

Are You Ready to Let Go of your Story of How Life Should Be?

Are you prepared to experience living in the moment, discovering what's possible when you let go of your version of how life should be? You may think so, and I invite you to look again. Letting go is not the easiest thing to do, especially if you're used to carrying around a lot of baggage from childhood, first marriages, old romances, failed business partnerships and who knows what else. After all, you've invested a lifetime collecting all these experiences and letting go of how they should have been may have you come face to face with some things that really do make you feel bad. And what if, in letting go of your story of how life should be, you feel lonely, furious, hurt or resentful... then what?

I've discovered there are stories in my life that I'm attached to. I even make up new stories that reinforce the old ones! My stories seem to serve as a lifeline to something familiar, something known at a time in history when all bets are off and the social signals are erratic at best.

Even so, I find I make the best of what shows up – be it lemons, home foreclosure, acts of betrayal, injury and injustice. I enjoy moments of beauty, of love expressed and grace magnified. I make space for sadness and grief. I hope for the best and focus my attention on what there is for me to do, now, in this fleeting moment.

My chosen lifework has me open to your experience and the stories you have to tell. Oddly enough, I'm not really interested in the story per se, rather I am committed to what's available for you when you share your life story with me and the truth is known. I am committed to what's available when I listen attentively and with the intention to hear you, rather than the story running in my own mind.

If your life is about you, your experience, your truth and the stories you've told since the day you could say what was on your mind, then telling a story is our common language. It is one way in which you can see and know yourself deeply from the inside out. Rosen bodywork gives you access to the unconscious thoughts and feelings that have your story show up the way it does, and life transforms in the resulting dialog. Reliable access to transformation creates the possibility of conscious growth and evolution in your lifetime.

There is no "right way" to self-awareness and conscious growth. There is only being witness to your experience in the present moment. Know that your body will acknowledge the truth however it shows up. You may remember faces, people and places. Strong emotions may come and go and tight muscles may release allowing the natural breath to animate your spirit and bring aliveness to your experience of being you. In other words, you will breathe easy when you speak the truth and your story is heard, possibly for the first time.
Isn't that the way life should be?!

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