I have been traveling a winding road of recovery and discovery for over thirty years now, and I can honestly say that life continues to surprise me in magical and mysterious ways on a regular basis.

Here is a snapshot of my background. I spent the years of early childhood through adolescence in a very dual or conflictual state. One version of me was running wild and wide open outside playing with siblings or friends unsupervised as we communed with nature, climbed trees and rode horses. The other version of me sat suppressed inside a classroom all day, disconnected from my body and emotions, and then into constricted survival mode while inside our family home. I am the middle of five kids and my parents were usually stressed out, angry, anxious and/or depressed. I realize now that there is ancestral trauma on both sides of my family that has been passed down for generations.

None of the adults knew how to contain their own energy or express their emotions effectively. It was very confusing for my highly sensitive body and nervous system. There was zero training at home or in school as to how to find the middle zone. I did not know how to feel or express my emotions nor how to drop into the relaxation response in the mind and body naturally. As a result, addictions of all kinds became the way that I acted out the trauma, and self medicated or soothed myself through the daily stressors. I was hooked on substances of all kinds from the very first introduction to alcohol at the age of thirteen, and it continued daily until I was thirty-two. As I look back now I can understand that I was reaching for something outside of myself in the morning to help energize me, distract me from what I was feeling, and silence the inner critic, and then at night I was using something to help me relax. In a nutshell, the first third of my life was full of many missteps, many dark moments, and many interesting learning experiences that I would need to digest and integrate later on. There were treasures hidden in the rubble.

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” Rumi

Fast forward to the second third of my life. My former husband and I found our way into Twelve Step Recovery in 1990. We cleaned ourselves up, proceeded to grow a profitable business together, and all seemed good and productive on the surface. After being sober for ten years, I felt as if I had checked off most of the boxes that society proclaims makes us “successful and/or worthy.” I lived in a beautifully manicured neighborhood where I had the opportunity to creatively renovate and decorate every square inch of our home inside and out. I drove a nice car, was married, had money in the bank, a career, etc. but something felt like it was sorely missing from inside of me that I couldn't quite put my finger on. Then one summer day, while speaking to a friend as we sat on a weird pirate ship in the harbor, out of my mouth came, “I feel as if I am just a giant head walking this planet!” That statement completely took me off guard and ended up changing the trajectory of my life. It very quickly initiated a process that led me to a four day psychodrama workshop on codependency recommended by my “pirate ship” friend. Then back into therapy, and six months later I returned to school to obtain my Bachelors and Masters in Social Work. I was on a mission to find out how I had lost my authentic wild child soul, my deep connection with nature, to Source, and the feeling of aliveness in my body.

“We must be willing to get rid of the life we have planned so as to have the life that is waiting for us.” Joseph Campbell

After graduation I worked as a Crisis Counselor with adolescents and their families. I worked for a nonprofit and was located within a high school setting where I specialized in addictions of all kinds. Weekly grief groups during the school day needed to be introduced as the result of several student deaths. One of the groups designed an annual community event where we would come together sharing food, music, crafts and end the day with a Celebration of Life ceremony in honor of the kids who had passed away.

During that time I was also undergoing multiple losses in my personal life. I left my marriage and the security of our business. Then my mom and four cats passed away one right after another. Everything that I had worked so hard to build was unraveling very steadily and I could tell that I was burning out. Many dark and sleepless nights I would toss, turn, pray and question what was the next right step for my life. My Social Work education had helped me to understand part of what I was experiencing, and also witnessing in my clients, but there was a growing need to know more than my education was able to provide.

Fourteen months after my mom passed away, with very synchronistic timing, she started appearing in lucid dreams as a wise elder offering guidance to walk a new path.

When she wasn't arriving in my nightly dreams she was appearing in the body of a black swallowtail butterfly while I was speaking to her out loud as I walked in nature. Sometimes the butterflies would land right on my body while I was speaking to them as if answering my questions in the moment or letting me know that we are never alone. This helped me to

understand that love never dies, it just changes form as a few of my cats have also delivered messages from beyond in various ways. My soul, my mom, my soulmate cats on the other side of the rainbow bridge, all seemed to be delivering the same message in their own ways. They were encouraging me to leave the old life that I had known, and step onto a new journey of adventure, deeper initiation and recovery. I felt too intrigued not to follow this newly developing thread. Because, although my mom looked the same in the dreams, she spoke with wisdom and clarity that she had not had while she was living within her body. It was an initiation of trust and healing the mother wound of separation. I had been in resistance to her energy and her mothering style my entire life. My question was, if I could not trust her when she was alive, would I trust her promptings now?

“If you can see your path laid out in front of you step by step, you know it’s not your path. Your own path you make with every step you take. That’s why it’s your path.” Joseph Campbell

I chose to trust the guidance and nine months after her appearance in the first lucid dream, I had significantly downsized my material possessions, resigned from my job and left everything that I had known living on the East Coast. I moved myself to the West Coast in the fall of 2012 where I would know no one but would be enrolling in a Holistic Life Coaching program. It would be a complete starting over. I sent my furniture and belongings ahead, and gave myself three weeks to adventure across the country solo. It allowed my mind to clear as well as shed some outdated roles, expectations, and conditioning. It helped to create some space within myself for what was wanting to come forward next. It was a very memorable trip.

I arrived in Northern California feeling more relaxed than I had in a very long time, if ever. I instantly fell in love with my new apartment, the simpler and slower pace of living, the weather, and the land. After a few months I was introduced to the river and wooded trails nearby. I have become a frequent visitor, where I walk barefoot through the woods, commune with the earth, the trees, the rocks, lie on the river bed, and swim in the flowing waters. My inner child adores the wild nature of this environment and the freedom to just BE. One particular wise old Madrone tree has become a mentor and healer for me as I have watched her transformational seasonal cycles through the years. That is a whole story in itself!

“If we surrendered to earth’s intelligence we could rise up rooted, like trees.” Rainer Maria Rilke

I completed my program and became a Certified Holistic Life Coach but my body kept saying, “No, not yet. There is more that you need to understand.” I stayed with the question and the uncertainty of where my soul, my body, and the ancestors were guiding me. One day while I was watching a presentation by a Qigong teacher on an online summit, I knew immediately that that was my next step. I did the full training and became a Certified Qigong Instructor in 2014. That has been one of the most important decisions that I have ever made. This ancient movement practice is based on the teachings of nature, the natural rhythms, the elements, and the cosmos. As we release stagnant energy, we are opening and aligning our three energy centers. These energy centers are known as the Three Treasures: our mind and the universe above us; our heart and nature all around us; and our body center with the earth below us. Even when we can't get outside, we can bring the energy of nature inside of ourselves. Qigong has helped me to release old trauma, to truly feel safe inside of myself so that I can feel more connected to my authentic nature, as well as the interconnection with the web of life. It has helped to blend my wild child soul, along with

wiser yin/feminine and yang/masculine archetypes at the same time that I am reconciling with a higher power - who I had felt abandoned by earlier in my life. It has been a tremendous healing journey and has also led me to study Astrology from multiple perspectives; Shamanism; Dreamwork; Gene Keys; Human Design; Inner Alchemy; and Trauma Recovery as I weave them all together for a multifaceted approach of deeper understanding of who we truly are.

“The purpose of life is to know yourself and love yourself and trust yourself and be yourself” Yogi tea bag

So, here I am now in the last third of my life and I am still a continual work in progress.

Nature and the ancient wisdom teachings have shown me that life is a continual expansion, shedding, composting, rebirth and embodiment process as we drop deeper into our True Self. It feels like coming home to the natural seasonal cycles of wholeness that are always here but bound up underneath tension and outdated programming.

Nothing in nature is stagnant, or has an inner critic, or questions who they are, or why they are here. I can assure you that Grandmother Madrone feels no shame for her wild expansion in the Spring; her messy shedding skin and exotic colorful body in the Summer; her beautiful berries falling to the earth in Autumn; or her wise and quiet stillness in the Winter. Nature and Grandmother Madrone have helped me to continue to rewrite the story of my own life. The first version of my life story was a drama of powerlessness, chaos, victimization, and many mistakes. That story has transformed into an adventure of a woman who has gained strength, courage and acquired wisdom along the many twists and turns on her spiral path as she continues to journey into unknown territory, dives deep, and playfully dances with the darker and lighter aspects of being a messy full spectrum human being walking on planet earth at this time of Great Change.

I have come to call myself a soul guide, or a companion, or a co-adventurer for those who also feel called to restore their inherent wholeness and rise with embodied power, along with an open heart and acquired wisdom no matter your age or gender. It is a journey of unifying all the parts of ourselves with love. Befriending and rewiring our inner child, welcoming all the aspects of ourselves home as we reparent with updated divine masculine and feminine energies, archetypes, and Nature's Wisdom. It is a process of RE-membering, connecting deeper to the present moment, and becoming more awake.

The personal development path is not for everyone, but if my story resonates with you, and you too are feeling the call to adventure further outward or deeper within yourself, I hold out my hand to you and say,

“Welcome. I am here to walk alongside you onto the New Earth.”

**“Out beyond ideas of wrongdoing and rightdoing,
there is a field. I'll meet you there.
When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase “each other”
doesn't make any sense.
The breeze at dawn has secrets to tell you.
Don't go back to sleep.
You must ask for what you really want.
Don't go back to sleep.
People are going back and forth across the doorsill
where the two worlds touch.
The door is round and open.
Don't go back to sleep.”**
Rumi

