



The Athena Wellness Podcast
Episode 167 – Vancast: Ebb Tides and Renewal
December 7, 2022

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[00:00:05] Kathy Robinson: Welcome to The Athena Wellness Podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

[00:00:30] Kathy: Before we begin the show, I wanted to let you know that at the time of this recording, I have two 1:1 coaching packages left for the winter season.

The *From Type A to Type Be* coaching program is a transformative journey that's compassionate, yet results-driven, perfect for those ready to reclaim a life dream. If you're looking to transition out of a corporate career, reinvent yourself, write that book, start that business, or optimize your holistic well-being, visit AthenaWellness.com/coaching or click on the link in the show notes to learn more. You can book a free, no-pressure clarity call with me at your convenience and I welcome the opportunity to speak and work with you.

[00:01:23] Kathy: Hello and welcome. Thanks so much for joining me for this shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.



Today's show is a Walking The Talk Vancast, a look behind the scenes into what I'm learning and working through along with a takeaway for you. These portable episodes are informal and casual, recorded on the go from wherever I happen to be at the time. And today, as winter approaches, I'm perched near the fireplace with my van recording equipment all set up doing a fireside chat.

[00:02:04] It's December, an interesting month that's filled with ebbs and flows. Many of us are in the middle of the holiday season filled with preparation and plans to take some time off in the coming weeks. From a business perspective, many are wrapping up the quarter and the year.

It doesn't feel like a time to start something new, which is where my Type A self thrives - in the flow. Instead, it's more of a Type Be ebb time focused on completion, reflection and renewal.

The phrase *ebb and flow* is defined as a rhythmical pattern of coming and going, of decline and growth, of increase and decrease, or of rise and fall. It describes the natural cycles that are all around us, the changing seasons, the wax and wane of the moon, even the inhale and exhale of our breath.

In fact, every aspect of our lives is in some sort of continuous cycle of expansion and contraction. Everything is comprised of energy in motion and part of a larger Universal flow. I'm sure you can bring to mind the times when you were in flow. It's almost like being carried in the direction you want to go, which feels wonderfully



supportive. Doors open, planets align, things seem to happen effortlessly. When we're in a good life flow, we feel like we're moving towards something meaningful in a productive way.

And then there are times when we experience the opposite, the feeling of ebbing. It can feel like a struggle, as if the tide has turned against us and we need to work twice as hard to make just a little progress, if any. Sometimes it can feel like getting caught in a rip current, taking us further from where we planned to go.

When you're in flow, it's easy to forget that life is cyclical and the ebb tide will come back at some point. Conversely, when you're held in an ebb tide, you can get comfort knowing that flow will return.

[00:04:25] So how do we position ourselves to handle life's patterns as easily as watching an ocean tide ebbing and flowing as it gently moves on and off the shore? The advice is similar to what we're told when we're caught in a rip current. So here are a few things to keep in mind when you are experiencing a life ebb tide.

- **Remain calm by staying present.** Focusing on the past or the future can keep you in a current of worry or fear. Instead, take a deep breath to center on the present moment.
- **Float or tread water.** Your instincts may be to fight the current, but it's in your long-term interest to use your energy wisely on what can help you the most.



- **Ask for help.** What's your equivalent of a qualified lifeguard? Who can be your neutral sounding board? Perhaps a therapist or coach or a spiritual counselor?

These initial steps will provide the foundation to help you more easily recognize your natural life tides and stay open to work with them with more ease.

Working with your life ebbs and flows - that's my invitation for you. Once you've established a strong foundation and would like to go deeper, consider holding these questions, which are especially helpful if you feel like your flow has ebbed.

I've grouped the questions into three categories:

1. **Reflect on the bigger picture.** What are the larger cycles and tides of which you are a part? How might you best spend this time - listening, learning, practicing self-compassion, slowing down, getting specific on life vision? How might you discover the lessons and learnings of these times? What brought you to this place? What changes would you like to make? How can you get ready for the flow to return? And what's the best way to clear what might be blocking its way and release what no longer serves?
2. **Identify one gratifying activity.** Now that you have an idea of where you are and where you'd like to go once the tides turn, what's calling you to that general direction? How might you begin to explore its essence? How can you invite beauty and joy into your life today? How might you invite more positivity and perspective?



3. **Rely or recommit to your wellness practices.** How can you honor your well-being to offset the push and pull of life tides that can wear you down? What self-care practices will best serve you and help you reflect, rest, recover, revitalize and regenerate? What will help you stay faithful, enjoy this time, and trust the return of life flow?

[00:07:49] If there's one takeaway from this vancast, it's this: The time we spend in an ebb tide is not wasted time, but one of wisdom, growth and learning. We can envision this precious time as an investment, one that renews our relationship with ourselves, our loved ones, and the world. After all, it's actually the ebb that creates the flow.

I'd like to leave you with a quote from Anne Morrow Lindbergh, author of the classic book *Gift From the Sea*. She wrote, "Perhaps this is the most important thing for me to take back from beach living: Simply the memory that each cycle of the tide is valid, each cycle of the wave is valid, each cycle of a relationship is valid."

[00:08:51] Kathy: Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.



If you'd like to access the show notes, have a question you'd like addressed on a future episode, or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!

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[00:09:53] [END OF AUDIO]