



One Fit Widow ✓

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One day, you wake up and realize you've just survived a winter that was brutally cold and eternally dark. For the first time in what seems like forever, you feel the sun on your face and a hint of warmth in the air. You look around, it's quiet, the noise and distractions have all but faded away.

When you emerge from this winter you are new again. Not in a way that everyone recognizes but in a way that deep in your being you feel and you understand. What took you into your darkness, your winter, it is called a transition point, and from that moment of realization you can't help but morph into a new being. This change and transition informs the way you see the world around you. It washes away the old and it provides a deeper sense of importance for the new. Suddenly the petty worries, the small inconveniences and the heavy weight of the dense snow, it begins to fade away with the sun's light.

Your transition point may have come from the death of someone you love, physical or emotional. It could come from the loss of yourself on this journey towards personal development, or it could have come from serious illness and extreme pain. There is no one size or one kind of grief that propelled us towards transition but rather an enlightenment of what matters and how awake you are to possibility, kindness and a deeper meaning in this life.

So you find yourself, new again, with a growth that feels like nothing you have experienced before. You find yourself alone in the spring sun, allowing the simple troubles of yesterday to melt away.

Your transition point is not something you can experience with others and many won't understand. As your life morphed without permission all that you experienced morphed too and you can't expect those who haven't transitioned to understand the journey you are now on. This new vantage point is often so incredible you wish for the world to see what you see, but until they've reached their own transition they won't understand. What you can do is share your light, your priorities and your way of being as a beacon of awareness for those around you still stuck in external darkness.

Never doubt, never question, never wonder if your personal transition changed you, it did. The key is not allowing the external chaos of the world to take away your new place of being. This new place is deeper, more textured and expansive than the space before and it is complete with a sunlight not felt by those who haven't walked in the darkest night.

What took you to transition held the deepest pain, no doubt, that's the only pain that could ever awaken a new existence and level of consciousness. I'm not asking you to embrace the pain as a gift but I am asking you to awaken to your new existence and see what you never saw before.

Beauty in the smallest things

A sense of knowing deeply what truly matters

A depth of love never felt before

Peace

Awareness

Light

Allow the spring after transition to fill your soul, and find peace in knowing your view of the world is now more than most will ever experience. Hold onto that knowing and continue to allow it to grow. Protect its young buds and continue to develop deep roots below the surface of life's typical limitations.

Transition towards the new you.

You paid a large personal price for this new view, embrace it and it will change you in ways you can't even imagine.

Good morning to the new light and the new you.

Michelle