

The Journey to Doing What I Love and Loving What I Do!!!

Living through the waves of life
I'm learning how to sail my own ship

The Journey Begins



Sitting across from where my dad used to sit, I'm surrounded by self-help books and tapes, trying to find my way through the silence he left behind.



I looked in the mirror and saw two sides of myself: one depressed, the other wildly happy. It was then I realized I might be dealing with something like bipolar disorder.



As I moved frantically inside and outside the trailer, my mother-in-law and my husband watched over me. They were my heroes during one of my most turbulent nights.



In the pool, with the soothing sounds of Hawaiian music around me, I felt a glimmer of happiness and a desire to heal.



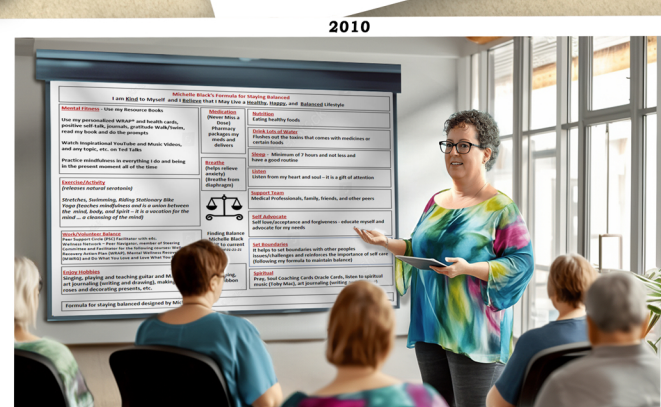
Engrossed in my artwork, lost in colors and shapes, I was oblivious to the worried glances of friends and family trying to reach out to me.



Surrounded by hospital walls, my canvas became my refuge, helping me to express and understand the chaos within.



Through art, music, and yoga, I found my rhythm again, each note and movement guiding me back to myself.



Standing before an audience, sharing my journey and the tools that helped me, I felt empowered and hopeful about guiding others.



I no longer feel broken; my spark has been lit. Like a rose blooming petal by petal, music was brought back to me. Surrounded by symbols of my passions, I embrace a future filled with hope and new beginnings.



I started singing Bette Midler's 'The Rose' and, over time, doing the things I loved at the hospital, I felt like a seed blooming into a beautiful rose, one petal at a time.



Though broken and having lost my will to play music, I remember that doing what I love can help me heal.



I started a new job, working longer hours, only 1/2 hour for lunch with longer commute times. I found myself not taking the time for self-care or for the things that I loved doing. My warning signs became more severe and I was once again admitted to the hospital.

The Journey Continues



Now I'm living my life - one day at a time - doing what I love - and loving what I do

It's making a difference - each day through - I'm enjoying my life - no matter what I do

