

## Am I Being Unreasonable?

by Francesca Ryan

AIBU to think my dear friend Susie should take her shoes off when she comes into my house? I pointed out that it's bad Feng Shui to bring psychic (and actual!) dirt into a space. Didn't want to offend her, even though she can be a bit over-sensitive about advice. I offered to come and cleanse her new flat of stuck energies. I told her all I need is an hour and some dried sage smudge sticks. She could easily order a couple from Amazon. I assured her that if she brought a professional in to do this, it would be quite an outlay. She looked a bit vague and said she doesn't use Amazon anymore. Maybe I should have offered the Tibetan singing bowls instead!

I've decided Aurora is right about journaling. It is definitely the way to go. In my therapy session the other day, she commented that I tend to bring a lot of little moans to our precious time together. Said I should get my niggles out by writing them down. She is right about one thing. At seventy pounds an hour, our time together certainly is precious! She said we needed to focus on my inner life, not the more mundane things. So, today's the day I start journaling. Aurora said that it's always good to set an intention before you start something new.

My new intention is, "I undertake to freely give to these pages all my day-to-day frustrations, all the little problems in life. Release them to the universe, and trust that the universe can handle it." Really hope this will leave time for the real inner work, or IW as I call it.

"Just let it all out," she said. I have bought a special notebook for the purpose. It's pink, as that is my energising colour. Apparently, I have a pink aura! I wondered if I should light a candle while I write. I'll save that for my visualisation exercises.

I took my tea to the garden this morning. I stood on the patio and embraced the early morning. So important to begin the day with an attitude of joy and gratitude! I am grateful for this cup of tea, sitting in the sunshine. I take joy from the trees and the birds, and especially from my very tallest sunflower. I kissed it and told it how beautiful it was. It was surprisingly bristly in the middle! Nature is such a teacher, I always think.

Lulu says I need to try Pilates to strengthen my core. AIBU to think that good old-fashioned yoga is the way to go? Lulu spent a lot of money recently on a machine thingy. Yoga is free. And after all, I am a free spirit in every possible sense. I think I owe it to myself to go for that yoga retreat in the Cotswolds; it will really get me into it again. I do find Lulu can be a bit ambitious. I believe I am happy because I am not ambitious! Only spiritually ambitious, which is much healthier.

I met up with the girls this morning at that new coffee place. Anna made me try her matcha tea. Grass clippings came to mind. I didn't say so, of course. When Barbs put the barista through her "why haven't you got nut milk?" routine, it was a tad embarrassing. I'd told her last week that oat milk can give you indigestion, so she's copying me as usual. I suppose I should be flattered. I was always an influencer, before there was any such thing. It makes me laugh to realise that. I must say, I'm grateful for my sense of humour; you have to be able to laugh at yourself! Barbs takes herself too seriously, IMHO. It was her turn to pay, but I had to remind her. Aurora says I need to step into my own power. Perhaps I should gently let go of any toxic friends from my life.

I read out my journal to Aurora in our session this afternoon. She congratulated me on embracing the New (although I pride myself on always having done that and pointed this out to her). She looked thoughtful. It seems she's been reviewing our journey together; she thinks I don't need her anymore and that I now have the capacity to fly solo. I take this as quite the compliment! I'm wondering whether I should put the money I'll now save towards training as a therapist myself. I have a lot to offer, I think. I've always been a good listener; it seems to come naturally to me. It will be giving something back, being in spiritual service to people. I'll be building good karma.

Yes, I'm looking forward to spreading my wings. Let's all bring more joy into the world where we can. I will trust that the universe supports my new intention!