

Counting my Blessings as They Came

Over the years, I have come to know that God speaks to us in symbols and that Spirit knows that nature typically gets my attention. So, in hindsight, the appearance of a very large snapping turtle walking up to the house should have been a clear message for me to sloooooow down, because never before had we seen one of these guys on our property.



On May 14th, our concrete pagoda and I had an encounter. When I tried to move it, the top was heavier than I could manage and my body torqued to the right, landing me on the ground, with the concrete piece partially on my right foot. My back hurt and my foot began to swell. A fairly long stay in the emergency room, X rays, and CT scans yielded to the doctor the following results; there was a stress fracture on my right ankle and a possible compression fracture in a vertebrae. I was sent home with a boot, back brace and prescription for pain pills. And so, this began my journey to slowing down in order to heal.



Fortunately, at the time, our house was being renovated so, blessing number 1: we were living in our motorhome. I quickly learned that the small living space was good and so, with the help of crutches, navigation was pretty easy. Blessing number 2: my husband. A novice in the kitchen, he was a quick learner, doing the grocery shopping and fixing healthy meals for us. He was my boot installer (I could not reach down to put it on), house cleaner, clothes washer, and driver to appointments. But most important of all, he saw my pain and struggle and allowed me to work through it in the ways that I needed to and was always there with encouragement and hugs and forgiveness for my unpleasant moods. I saw and understood completely his limitless love. Blessing number 2 was a biggie!



Blessings number 3 and 4 showed up my first day after the accident. I got up feeling pretty good, not much pain, mostly inconvenience. I had contacted my great friend Judy while I was waiting at the hospital, because I knew that she has amazing understandings and powerful prayer connections. It was a pleasant surprise when she showed up the next morning to check me out and deliver fresh homemade soup. Her assessment was that I would probably have some difficult moments and those would allow me to grow in wisdom. That afternoon Michelle, a new friend (we had only spent a few hours together discussing Medicare), showed up with supper. What was stunning to me was that, during our earlier visit, she had picked up on the fact that I am very conscious about what we eat and so, having never been to Whole Foods, she navigated their aisles putting together organic meals that lasted us for 3 days! I was speechless.

The following 3 days were full of back pain and worry, so for these few days I took the less potent prescription drug. I gained a new understanding concerning the aspects of suffering and my heart opened to all those fellow sufferers in the world. Knowing that the worrying was getting me nowhere, I decided humor would feel better. Searching the internet, blessing number 5 appeared in the form of Jeanne Robertson, a 6'7" former Miss North Carolina. Her humor kept me occupied and my favorite two stories were about Line Dancing in the Ladies' Room to "Achy, Breaky Heart"

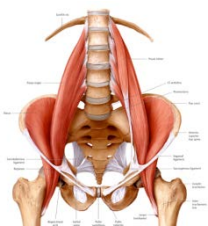


(<https://www.youtube.com/watch?v=LColdtJqcDw>) and Bungee Jumping Naked (<http://www.wimp.com/bungeejump/>)

About a month before the accident, I was having pain getting out of bed. I started seeing Dr. Darcy Ward at the Center for Chiropractic and Wellness. She determined that my right femur had shifted outward and she reset it for me. I immediately had relief and began seeing her to keep check on the femur and realign some other areas in my body. After emailing her to cancel my next appointment because of the accident, I was surprised to have her call me. She queried me about the accident and after our talk I began to think my back issue might just be



the femur out again since the symptoms were like what I had experienced weeks earlier. The next day in her office, after a complete check over, she reset the femur and determined there was some inflammation of the psoas muscles. Dr. Darcy was blessing number 6 because the pain improved quickly which meant there was no need for the back brace. She continues to work with me stretching my back and ankle muscles so that my mobility can return faster.



I have a long history with blessing number 7, Chinese medicine. Years ago I was introduced to acupuncture and have used it on many, many occasions. Because of the good results, I started exploring other Chinese modalities and developed skills in Qigong and Tai Chi. The upper body strength and flexibility that I have acquired thanks to my teacher, Master Zhou, are always very helpful to me and during this time I was very appreciative of those skills. At my first class after the accident, Master Zhou's word of wisdom to me was to be "peaceful".



Tracy, the co-instructor at Qigong, is a friend and acupuncturist. So I would travel to East Gate Healing Arts Center and he helped me improve every week with acupuncture and cupping. That always felt so relaxing and I know it also improved my upset stomach and sleeping. Many nights the Tai Chi gentle flowing movements



would dance in my head, also helping me sleep.

As time progressed, so did the appearance of more turtles to remind me to slow down and eventually they led to blessing number 8, a theme song for my accident! It goes:



Slow down, you move too fast.
You got to make the morning last
Just, kicking down the cobblestones
Looking for fun and feelin' groovy.



I have found it to be a good life song and so, thanks to the accident, I now have "my song". Thank you Simon and Garfunkel!

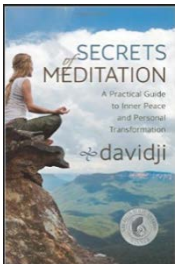


On my way out the door of the motorhome to get fresh air and sunshine, blessing number 9 happened. I was told that I was beautiful and it took my breath away. Words are so powerful, use them carefully!

Blessing number 10 was all my friends. I got cards, calls and messages from those few that learned of the accident. I chose not to tell our family and traveling friends because I knew that even without them knowing, their positive thoughts were already helping. Speaking of friends, during this time we were scheduled to have out-of-town, overnight guests. This brought a mixed blessing since we had still not moved back into our house. As a matter of fact, the house had not been cleaned from all the construction and all of the furniture was piled in the dining room and great room. What a mess and I had no energy to deal with it all!



I called our new friend, Michelle, and she recommended MacKenzie, (blessing number 11) a fun, winsome 16 year old. When she told me that she ran 5 miles about every other day, I knew she was up to the task. We worked a room at a time, over a two week period. She wiped walls, vacuumed, dusted and helped move some furniture. During one 2 hour period she carried all of my books upstairs to the new library which she equated to running five miles uphill! We became friends immediately and she will always be treasured and welcomed here. By the time our guests arrived we had been living in the house a week and the place was clean! Our visitors were entertained with visits from hawks, goldfinches, bluebirds, cardinals, hummingbirds, squirrels and baby deer.



Last but not least is blessing number 12, a return to my morning meditation. In moving the books, I came across the “Secrets of Meditation” by Davidji and I remembered that part of my life as being uplifting. As I worked my way through the book, it reminded me of past meditation experiences and it encouraged me to return to my practice. Davidji works with Deepak Chopra at the Chopra Center, so I found it very synchronistic when I came across the Oprah and Deepak 21 Day Meditation experience on gratitude and grace the next day. This was the perfect way for Spirit to gently encourage me every day to meditate and for that there is much gratitude! I completed the 21 consecutive days and still listen to some of my favorite meditations.

So, several months later, I am boot free, walking without a limp and almost touching my toes! My understanding of my mishap is that it is all about change. Change is inevitable and when you surrender, angels and miracles show up everywhere. And now when I look at that pagoda, I think of my blessings and hear the song, “Slow down, you move to fast”

CHANGE – for me means **C** how **a**ngels **n**avigate **G**od’s **e**volvement

Thank you for reading my saga. I hope in some way my insights will be helpful to you.

Blessings,

Mary Catherine

