



How Deep is Your Love?

Life is a Trapeze

By Larisa Sharipova

Last summer my best girlfriend and I went on a well deserved vacation, a getaway from our busy lives. Three days of relaxation, unwinding and rejuvenation at a holistic retreat in a spiritual place - a time just for myself and not for business, not for kids, not for anybody else. I was very grateful to my beloved husband and my well behaved kids for this opportunity.

While there, I deepened my yoga practice as well as explored new practices like Qigong, Buddhist meditation, Journey Dance and Energy Healing with world class teachers, masters and authors.

Not only was this a wonderful relaxing weekend, it was a time of personal and spiritual enlightenment for me. The amazing space within its beautiful, serene, natural environment helped me to connect with my inner peace, clear my mind, overcome some mental blocks. I was able to let go of some old things that were in the way of my transformational journey.

We all need to move on at some point in our life: change a job, start a new project, build a new relationship, relocate, make a tough decision, forgive others for hurts and betrayals, let go of old beliefs and emotional wounds. The process of transitions in life, new relationships, new job, new challenges can be very scary. We all like to stay in the comfort zone (our protective state) not facing unknown fears or an imaginary future. Routine of habitual and comfortable living makes our life stagnant, boring, unhappy and stressful. It takes a great deal of courage, strength and self-motivation to make a change, step out of our familiar zone. In order to be happy and successful in our personal or professional lives we need to learn to be comfortable in being uncomfortable.

Sometimes, our life is a series of trapeze swings. We must release a grip on the present well-known bar to move to the new one. The new bar is a next step in life, a personal growth, an aliveness. We consciously know that we need to grab the new bar that waiting for us but we horrified to release the old one because we afraid to miss it and crush on the bottom of unseen ocean. Fear of unknown can be horrifying but we do it anyway.

We take a chance, we believe in our faith and we let go the old trapeze bar. And so, for what seems to be an eternity but actually lasts a microsecond, we soar across the dark void called, "the past is over, the future is not yet here." It's called a transition, the place where real transformation occurs.

I truly believe that many women out there want to grab a new trapeze, ready for a change but don't know how to do it, don't have proper tools or support. If you or someone you know is ready to change and seeking support, we, as community of inspiring women who have been in that transition, are here for you.

www.holisticexpert.org
lara@holisticexpert.org
Pennsylvania, USA



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Larisa Sharipova
Holistic Health Practitioner, Author & Public Speaker

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I can honestly say that I understand women very well. If you understand yourself, you understand women, because, in the end, all women are the same. ~ Diane von Furstenberg. Fashion Designer. Born 1946