



**The Athena Wellness Podcast**  
**Episode 202 – A Red Kimono on the Horizon**  
**May 31, 2023**

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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:** Hello and welcome friends. 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, with my van in the shop, I'm on my back deck on this gorgeous sunny day. I took a trail run this morning and I'm all ready to go.

In [Episode 200](#), I shared a bit about my recent solo cross-country trip and concluded that it was going to take some time to integrate the learning. In particular, I summarized my main takeaway as less about doing and more about



being at this time in my life. The way I described it was there are still podcasts to create, articles to write, coaching and consulting and teaching to do, there are relationships to nurture, and life to live. The undoing part of all of this is expanding and tending the space needed to bring those things forward with more depth.

I'm just starting to understand what that may mean for me and how it might be applicable for you, especially if you feel like you're coming into a new season of your life. It seems as if everyone I'm working with and so many people that I meet these days are in this transitional stage, no matter their age.

And as I thought about ways to continue this conversation, two stories came to mind. One is about the planet Saturn and the second is about a Japanese kimono. Let's see how all of this weaves together.

**[00:02:32]** First, the planet Saturn. I don't know a whole lot about astrology, but I'm aware of a specific event that occurs two or three times in everyone's life called the Saturn Return. This transit happens when the planet Saturn returns to the exact location it occupied at the time of a person's birth. Because it takes Saturn about 29 years to circle the sun, this event roughly correlates to the year leading up to a person's 30th, 60th and 90th birthdays.

The planet Saturn represents structure, discipline and responsibility – all fun words. So the feeling of its direct effects can be a bit like going back to school to learn some life lessons and to face some major life changes. It's also a bit of trial by fire where the challenging experience itself can lead to growth and transformation.



Thinking back to my late 20s and early 30s, it was a time of upheaval. It was a time of accepting more personal and professional responsibility. I can remember feeling like I was leaving my younger self behind and making adult decisions. I guess I was beginning to define myself on my own terms, as we all do in that phase of our life.

Looking forward and from what I understand from friends who have experienced this in their late 50s, the second time around, which is what I'm stepping into, this is more about reflection and reassessment of our choices and life path, almost like an opportunity to course correct for the latter part of our lives. It's about preparing to move from a very active life to one of eldership at some point in the future where we share the wisdom that we gained. So it's like a bridge to the third return in our late 80s when we gain an understanding of what we're leaving for future generations.

So if you're in your late 20s, late 50s or late 80s and you're feeling some combination of being stuck, facing challenges, feeling tested or feeling pressured to make some life changes, just know that you're going through a natural phase and you can use it as a springboard to whatever's next. Saturn's taskmaster ways prompts us to ask ourselves, "Am I doing what I'm supposed to be doing?"

**[00:05:23]** And now on to the Japanese kimono.

In the mid-2000s, a friend and I would get together every Thursday night after our day jobs to write songs. When we had enough songs to make a homemade demo, I suggested we name our band Red Kimono because I had just read an article on



its significance. Red Kimono, the band, never made it out of my basement, although we did have a lot of creative fun along the way. But the significance of a red kimono, while lost on my younger self at the time, always stayed with me. Here's what I remember.

In Japanese culture, a red kimono is worn on special occasions and is a symbol of joy, happiness and good fortune. The color red, which is associated with fire, is also a symbol of purification and renewal. And a red kimono is also worn on a person's 60th birthday.

There's a special name for turning 60 in Japan and it's called Kanreki, which means "returning to the beginning." It's a year of reflecting on what you've achieved in your life so far and what new aspirations can be set as part of this rebirthed life.

The tradition of wearing a red kimono on your 60th birthday originated centuries ago. It's believed that it will bring good fortune for years to come, as a new chapter unfolds and is filled with hope and possibilities.

**[00:07:02]** Whether it be a planet, like Saturn, or a garment, like a kimono, what we're really talking about here is the significance of a threshold, that is, how we transition from one life phase to the next. While we can't do anything about the passage of time, we do get to choose how we experience it.

The listeners of this podcast, I know, prefer a mindful experience. And so my takeaway for you is a series of questions that you can work with if you're at a



threshold and you're looking to go deeper. They're categorized in five general steps of a transformative process:

1. **Reflect.** Questions include: What have I learned in my life? What are my regrets? My fears? Am I on the right path? What have I accomplished so far? How do I want to spend the rest of my life?
2. **Aspire.** Questions include: What am I proud of? What would I like to do differently? Where is my growing edge and what can I learn from it? What are my hopes and dreams for the future? How can I make a positive impact?
3. **Change.** Questions include: What personal, professional and lifestyle changes would help me move forward? Are the choices I'm making in line with my aspirations for the future? What adjustments do I need to make to take consistent, inspired action to realize my next level of potential?
4. **Rise.** Questions include: What am I grateful for? How can I stay positive and optimistic? How can I commit to my true self? How can I best support myself with kindness and self-compassion as I heal, learn and grow?
5. **Welcome.** Questions include: How would I like to feel in this new phase of life? How do I welcome the support, patience and persistence I need? How can I invite new experiences and ways of thinking? Who would I like in my community of friends and family as I move forward?

**[00:09:35]** These questions are meant to be explored over time and I hope you'll give them a try. If you'd like a list of the steps and questions I just shared, you can



download the podcast transcription using the link in the show notes. And you can always find the show notes and links at [AthenaWellness.com/podcast](https://www.AthenaWellness.com/podcast).

I'll leave you with an upbeat quote from William Bridges, who was a transformational author, speaker and consultant. He has said, "It's when we're in transition that we're most completely alive."

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**[00:10:17] 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](https://www.AthenaWellness.com/podcast).

Until next time, be well!

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**[00:11:19] [END OF AUDIO]**