

# EXCUSE you

## INTRODUCTION

Life—it's been called many things, a mystery, a gift, a course. Despite its many name, one thing holds true. We are only given one. Why is it then, that the thing we deem most precious we treat so casually. Like a leaf in the wind, we allow life to carry us to and fro instead of grabbing it by the handles and plowing our own path.

Do you remember how you felt as a child, before the world took hold of you? Your dreams, ideas, and hopes were limitless. For me, I was going to be the next great gymnast. The front lawn was my stage. When cars and busses drove past, they were my audience. I would flip, cartwheel, and tumble for each onlooker. Often times the kids on the school buses cheered and clapped and other times scowling faces was all I saw. In my disappointment, there was the harsh reality that not everyone would cheer for my success. Not everyone desired for me to do or be good. Some were more interested in spreading their disease of misery and pain.

A sweet little nine year-old girl, named Vivian, once told me the reason we experience pain is so that we can become "more tender." Vivian was a tiny girl—much smaller than the rest of the kids in her class. I can see how she may have been teased often with her curly locks, braces, and glasses. She told me, "When you get made fun of, you just don't want other people to feel that way."

We all experience hurt and disappointment in our lives. I call them setbacks, hiccups, and interruptions. These experiences can pull us of course, away from our starry eyed childhood dreams. In some cases it is due in part to the actions of others. Some of us manage, others internalize, still others use it to spread

their negativity for as wide as their reach. No doubt you've run into a these types of people throughout the course of your life.

So yes, how we handle our interruptions is very important. Get over it, they say. If it was that simple then honestly you would have done it a long time ago. It's complicated. Wounds run deep and excusing the person and in some cases excusing you, requires we take a glimpse at our interruptions from a different viewpoint. It is my intention to humbly offer that perspective.

I wrote this book to share with you course correcting lessons that will help you transition from leaf status to plow status. Healing that connects you back to the tree instead of being blown, like a leaf from it. Plowing through the pain and creating a new course is what's required. I learned the practicality of these steps as I experienced my own physical offense. It wasn't someone else that offended me, it was my own body. In my opinion it betrayed me by developing an ailment that it should have fought off. The result was my requiring a minor surgery. Or so I thought.

#### **Excuse You: I don't need a doctor**

It was spring of 2012 that I first noticed the lump near my lower pelvis. Having no idea what it was I did what most people did...I ignored it. But as it grew larger, I realized it required a visit to the doctor. The doctor immediately knew what it was and suggested I see a proctologist.

I sat there stunned as he explained to me his diagnosis was and what the corrective procedure involved. He told me it was the type of ailment that wouldn't heal on its own. How could my body betray me, I wondered? I went home and immediately researched the internet to learn more about it. Although it was foreign to me, it was apparently a very common ailment. My heart broke for all the people who suffered from the devastating effects. The surgical procedure to correct it was ever more intrusive than the problem itself. It terrified me. But the doctor assured me that my case was only superficial and I would be healed in no time. I scheduled my appointment to have the surgery. But first, I contacted a close friend from my church and she instructed me on what to do. Guess what she told me to do? Yes, she said to pray. Not only pray but to meditate, visualize, and recite scripturally based healing affirmations. I began to meditate on these prayers and within weeks the lump was gone. I celebrated. My God had healed me of this ailment that the doctor told me wouldn't heal on its own.

#### **No! This can't be happening!**

Less than a year later it had returned. Why? I had my scientific explanation but explaining it spiritually was a mystery. My rush to the ER made it clear that I needed to take care of this, and right away. So this time the surgery went as schedule. During my private time, I wondered was I somehow communicating to God that his plan wasn't working or moving fast enough. I understood that because God loved me, he would still work on my behalf.

### **Excuse you: I'm not sick**

The surgery was over and my husband cared for me and carried on with all the household responsibilities. This allowed me to get a jump start on my healing. I told only my family and inner circle of friends. And even then I downplayed the severity of the pain. My experience was not worth discussing, complaining or dwelling on. I reminded myself that there were many others who were fighting even more serious ailments than mine. In fact my own sister had suffered from a debilitating disease caused Lupus for years. The doctors told us years earlier that she had one of the most aggressive forms of Lupus they had ever seen. Even with this devastating news, I never saw my little sister complain or look defeated. It wreaked havoc on all her major organs, destroying her kidney. One of the things that I couldn't comprehend was how oblivious she remained to her situation. In my scientific mind, I wanted her to stay home, juice her vegetables, and take leave from her job. She did none of that. She kept on as if she knew this was only to be a minor setback and that this would quickly go away. I would soon learn how her modeling this behavior would help me move past my hiccup.

She continued to work even while being placed on numerous chemotherapy type drugs. Soon after she was placed on dialysis once a week, twice a week, and then every other day. Her kidneys failed and she was put on the waiting list for a transplant. Her hopes were raised when the doctor assured her that because of her blood type it would only take around six months. They informed her that once she would receive this new kidney, the it would send her lupus to remission. It was seven long years before she finally receive the call. They had found a donor who was a perfect match. It was a long arduous road. We celebrated in the news and the hope for her restoration.

Through it all, her disposition and faith never wavered. So I kept telling myself if she could go through *that*, then I could handle this little set back. After all it would only take, as the doctor said, 12 weeks or so.

### **Excuse you! What calendar are you looking at?**

As the weeks and months rolled by, I realized this process was not going to be a simple one. I had had enough of this wound controlling my life, everything from what I ate to what I wore to where and how I sat down. After four weeks or so it was starting to feel a little better so I decided to have a look at it. Up until this point, I refused to. This was my first mistake. All those images from the internet began to flood my brain.

Several months went by and I continued my doctor's visits. He couldn't understand why the healing process was taking so long. All he would tell me was, "Well these things take time." Visit after visit he said those same words. I was so frustrated with him sounding like a parrot that I just cancelled all my appointments. In my head, but never aloud, I asked why me.

One early morning, as I soaked in my tub the Lord spoke to me and said, "Healing a physical wound is much like healing an emotional wound." He began pouring into me all the similarities and treatments. After several pages of notes, I realized this information was meant to be shared. None of us are immune to emotional or physical pain. The reasons we go through it varies. However the steps needed to break free from it, are universally the same.

The book is divided into three parts. The first part shares 27 ways to navigate through setbacks and interruptions. Some involve specific steps to take while others involve a shift in thinking. The second part includes interviews of six real people who have experienced what should have been devastating obstacles. Somehow these resilient people managed to regain control of their life using their faith.

Finally, the third part includes spiritual references and practices to move you toward your new life. It is my hope that these steps will inform you, the stories will inspire you, and the spiritual references will motivate you to finally set your life back on course.