

LOVE ♥ LETTERS



What Does it Mean to "Live Your Life"

I was with a friend recently who was on pins and needles waiting for the results of a medical test. She said to me, "If the results are serious, it will really force me to start living my life."

In that moment, I realized how many of us, especially in middle age, put off this "living my life" business until retirement, waiting for kids to leave the house, parents to pass or for certain work goals to be met. We deny ourselves the very thing we came here to do - which was to live our lives, right??!! (No one said humans made sense.)

We juggle many relationships: with people, our stuff, money, food, our bodies, our sexuality, nature, the God or non-God of our understanding, etc. We also have a relationship with this thing called life. Some people embrace it fully and dance with its wonder. Others deny it, tamp it down, slow its flow, ignore it, slug through it, tolerate it or tell it "I'll get to you later" when the time is better.

So what does this mean: living my life? To me it means I am an active participant in it, fully in it, engaged, tuned in, tapped in, turned on, driving the bus to what makes me happy. I figure I have unique desires that were given only to me, and it's my God-given responsibility to get after that. Now.

I had to make some major shifts to get here, and it wasn't easy. I had to first of all believe that this wasn't the bad kind of selfishness. (I now call this radical selfishness.) It's actually taking the ultimate responsibility for myself. I had to give myself permission and hold the belief that nothing is more important than my own happiness and satisfaction in life. I alone control that. I had to recognize and honor some of my core needs and values and know that I wasn't going to be fulfilled unless these were in my life. Things like fun, full outrageous self expression and dynamic, varied life experiences. (And let's not forget younger men. 🤔) I had to trust myself that this was the right decision for me which I was very disconnected from due to my religious upbringing that told me that I couldn't trust myself because left to my own devices, I would always choose poorly.

Most terrifyingly, I had to change life circumstances that seemed like an amazing situation (great job, great partner) that I "should" have been happy with. I had to come to believe that I didn't have to tolerate, endure or suffer what looked like an amazing life just because these things seemed "good" but deep down actually weren't. I tried to make these work. I really did!! But no amount of gratitude and grinning and bearing was working. I had to ultimately take a leap at the age of 38 and trust that things would be ok. I had to trust if it was best for me that it was ultimately best for everyone else even though I and others would have to undergo temporary searing pain, hurt and destruction before all could be rebuilt.

I recall saying to myself at the time, "I don't want me getting sick to be the reason I start living my life." I had a feeling that the way I was living at the time was going to lead me down that path. I had stopped working out entirely, I had gained weight (for me) and I was an extreme workaholic.

I can honestly say I'm squeezing more out of my life in my 40s and 50s than I did in my 20s. My decision to walk out of my life and drop it like clothes that didn't fit anymore has been miraculous. My new wardrobe is more colorful, sexy, expressive, fun and vibrant. **100** more me.

Everything fell into place, and the Universe or whatever you call IT met me when I jumped. I was blessed to have a supportive family and friends and an ex who is still a dear friend of mine even though my actions created a very hurtful and devastating situation for him.

Whether you're 20, 30, 60 or 80, it's never too late to start living this glorious thing called life on YOUR unique, God-given terms. Your life literally depends on you getting out and actually living it the way you see fit.

How to Meet & Date Older Women: The Manual

If you're interested in meeting and dating older women and don't know where to start or aren't having any luck, you need this manual. At close to 50 pages, it answers FAQs and provides full coverage on age gap dating.

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