

Dreams.....

This week I've decided to close Samadhi Wellness.....not an easy decision....probably one I should have made sooner for myself....

Holding on to memories even though they hurt me terribly.....punishing myself.....

I am lucky enough to have a little wiggle room in my life to decide on a new path....something that I want to do for the next chapter of my life....

I have to live....and as painful as it is I cannot always seek Ev's shadow.....

I could go on and on telling you how badly I feel about this decision.....and the kids gone this week camping.....

Ya.....

Anyway.....I will fight my tears a little harder the next while.....but I will be better in the end.

The Quote of The Day

All love stories are tales of beginnings. When we talk about falling in love, we go to the beginning, to pinpoint the moment of freefall. Meghan O'Rourke

It's hard not to agree with this....but at some point that controlled freefall....that feeling of weightlessness....ends....and then you find yourself clawing at thin air.....trying frantically to find balance.....

Babe.....I'm sorry.....

XO