

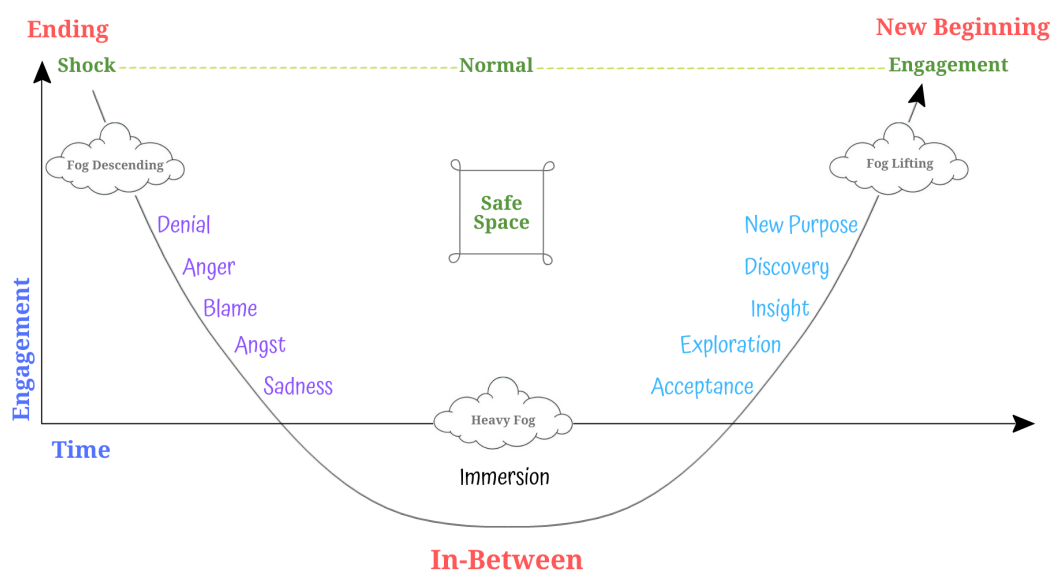


THE WISDOM OF TRANSITION

Almost everyone moves through this process following a major surgery. The vertical arrow of this model is an expression of how engaged you feel in your life. The horizontal arrow represents you moving through time, as you navigate the impact of your surgery.

- First comes the surgery, hospital stay and the vulnerability that comes with not having control over what is done to your body. This can trigger the completely natural feelings of shock, denial, anger, blame, worry, sadness and depression. Ask your family/friends to bring your favorite pictures/artwork/spiritual images so you can easily see them from your hospital bed. Often after surgery, all you can do is focus on your breathing – try to breathe as deeply as possible to oxygenate your blood and aid the healing process. Breathing feelings of peace (and love) in and out of your heart is sometimes all you can do when you find yourself stuck in a hospital bed.
- Then comes the ‘in-between’ second phase, when you are discharged from the hospital. Once home, you can take the needed time to catch up with yourself and process and integrate what’s happening with your body. It’s normal to feel disengaged from your life. It can feel as if you are operating outside of time. You’ve gone through a life-changing experience and it takes time and reflection to just ... *be* with yourself. The focus now is on being – not doing.
- Finally comes the third phase, when you’ve been home for at least a month and you’re starting to feel like yourself again. As the fog begins to lift, you find that your energy increases, your mind becomes clear again and you feel more and more engaged in your life. Don't rush yourself. Take the time you need for new insights, self-discovery and a sense of renewed purpose to emerge.

CHANGE & TRANSITION MODEL



You'll notice on the graph that first, there's 'fog descending'. Then at the bottom of the graph, there is 'heavy fog'. And then there's 'fog lifting' once you've arrived at the new beginning. To clarify, fog is not negative. Fog is a protective mantle that insulates you. When there is heavy fog, you cannot see very far in front of you. It peacefully supports the needed reflection, quiet and nurturing that happens during the healing process. The fog's intent is to protect and comfort you.