

A Poem to Zoe

Since I don't have a better name right now – I'm going to use "Zoe" – only because Shannon picked it, and, as she told me when she was about 7 years old, "It means 'Life' in Latin or Greek or something."

The sunrise on Wednesday January 29, 2014 was a gift – even an answer to prayer. When Shannon called on Tuesday night to tell us she was pregnant, thoughts and feelings came so fast I couldn't sort them out. But I knew there was fear – and I knew I didn't want it.

So my prayer was simply: "Take this fear away."

It didn't happen that night – and in the morning it was still there. I knew that it wasn't the only thing I was feeling so I turned to the "Emotional Ladder." It's a numbered list of 22 emotional states from #1: (Joy, Knowledge, Empowerment, Freedom, Love, Appreciation) to #22 (Fear, Grief, Depression, Despair, Powerlessness). It's the best tool I've ever found for helping me to understand what I'm feeling and to climb out of the places where I don't want to be.

So I started with #22, Fear – and realized that "Powerlessness" was also there. But there was no "Grief, Depression, or Despair" . . . so I began looking up the ladder:

21: No Insecurity, Guilt or Unworthiness. #20 - #15 . . . No Jealousy, Hatred, Rage, Revenge, Anger, Discouragement, or Blame.

But when I got to #14, there was definitely Worry. As soon as I saw that word, I remembered all that I've learned over the years about the uselessness of Worry – and I found myself smiling a bit. "Just let it go . . ."

I also skipped over #13, Doubt," but when I got to #12, Disappointment, I realized that was the whole problem, right there. I'm disappointed about so many things . . . and I can easily get stuck there if I'm not careful. But they are all far in the past. The last terrible disappointment was last September when I heard that Shannon and Jeff had relapsed. But that, too is now in the past . . . and after a few tears . . . I moved quickly on up the ladder until I got to #6 – Hopefulness.

And that's where I stopped. Not quite ready to feel #5, Optimism . . . but it will come, as will Positive Expectation, Belief, Enthusiasm, Eagerness and Happiness.

When I saw #2 "Passion," I realized that would happen when I see my fourth grandchild – and that Joy, Knowledge, Empowerment, Freedom, Love, and Appreciation, will follow naturally.

So there I was . . . by 6:30 in the morning having moved from Fear to Hope . . . without any real effort at all. That's when I looked out the window and saw it. The sky to the

East was entirely PINK and BLUE! I cried . . . tears of joy this time. I left the RV and walked outside to make sure I had some pictures.¹

And I couldn't shake the line . . . "You live in the sunrise . . . "



TO ZOE:

You live in the sunrise
The dawn of a new day
a chance to start over.

You hold the promise of tomorrow
and we have only to dream.

Bring us your wisdom
your hope
your love.

Grandma Bette – January 29,2014

¹ There's a bit of gold creeping into this picture . . . but that's because it was taken about 10 minutes after I saw it. Now I have to learn Photoshop!

*It's About Time:
Manage Your Energy / Manage Your Life
Emotional Ladder*

1. Joy / Knowledge / Empowerment / Freedom / Love / Appreciation
2. Passion
3. Enthusiasm / Eagerness / Happiness
4. Positive Expectation / Belief
5. Optimism
6. Hopefulness
7. Contentment

8. Boredom
9. Pessimism
10. Frustration / Irritation / Impatience
11. "Overwhelm"
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement

17. Anger
18. Revenge
19. Hatred / Rage
20. Jealousy
21. Insecurity / Guilt / Unworthiness
22. Fear / Grief / Depression / Despair / Powerlessness

- ❖ 22 up to 17: Negative Learning
- ❖ 16 up to 8: Neutral – No Learning
- ❖ 7 up to 1: Positive Learning ²

² Esther Hicks. *Ask and It is Given*