

Upside Down at 49

It may have taken 49 years to pull it off, but here I am, upside down at “49”. It never occurred to me that resting the top of my head on the earth while stretching my feet towards the sky was something good for the soul. It was not something I had ever experienced before. My childhood did not include many upside down moments. I suppose I was saving the experience for this time of my life. The level of joy I felt while pulling my dare devil act of a head stand was audible for anyone near by. The squeals of delight were reminiscent of the best childhood prank. “49” is the age before the momentous age of 50. It is the time hovering before the second half of the century. Some even say it is the downward side of life. Well I just turned that notion on its head!

My view of the world started turning a few years ago. I made a conscious choice to be open to new ideas and experiences. When I was presented with an opportunity that appealed to me I gave it a whirl. I have done a lot of “whirling” in the last few years.

My friends and family took it all in stride. My comment of “I think I will make and sell stone jewelry” was met with support. Then I came up with, “I think I will take a writing course and perhaps I will write a children’s book”. This idea was also embraced. My journey into Reiki was applauded. Reiki sessions were booked, and supportive feedback was given.

Through it all was yoga; grounding me, inspiring me, and centering me. I learned to breathe; expanding my body and mind. I made friends and bonded connections. Now here I am upside down and looking at 50 with stars in my eyes. Ok the stars may be an indication of the blood rushing to my head, but none the less this flip side is well worth exploring.

I do not view age as an obstacle to be avoided. Each moment is another opportunity to jump in head first and live. It is even more fun to invite others on the journey. Give it a whirl, you never know what joy you might find when you flip your world upside down.