

“Scary at first; Messy in the middle; Beautiful in the end”

The subject of transitions and transformation has become a real-life, real-time study for me as I have been amidst my own for several years now. In 2010, I set out on a journey of self-reclamation. Seeking to create a life of meaning, to find purpose and to create community. Leaving behind a successful 20yr career in marketing, a relationship with a wonderful man, my home of 17 years, family and friends. Eventually leaving Upstate NY and moving to Santa Fe. Throughout those years, I spent a lot of time fantasizing about the day it would all be “over and done” and life would once again feel familiar. Momentarily forgetting the intention of my journey. Finally coming to the realization that “over and done” doesn’t exist and learning, as the years roll by, that life is a series of ongoing transitions. Some intentional and welcomed, others seemingly thrust upon us against our will.

“Scary at first; Messy in the middle; Beautiful in the end”. I came across this *Pin* a year or two into my transition and it brought me great comfort at the time as I found myself becoming way too intimate with the “scary and messy”. So, I turned my focus to “the end”. Living each day obsessed with some imagined place of safety and peace and placing my self-worth and a whole bunch of other measures on my ability to conjure up the perfect ending. But that focus only brought about temporary relief from the fear and anxiety that had become my constant companions. Eventually, I realized that my power lies in my ability to be present to my experience. Only in the present moment can transformation occur, and true safety be found.

While this *Pin* suggests three separate phases to transformation, my actual experience has been that one vacillates among these phases. There are lots of firsts, middles and ends within any given transition. To navigate each of these phases well and with as little collateral damage as possible, requires presence. The ability to hold yourself in the fear, to hold yourself in the mess and to acknowledge both your successes and failures in the end, is where you will find the beauty in your transition.

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