

MIND *body* spirit

By mixing the ingredients of attitude and action, we can change the flavor of our own lives. Learn to nurture your body and soul to lead a more balanced life.

ALL in the GROOVE!



I LOVE THE THEME of this month's issue so much! "All in the Groove" takes me back to the 70s when we were grooving to many things in pop culture.

I smile with fond memories of the time I spent in the discotheques wearing my Danskin skirt and platform shoes, grooving to the Commodores, Earth Wind & Fire, and the Bee Gees.

The 70s was and still is my favorite era. The music speaks to my soul. The uninhibited dance moves could be compared to a whirling dervish, but they contributed to our overall health and wellness.

Recently, my husband planned an at-home date night and he informed me that we were going to watch PBS Hits of the 60s and 70s. To us, a couple hours of listening to old music and seeing entertainers with big hair, loads of sequins, coordinating leisure suits and smooth, carefully choreographed dance moves was what we needed to get our groove on.

I thought it was the greatest gift he could have given. At the end I was full of energy and my soul was refreshed. This date night was especially important to me because recently I, like many of my clients and possibly many of you, have felt a disconnect between my mind, body, and spirit. For about ninety days I pondered my health and wellness and how I could regain my overall mental and physical health.

SOME OF THE STEPS I TOOK TO REGAIN MY GROOVE INCLUDED:

1 I allowed myself to feel the disconnect and discomfort ... Let it be; embrace the moment; be open.

2 I coached myself using The Model (a tool I learned through The Life Coach School) that reviews the sequence of CTFAR.

- Circumstance
- Thoughts *(there were many!)*
- Feelings
- Action
- Result

3 I hired a coach with the goal of discerning my thoughts about the last 12 months and the story I was telling myself that I was disconnected from my mind, body, and spirit.

4 I booked an appointment with the amazing Dammah Debbie Chisholm for a Reiki and Intuitive session which helped move the energy in my body. Debbie shares that "when you activate the energy of the heart, you activate the energy of all things possible great and small. Breathing new life into all that you do and all that you are."

5 I made it a daily habit to turn off Facebook, podcasts, books on tape and hit shuffle on my Apple music instead.

After taking steps to connect my mind, body, and spirit I finally have clarity and reconnection to my purpose. My feet are once again connected to the earth (except when they are dancing).

Are you struggling to connect with your mind, body, and spirit? If music and movement fill your soul, then take the first of many steps and go out and get your groove on!

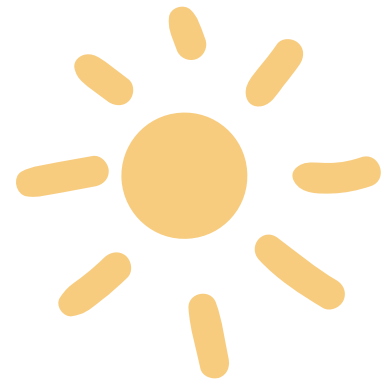


Nancy Beard is a certified life coach who works with women to help them "Find Their Joy." Connect with Nancy to learn about individual coaching or motivational speaking at nancybeardcoaching@gmail.com or at <https://nancybeardcoachingllc.com>.



LIVING IN THE **moment**

Just a walk (or swing) in the park!




MY 34-YEAR-OLD DAUGHTER CAME HOME FOR a visit from Seattle and one of the first things I asked her was, “What do you want to do during your visit?” She replied that she wanted to go to Jetton Park in Cornelius. She loves the memories of the walk around the lake and a picnic afterwards. But what she really wanted to do was *SWING*. I love to swing, and quite possibly I have passed that on to the next generation.

We arrived at the park and set out for the swings. When we got to the playground, we noticed it was crowded with loads of mommas and their children. We were anticipating a middle-of-the-week park visit ... free from people! At first I thought maybe we should skip swinging and just walk due to the crowds. I looked at my daughter and asked if we were perhaps too old to be swinging anyway. Just then we spotted two open swings and made a beeline, not running (there was a sign that said **NO RUNNING**) but we were walking quickly before one of the kids could take the seats that we knew were reserved for us.

I think the seats must have gotten smaller but who cares! We grabbed the chains, backed up a few steps, and started to propel forward.

We pumped our legs and went higher; we laughed and talked as the breeze hit our faces. We remembered what it was like to swing so high that it tickled your tummy. For both of us, swinging represents freedom and courage. We did not hold the usual swinging competition to see who could go the highest due to the number of children in the immediate area—we will save that for the next visit.

The minutes passed and the joy was immense. We noticed there were a few children eyeing us as they were longing for their moment in the swings. After about five minutes of sheer joy, we relinquished our seats so that others could make lasting memories. No matter the age, there is nothing better than a mother and daughter just swinging in a park without a care in the world.

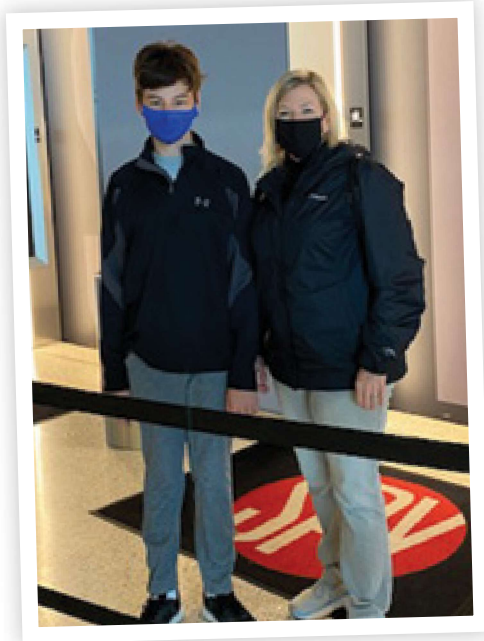
Parks have always been a fun place to visit for our family. We like to walk, hike, picnic, and enjoy nature while we enjoy each other. Decide to visit a park, jump on the swings, and do not worry about who is watching—enjoy the memories from the past, make memories in the moment, and let the breeze give you a big hug. 



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A SEXAGENARIAN AND A TEEN

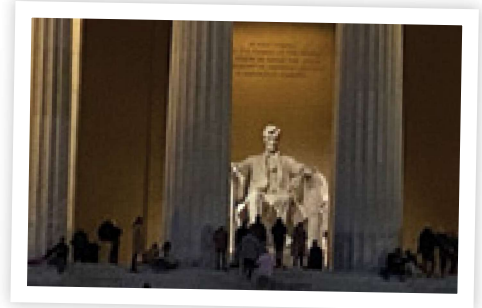
Parker, my grandson, and I like to walk, talk, and study anything history, so last summer we made a plan that we would travel to Washington, DC, for a long weekend in April 2021, post-Covid, to visit museums. We are the perfect museum companions because we both like to read every sign and soak in all the information.



THIS MONTH WE TRAVEL TO **WASHINGTON, DC**, WITH NANCY BEARD, A CERTIFIED LIFE COACH WHO LIVES IN LAKE NORMAN, AND HER GRANDSON, PARKER, A RISING 9TH GRADER.

WHEN PLANS GO AWRY

As we landed in Washington, DC, and headed to our hotel the reality became clear that this was not going to be the vacation we imagined. There were barriers in front of most federal buildings and a plethora of military presence. Tourists were at a minimum. This was spring in our nation's capital and the streets should be bustling, yet many were empty. As we headed out from our hotel, there was a disappointed funk between the two of us that needed to be corrected.



ADJUSTING YOUR SAILS

For me, I am a planner and I like my plan to work. For Parker, he had promised to share with his Nana all that he learned at The Holocaust Museum. We stopped for a few minutes in front of The Smithsonian Castle and discussed that this was not the vacation that either one of us wanted but it could become the incredible vacation that we created. Yes, we both needed a check-up and attitude adjustment. From then on it was smooth sailing.



AND MEMORIES WERE MADE

We purchased a two-day pass on the Big Bus Tours and soaked in the history and then went again for a night tour. We went to the Warf and enjoyed fabulous food at Hank's Oyster Bar and then the next day, to change the tone, we traveled to the magnificent Ben's Chili in Georgetown for world-class chili, hotdogs, and hamburgers.

WHAT WE LEARNED

- At 5 years old, Parker wanted to be a soldier and I wanted to be a Rockette.
- He made me listen to rapper Eminem and I made him listen to the Bee Gees.
- The sexagenarian can keep up with the teen.
- Even with a 50-year age difference, two people can have much in common.
- About 12,000 steps on foot was enough for both of us.
- We are both capable of taking disappointment and turning it into a grand adventure! 🌟