



The Athena Wellness Podcast
Episode 209 – Waiting is Part of the Process
July 5, 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, we're getting some much needed rain so the vancast is being recorded at home.

[00:01:03] I recently had a curious experience. I attended an in-person weekend workshop led by two well-known writers. It had been years since I had been at this particular retreat center.



I used to go there once a year and it was such a break from my corporate existence. It felt like it was the one place where I could breathe deeply and just - be - me. In those days, getting back into my business suit to go to work the following Monday was never a pleasant experience.

But this time when I stepped onto campus, I immediately noticed something. There was no big breath of relief. It was familiar and peaceful and I was glad to be there. But my life had changed so much since the last time I was there, that it was just... Friday.

And I didn't experience the sense of dread when I was leaving either. In fact, I jumped right back into my jeans and into my work on Monday, feeling comfortable, energized and ready to go.

I share this experience with you because for years, I didn't feel this way. More often than not, I felt like nothing was happening, like I was stuck or restricted or frustrated by my lack of progress. I wanted more than anything to change my life, but I had no idea how to get traction in the right direction. It seemed like an endless cycle of waiting. What I didn't know is that it's all part of the process.

[00:02:46] We experience many personal and professional transitions over a lifetime: relationships, moves, life stages, careers. It's human nature to want to be on the other side of the change that we're experiencing. But I've found that there's a lot happening even when things feel static. I've learned that when I don't put any time pressure on the change, I get more out of the experience and sometimes it happens without me even noticing it.



There are a number of benefits to mindfully step through change in this way. Here are three of them:

1. **Time to inquire:** You can utilize the time before the change happens to figure out what you really want with clarity.
2. **Time to prepare:** You can utilize that clarity to take small steps, so you're ready when the timing is right.
3. **Time to enjoy the now:** You can utilize the momentum from taking small steps to be present and enjoy your life and all of its current blessings.

You can go quite deep on that last point. One of my favorite ways of working through this time of waiting is to focus on the ordinary tasks of each day. There's a Zen phrase that you may be familiar with, "Chop wood, carry water."

It's a reminder that with every ordinary task is the opportunity to go deep in our life experience by giving it our full attention. By doing so we can see the ordinary things that we do in life are just as important as our grand visions. They're all part of it.

By paying attention and doing our best with the smallest tasks, we hone our ability to create a meaningful life. We are connecting with mindfulness and simplicity, the natural world, and all of our elements when we take our time and go through our daily routine.

When we focus on the present moment and the task at hand, it also helps to keep our ego at bay, which is helpful in times of transition when we can get tripped up



by our past or we're too future-focused. When we're engaging in a task with presence, we stay grounded and focused on what's in our control. We can connect with our senses. We can breathe deeply, all ways of easing the overwhelm and inviting calm.

Transition brings change and with change can come loss of a life that we once lived. Mindful presence keeps us grateful for the simple things that are easy to overlook in our daily lives of busyness. Being present can remind us that through transition, we're learning and growing instead of being comfortably stagnant. We learn to be more at ease in times of transition, perhaps even finding peace and happiness as we transform.

[00:05:49] So here's a takeaway for you. There are other ways that you can use this wait time effectively, without interfering with the natural flow of life. Here are five:

1. **Look back.** What are you grateful for? What have you learned about your experience so far? What's applicable to moving forward? What were some of your favorite and least favorite experiences in life? If you keep a journal of some sort, this is a great time to flip through old volumes.
2. **Look forward.** What kind of life do you want? What elements does this dream life include? A certain relationship? Travel? Working for yourself? Making a particular contribution? What's your risk tolerance to make big changes?



3. **Create a plan.** What skills and resources do you need to move forward? What's your timeline? How can you begin to include small aspects of your dream life into your life today?
4. **Make connections.** How can you create a network of support? Who has had similar experiences that may be open to helping you? How might you be able to help others as you start out on your journey?
5. **Take good care.** How can you take consistent quality time for yourself? What wellness practices will support you for the long term? How can you begin to implement them now?

[00:07:27] I can look back at my own transition from a corporate employee to an entrepreneur with some distance now. And what's interesting is that I didn't recognize when the wait was over. Even though there were milestones like my last day at work, holding my book in my hands, giving my first talk, teaching my first class, I was so focused on those tasks that I barely noticed what I had dreamed of and worked toward all those years was here, that I was living the life that I designed. So with this in mind, you could be closer than maybe you think you are.

Here are five signs that your life is aligning with your deepest desires:

1. **Increased confidence.** You trust the flow of life and feel you can capably handle what's ahead.
2. **Healthier relationships.** You feel loved, supported and connected and enjoy spending time with yourself and loved ones.



3. **Enhanced vitality.** You're mindful of your thoughts, feelings and actions, and make better daily choices that support your mind, body and spirit.
4. **Rising optimism.** You have a deep appreciation for everything and everyone in your life today, resulting in feelings of gratitude and positivity.
5. **Increased abundance.** You see an uptick in your work situation and finances resulting in a feeling of security and an array of opportunities.

It's this beautiful dance between taking action and allowing space for the unfolding, of having solid intentions but flexible plans that adjust to the flow of life. These gradual twists and turns around the dance floor make changing your life for the better less daunting.

This way of moving through time is less stressful and can have positive impact on your happiness and well-being. And one day, to your surprise, you may realize, just like I did, that you're actually living the life that you envisioned for yourself long ago.

I'll leave you with the words of Tom Petty, "The waiting is the hardest part. Every day you see one more card. You take it on faith, you take it to the heart. The waiting is the hardest part."

It's all part of the process, and I wish you ease in the waiting.

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[00:10:13] 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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[00:11:15] [END OF AUDIO]