

# 10 Good Things!

**It's been very mysterious here.** I experienced a few electronic failures one after the other . . . and was curious what I might be needing to hear or pay attention too or re-direct, when suddenly in the midst of it all, an electrical surge went through my computer while I was on it and tried to ground through me! An experience to be sure...and I am one lucky girl. I am fine now, but it took a while to recover. I wanted to switch from a PC to a Mac...but this is ridiculous! However that said, I am now falling in love with my new Mac!

**If that wasn't enough** to slow me down a bit, take a 'life look' and re-group as the holiday season unraveled, the universe then shared some of its wisdom with me when I caught one of those nasty bugs going around. I was very sick and in and out of hospital and my life took a different twist.

**And then the most curious thing occurred.** I could feel my Wild Woman Soul helping me tap into the re-sources of the universe. "Shift your way of seeing " she whispered enthusiastically, "and giggle in your discomfort." I smiled, and found myself making a list of 10 Good Things about electrical surges, fatigue and being sick. I wanted to share them with you so here they are.

## 10 Good Things

1. I found "*Fatigue*" was my best guide to doing what really mattered
2. I asked myself "*if your heart's not into it, why would you put your body there?*"
3. I extended the same courtesy to myself as I would to someone else
4. I found "*Lack of Energy*" stopped me from taking foolish risks
5. I found "*Idleness*" inspired more efficient ways of getting things done
6. I launched my new motto "*Be nice to yourself!*"
7. I honoured my process and stopped often with full self permission
8. I asked "*How did you attend to your insights?*"
9. I learned to listen deeply to all belly niggles and whispers. They are passages to the light
10. I honoured my fatigue for helping me conserve energy and loved her for giving me time to find creative *new ways to do the same old things*

[What are some Good Things you uncovered this holiday season?](#)

**The Free Draw** this month is for the Wild Woman Little Black Dress in honour of all the different ways we see and do things. As Miriam said when she got it for Christmas this year..."I can wear it with my bikini!" As for me . . ."I wear it with my leggings!" Take a peak at [www.wildwomanenchanted.com](http://www.wildwomanenchanted.com). Click on the free tab and enter to win. See pictures in the style of the wild, of the little black dress worn in two different ways and imagine how you will wear yours!

**With appreciation** for all life has to offer and the many choices we have, I wish you a very happy and most interesting holiday!

Yours in the Wild,  
~Elizabeth

*P.S. The winner of last month's free draw was Robin from Dundas Ontario, for our Wild Woman Tote-ally Lovable Shoulder Bag! Congratulations Robin!*

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