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Impair Healthy Healing In People Over The Age Of 30!

Feeling Complete

By Louise Morganti Kaelin

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Every now and again (if we're lucky, it's only every now and again), life forces us to become aware of its cyclical nature: the ocean's relentless ebb and flow, the budding of spring, the desolation of winter. We are confronted by inescapable facts, facts that in the hustle and bustle of every day life we are usually able to ignore. The fact that life goes on, but it also slows down, and ultimately, comes to an end.

Life has thrown one of these cold hard facts my way. My dad, as I tell people, 'isn't doing well'. He's doing as well as can be expected 'under the circumstances'. The circumstances seem to be that all of his organs are slowing down and refusing to work the way they were intended to work. He's not in pain but he's not really himself either. He's not the loving vital man I remember, the man whose faults sometimes outweighed his virtues, but whose love and strength and gentleness are the legacy he will leave. He wasn't a talker, but he was a feeler. And I'm incredibly grateful for all the years we've had together, and God willing, for more times together in the future.

But, those times won't be the same. That much I've come to accept, although I've spent the last 6 months to a year, pretending that it wasn't so. But pretending didn't change the cold hard facts. Because we are separated geographically (about an 8 hours drive worth) I don't get to see my parents as often as I'd like. And that certainly helped me maintain the illusion. I didn't want to believe

Feeling Complete

it, so it wasn't so!

Last weekend, my husband and I did a quick trip down to visit my parents and see my dad in the hospital. Before I left, I was speaking to a friend, who was talking about her relationship with her elderly parents. At some point in the conversation, she talked about being 'complete' with her parents and asked me if I was 'complete' with my dad.

That definitely started me thinking. To be 'complete' means to have no unfinished business with someone or some thing. I am grateful to her for asking me that question,

because otherwise I'm not sure I would have thought about it until it was too late. The more I thought about it, though, the more I realized that I did feel complete. That there was nothing left unfinished or unsaid. And as I sat by his bedside, I was sure. My heart is filled with sadness, but it is the natural sadness of the passage of time and our inability to stop the process of aging.

This wasn't always the case, however. I believe I was 27 or 28 the first time I ever remembered my dad saying 'I love you' to me. And because he never said it, it wasn't something I found easy to say to him (although it was very easy with my mother). I can still see myself sitting on the couch in the back room of my old apartment. We had finished a conversation and I said 'I love you'. It was a little scary, and I know I had to work myself up to it. And I remember having prepared myself for silence. But there wasn't silence. He said 'I love you too', then 'bye' and hung up. In fact, although he said it, he said it as though he was surprised it needed to be said. I told you he wasn't a talker!

I sat in stunned silence for a long time. It seemed – and was – such a momentous occasion. I was sure I'd never forget it – and I haven't. Even though it became a regular occurrence, I've never forgotten the magic of that first time. In many ways, I even feel lucky that it took so long. It never became rote or meaningless. I was always aware of the special-ness of that exchange.

But if my dad had gotten to where he is now before we had that opportunity, would I have felt so complete then? I am

Feeling Complete

positive that I would not. My need to hear him say it (I always knew in my head that he loved me, but I still needed to hear the words!) was pretty strong. The thought of never hearing him say it or of my being able to say it to him freely and without hesitation brings a different kind of sadness, a different kind of loss.

So, luckily for me, my dad's doing a whole lot better in the last few days and I still have lots of time to enjoy this exchange with him. But what about you? If you got a call today that said your father, mother, husband, wife, son, daughter, brother, sister, aunt, uncle, grandfather, grandmother, mother-in-law, father-in-law was gone, what would you regret not saying? Same holds true for you. We often think we have plenty of time to 'clean things up'. The truth is, we usually don't so don't delay. Get on the phone and say it now.

Sometimes what we need to say is harder than 'I love you'. If you feel what you need to say is too painful and you don't think you can actually say it to them, then write a letter to them that you never plan to send. The important thing is to release the energy, and it is much simpler to do this while they are still alive. You will notice a difference in your interactions and you will feel 'complete'.

If that person is already gone, then definitely write the letter. Pour out all your feelings, love, anger, sadness, whatever comes up. It will be helpful if you burn the letter after you are done. Create a 'releasing' ritual of your own.

'Completeness' is a gift you give yourself and your loved ones. I hope you'll give it soon.

(c) Louise Morganti Kaelin. Louise is a Life Success Coach who partners with individuals who are READY (to live their best life), WILLING (to explore all options) and ABLE (to accept total support). Find many free resources to assist you in living the life of your dreams at <http://www.touchpointcoaching.com> For her free newsletter of insightful, practical suggestions for creating your best life, email <mailto:on-536@ezezine.com>

Breaking Your Relationship Pattern, Part 1

Feeling Complete

By Rinatta Paries

When you were little, you looked up to your parents. You imitated their mannerisms, words, and actions as you learned about life by watching them. This applies to relationships as well – you leaned about relationships by watching them.

Not all you learned about relationships came from your parents; your learning has continued throughout your life. But what you saw your parents do in relationships, how you interpreted what you saw, and how you felt about it, is the foundation of your adult relationships.

That's not to say that your parents were wrong or bad parents, or even that they had a bad relationship. The only thing that can be said is if intimate relationships are problematic for you, the source is inevitably your foundational learning.

If a great relationship, a great partner, is what you are after, you must see, understand, and deconstruct your foundational learning about relationships. To take apart a foundation of something is a delicate thing. Imagine trying to remove or change the foundation of a house while leaving the rest of the house standing intact. Not an easy task. But in order to have a great relationship, you need to reconstruct your foundational learning while leaving you intact.

To begin, you must get complete with your parents. If you still have negative feelings about what they did to you or each other, you will create situations in your intimate relationships where you will confront these same negative feelings. To see an illustration of this in your own life, take the PatternTracker™ Quiz at

To be complete with your parents means to be both free of negative feelings and to feel compassion toward them. Can you say both are true for you?

If you can, congratulations. You are a member of a very small minority. If you are not free of negative feeling toward your parents or/and if you do not feel compassion for them, you have some completion work to do. That is if you want a long-term, healthy, thriving relationship.

The question is, how do you get complete?

The first thing to know about completion is that it is not just a feeling that will one day appear. There are steps that can be taken to generate a feeling of completion. What stands between you and having a great relationship is taking these steps. Watch for these steps in my newsletter over the next few weeks.

Your Relationship Coach,
Rinatta Paries

Do you know how to attract your ideal mate? Do you know how to build a fulfilling relationship, or how to reinvent yours to meet your needs? Relationship Coach Rinatta Paries can teach you the skills and techniques to attract and sustain long-term, healthy partnerships. Visit www.WhatItTakes.com where

you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

Breaking Your Relationship Pattern, Part 1
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Build Your Own Mail Order Empire
470 Crock Pot Recipes
How to make Perfect Wines and Spirits from Home



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