

The Second Half of My Life

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Have you ever wondered where destiny would lead you? Have you ever pondered whether the road you are taking would lead to fulfillment and happiness? Unlike so many of my friends and family, I have always had the sure knowledge of what was expected of me.

It was under a shade tree surrounded by my teddy bears and dolls that it came to me- I would have six children, write books that would help families, have the opportunity to speak and teach all over the world, and I would live to be 97 years old. That is pretty heavy stuff for a six year old.

I shared this epiphany with my mother, and she never doubted the message. She continued to encourage and support me through every milestone until she died in my arms at age 93. Even while nurturing my family of six children and following my husband's military career, I was gathering the skills to prepare me to "do my own thing." When my children were grown and my parents were gone, I realized that the portion of my life devoted to care-giving and nurturing of my family was complete.

I had 40 years of productive time left on this earth to accomplish all I had set forth to do. However, after carrying so much physical weight on my body for years, I was facing inevitable diabetes and arthritis. My future looked like pain, wheel chairs and doctor's offices. Unless I took action, medical complications would curtail me from fulfilling my destiny.

I approached this issue as I have the many books I have written. I investigated "one more diet" that I could live with for the rest of my life. I interviewed over 100 men and women across the country that had tried the same diets that didn't work before finally finding a method that proved successful. My mind was made up. I chose gastric bypass surgery as a one-time solution. On July 30, 2002, I underwent a procedure called laparoscopic Roux-en-Y. This surgery creates a small stomach pouch which holds less than a cup of food. A section of the small intestine is attached to the pouch that absorbs less food than before. Most patients lose over half their excess weight in the first year and a half. Since my operation, I have lost 115 pounds. This is equivalent to the combined weight of my three granddaughters, Amanda, Lexi and Melissa!

For the first time in years, I feel normal and in control when making food choices. Now I am able to enjoy life to the fullest and have the energy and stamina required helping other families raise their standard of living through my books and workshops. Finally, my spirit and body are in sync and I am ready to go forward. I am able to concentrate on my spirit's promptings during yoga because I am no longer concerned with whether my body will be able to balance, bend or straighten up. For me, this option was a success. It gave me the ability to concentrate again on my writing, and to feel confident when I facilitate workshops or speak to groups. Yes, I have met my goal of being an international speaker and writer!

To travel, teach, and fulfill my destiny I must be a woman of strength, and I must maintain that spirit and energy for the rest of my life. We each create our own reality by our thoughts, actions and belief systems. Hopefully that belief system will include guardian angels and a success team who will guide and assist us in our journey.

I have an obligation to that little girl under the shade tree who understood her life's purpose half a life time ago. The message that was shared with me and I now share with my children, my grandchildren, and the families that I work with is to listen carefully to the still small voice within that tells us we are important and have something of value to share with the world. The time to share your unique gift may not be now, but it will be someday and so always be in the process of becoming, learning and growing. Be open to possibilities that life and the angels have in store for you, and you will find the right road to fulfillment of your destiny.

This article was written by Judy H. Wright, Missoula, MT for a book called Women of Strength and Spirit. Soon to be available on her website: www.ArtichokePress.com To sign up for the free e-zine, purchase books, tapes and workshops on human relations in the journey of life, please go to the website or call 406-549-9813