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Ideas to Help with Midlife Surprises

1. **Stick together.** You are not alone. Like literally stick together when you have to go choose flowers for a casket or figure out how to close out a loved one's bank account. Take someone with you that loves you. Stick together when you want to write a eulogy or have to go for a procedure at the hospital. Don't do this stuff alone. Having a loved one with a calm presence goes a long way to making it all easier and there will likely be an opportunity to offer the same in return. Having my daughter in law pick me up at the hospital after a car accident a few years back was just such a gift. My whole body relaxed when she turned to me in the car and said "it's shit, I know" Somebody understood and we didn't need to fix anything and she was there for me in this little way because she'd had an accident a few years earlier and she did know. She knew how I was feeling to the bone. She was my drive home to safety.

2. **Stay Calm.** And this is where Tapping comes in. Keep your cool even when those you love are struggling because it's their learning process, not yours. Learn ways to assess and calm your nervous system (neurovascular head hold to calm your nervous system: Hold index and middle fingertips on frontal eminences until synchronized pulses emerge) Tapping also helps us come to calm and remember that our loved ones can solve their own problems. Be an anchor or a Zodiak for them. Tapping helps us remember that they have everything they need to solve their own problems in life. I also believe (and this is just my perspective) that it's honouring to allow them their struggle and that it's condescending to assume they need our advice. They actually don't most of the time. They can figure it out even if they don't think they can and of course, that's where ongoing tapping comes into it.

3. **Live an EFT Lifestyle** It should be like brushing your teeth. It should feel weird if you don't Tap. Tapping brings clarity about turns to take in life, which job offer to accept, which home to buy, which choice of friend or partner to make, what practitioner is right for our body, which supplement our body is best able to absorb, who might have the answer or knowledge we are

looking for to look after our bodies, and how we might like to celebrate our life's milestones or just a simple sunny afternoon.

4. Ask for what you need. Do your own work and most of life's ups and downs we can sort out ourselves but once in a while we need assistance, advice, a hand to hold and that's ok. Know when you've reached your limit and you need help and you can stop trying to be strong. Have an established resource team already on speed dial to call when these times arrive. Join the EFT Guild. I have a good chiropractor, cranial sacral therapist, Energy Therapist, close girlfriends that you get together with often who are wise old souls you can count on.

5. Slow life down. Literally. I have found this so helpful with my body. Literally walking slower. But also metaphorically, I'm suggesting we slow down to be able to smell the roses. Notice the bumblebees. Fill your bird feeders regularly and then sit and watch. Walk in the forest and when no one is looking hug a really big old tree. Feel it's essence within you. Nourish your relationships, focus on building more love in your life and I don't mean just romantic love but our sisters, neighbours, friends, grandchildren and children. Spend time with them and make more memories because in the end love is all we really take with us. There are no pockets in a shroud

6. Take care of yourself financially. Focusing on our relationships doesn't mean that I'm suggesting we be poor. We are so past that. Build your business, go back to school, take that next step in your career, ask for more money, make more cash, develop that side hustle you've been thinking about. Create multiple income streams. Share your home or sell your art or walk your neighbour's dogs whatever it is that makes you happy and makes sure you are well taken care of both now and into older age. Make sure you are loving yourself financially with your income. We are not meant to live in a meager energy of making do with "not enough". You are worth taking care of. Then spend the excess on others. Share it. Fix the world with it.

7. Declutter your life. I know this sounds like a no brainer and for some of us we spend a lifetime gathering stuff and cling to it but I've found downsizing and decluttering frees us up to not have a bunch of stuff to have to look after. And if we check out suddenly it's a burden for our loved ones to have to find homes for all of it. Keep things simple as you age. Clear out your home and create flow. Keep things cycling in and out of your home and your life. Don't let it pile up and stagnate. I'm still working on this one but every time I clear out a room, the energy in my home and in my body feels lighter. And if you want the big house with the 4 car garage, go get it. What are you waiting for? The energy of deprivation and denial of what makes you happy is a lousy energy to sit in. Likely you will create what you want, enjoy it and then pass it along anyway.

7. Have fun. How might your inner child like to spend a Saturday? Where might your Inner child like to play today? Get on your bike again. Lay in the grass with a good book. Go to the beach. Dig in the sand. Play music. Draw pictures. Fix something. What did you enjoy as a child, come

back to that and see how it feels. Listen to the children in your neighbourhood playing then join in.

8. No Regrets. Use Energy Therapies and EFT in particular to bring into your life what you most desire. As I mentioned one of the joys of midlife is that quite often our intuition opens up. Use it. Practice it. Follow the signs. Do what you've most wanted to do in life before you run out of time.