

There's no place like home

By John B Levine and Miria Robinson

The journey is an ancient metaphor for life, one which has been played with by poets, authors and artists for centuries. *In the middle of the path of life [we] found [ourselves] in a dark forest....* Dante is writing about what Joseph Campbell centuries later referred to as 'the call to the journey'. Just when we thought we were cosy at home, ready to carry on in the same way 'forever', the Universe has other ideas, nudging (or sometimes catapulting) us into making changes and opening the door into the big, wide world of the adventure we call life. Even movie directors started to jump on the band wagon in the last century, so that well-loved, classic movie *The Wizard of Oz* shows us that, at the end of the day, after all the trials and tribulations and good and bad encounters, our journey leads us to end up right back where we started, home.

I'll tell you a secret. For the last eight months I've been living away from home, working in Australia and, more recently, Poland, whilst waiting for my new visa to come through so that I can join my wife in the UK and continue our life together there. Living out of suitcases all this time has not been fun, and there have been other challenges as I've had to, amongst other things, adapt my way of working, as well as rely on the generosity of friends as well as strangers. I can't wait to be home!

And it is true, is it not, that there is 'no place [quite] like home'? Well, for many of us this has not always been the case. Rather than being a happy, safe place, home was a little more akin to hell. And this was certainly true for Wendy Dashwood Quick, personal coach, healer and author, whose own chequered life of challenges

lead her to writing her new book *Discover Yourself On The Yellow Brick Road*.

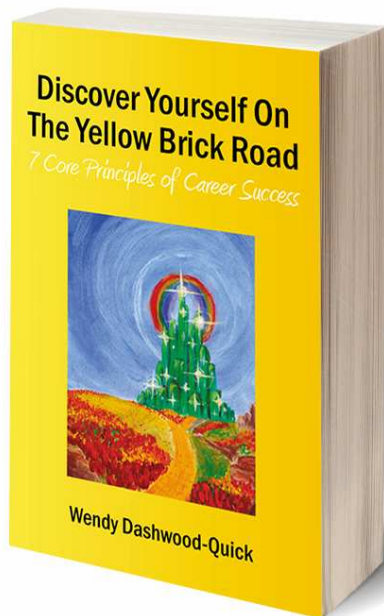
From as young as seven Wendy and her four sisters went to sleep at night not knowing whether their father would appear drunk, terrorising them with rant about their supposed short comings and lamenting the state of the world. During the day he would be a nice, charming, successful commercial property negotiator, but if Wendy's mother and sisters were not at the train station to pick him up after work he would head straight to the bar and would not be seen till



after closing hours. 'That's when all hell would break loose', Wendy revealed to me. 'Although never physically violent, life became a psychological game of cat and mouse.' As if this were not enough, at times he would rattle the walls of their home by playing Wagner's

Ring Cycle at top volume. Needless to say there were times when this woke up half the neighbourhood. Life at home became unbearable. Finally, at the age of twenty three, Wendy decided to move out, along with her twin and eldest sisters. She and her family had done their best to cope with their father's inability to appropriately handle the stress of the immense personal difficulties life had dealt him, however enough was enough. On moving out the three sisters left behind two younger sisters, and the guilt

Wendy experienced following this stayed with her for years. Memories of those early years are bittersweet.



With hindsight, Wendy now appreciates that her father was essentially a loving parent, despite his shortcomings. She and her four sisters stood by him until his passing, and continue to honour his memory. However the seeds were sown for further challenges in her life.

Searching for stability and normality, a place she could call 'home', Wendy attracted into her life a boyfriend whom she lived with and eventually married. Now that she did not have the material stability of the life provided for her by her parents, she had to find whatever work she could. Being a talented cellist, and having given up her dream of going to art college, it was not easy for Wendy to conform to a mundane nine to five job. The drudgery of this was compounded by what was essentially a dead end relationship. She felt desperate and trapped, but lacked the confidence to strike out on her own. The stress began to manifest in the form of claustrophobia, anxiety, sleeplessness and depression. Wendy found herself turning to various coping mechanisms, and, ultimately, was prescribed anti-depressants. Looking back she can see how she was programmed by family, society and schooling to believe that

her doctor would fix her problems. (I certainly can relate to this, since, despite once running a health-food shop, my mother has defaulted to believing her doctor has all the answers and can fix most things with prescription medicine.)

Wendy's first 'Aha' moment came when she walked into a book store and came across the book *Lets Eat Right To Keep Fit* by Adelle Davies. She devoured the words and discovered that most of the symptoms she presented to her doctor could be put right simply by good nutrition. It was time, she decided, to take control of her situation, rather than remaining a victim. Wendy had begun taking initial steps towards heeding her 'call to the journey'.

Trying the new regime, she also returned to her doctor and told him she had also made a decision to give up anti-depressants. He advised her to wean herself off them slowly to avoid negative side effects. Years later she came across Patrick Holford's books, including *Food is better than Drugs* and is now a firm believer in the power of good nutrition.

Just as Wendy thought things were changing for the better, tragedy struck again, when, at the age of thirty four, her marriage dissolved. Determined to do something positive and turn her life around, she joined a healing group to meditate, having heard that this could help reduce her stress levels. Then her father encouraged her to take up the cello again, something she had not done whilst she was married, and which literally saved her sanity. The very person who had been the source of so much pain earlier in her life was now providing her with one of the keys to regain her power.

However, more challenge was on the way when Wendy was diagnosed with a fibroid (benign tumour) in her abdomen. She was determined to have this removed as she longed still to have children. The hospital warned that a hysterectomy was the preferred treatment, whereas the success rate of surviving fibroid removal was slim, as the latter was a rarely performed operation. At Wendy's insistence the fibroid removal went ahead. Although the operation was a

success, ironically, due to complications and practically dying on the operating table, she was told that the chances of her ever having children were virtually zero. In addition to this, every night following the operation she suffered something akin to a strong epileptic fit. Then one evening Wendy's life completely transformed. She describes how she looked down and saw a light appear at the foot of the bed, whereupon she left her body. 'I walked into a beautiful sea of healing waters, and felt the warm light of God upon me... A voice said, "You are well and blessed". From that moment I knew I would be ok.' For years she kept this to herself, until she discovered that it was a common phenomenon. Wendy had, of course, just been through one of the most dramatic 'calls to the journey' possible, a Near Death Experience.

Following this narrow escape, Wendy returned to her healing group. After one particular meeting the leader looked her in the eye and said 'Wendy, one day you will be a healer'. At the time she was working in an office without thoughts of doing anything different, despite the various nudges that the Universe had so far sent her. However her interest was sparked, and she soon found herself enrolling on trainings in Reiki, Indian Head Massage and eventually also EFT (which sorted out the phobias). Her life was turning around as she began to align into helping and healing people, which answered her question, 'Why has all this happened to me?!'. At last she was truly heeding 'the call', and her journey 'home' had begun in earnest.

Many of you will have experienced how challenging it can be to change for the better. There are also those amongst us who have come across clients who do not really want to change, who seek to be 'fixed', rather than taking personal responsibility



and truly reclaiming their power. Wendy realised that she wished to take a more proactive approach to helping her clients, where she could actively engage with them and expect results. The solution came in training to become a life coach, and Wendy now incorporates her skill as a personal coach alongside her work as a small business consultant, coaching her clients to make their own transformations by removing the interference (habits, beliefs and programming) which sometimes prevent them from staying healthy or becoming happy or successful. Some of her strategies are introduced in her book *Discover Yourself on the Yellow Brick Road*.

During further study into stress Wendy learnt about brainwaves and the benefits that can be achieved for individuals when their Beta brainwaves change to the Alpha state. Things had come full circle, as she was learning the theory behind what she had already practiced in her meditation group some years before. Coincidentally she then came across my Alphamusic, so named because it helps you enter the Alpha brainwave state. In particular she used 'Silence of Peace' volumes 1 and 2 for meditation, and 'Orange Grove Siesta', which is especially good for women with too many thoughts. Wendy has found these CDs to be so effective that she recommends them to her many clients.

We are all on the Yellow Brick Road of life. At one time or another, like it or not, we will encounter stressful times and obstacles to overcome. When that happens we can look outside ourselves, asking for help from professionals, support groups, friends and family, or picking up the many tools and healing modalities available to us, such as coaching and healing. And also, just like Dorothy in the *Wizard of Oz*, we can remember that the true magician lies within. Through meditation and even music we can come home to ourselves, reclaiming our power just like Wendy did. In so doing we reconnect ourselves back to our true values and visions that are aligned with these, as well as with a higher power, whether we

choose to call it God/Goddess, the Universe or whatever name holds meaning for us.

Well, my visa has finally come through – at last! The journey to submitting the application and waiting for a response was certainly long and winding, with some false trails along the way. It was often frustrating and infuriating, and required an incredible amount of patience and resilience. However, after overcoming the obstacles, that all important stamp in my passport is finally sorted. By the time you are reading this article I will be back home with my wife in England, setting out in a whole new chapter of my life. Until next month, bon voyage!

Is your life no longer fun? Are you fed up with your job and or finding you can't advance in your career? Suffering burnout? Then take Wendy's free stress test and find out where you are on the Yellow Brick Road. You can also download her FREE reports "**The Busy Mum's De-Stress Pack**" or "**The Executive Burnout Prevention Kit**". Just click here

<http://www.7coreprinciples.co.uk/resources/>

For free samples of John's Alphamusic go to <http://www.silenceofmusic.com/info.html>