

A woman in a dark, form-fitting dress stands in a field of tall grass, reaching her arms up towards the sky. The background is a warm, golden sunset with many birds in flight. The text "SO I WAS THINKING" is overlaid in large, bold, black capital letters.

**SO I WAS
THINKING**

JULIE TURNER

CLINICAL HYPNOTHERAPIST

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***FAITH IS TAKING THE FIRST STEP EVEN WHEN YOU CAN'T SEE
THE WHOLE STAIRCASE.***

-MARTIN LUTHER KING JR.-

***ONE'S DESTINATION IS NEVER A PLACE BUT RATHER A NEW
WAY OF LOOKING AT THINGS.***

-HENRY MILLER-

***Here's hoping the following will help open your mind
and set you free.***

So I Was Thinking...

***In honor of my parents, Jean Harbottle & Wayne
Turner.***

***Life is simple however, not always easy. I am grateful.
The person I am today is because of you.***

Love you always.

THE AUTHOR AND HER "WHY"

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**CERTIFICATIONS:
HYPNOTHERAPIST, LIFE/
BUSINESS COACH**

I have a message. One of mental health. It is my dream that our society will someday support mental Wellness on a daily basis. Currently we tend to get help when in crisis. That needs to change. I'm here to help. Here's hoping the following will help open your mind and help set you free.



DON'T LISTEN TO THOSE WHO SAY, "IT'S NOT DONE THAT WAY." MAYBE IT'S NOT, BUT MAYBE YOU'LL DO IT ANYWAY. DON'T LISTEN TO THOSE WHO SAY, "YOU'RE TAKING TOO BIG A CHANCE." MICHELANGELO WOULD HAVE PAINTED THE SISTINE FLOOR, AND IT WOULD SURELY BE RUBBED OUT BY TODAY.

-NEIL SIMON-

INTRO

IN MY OWN LITTLE WORLD

I truly believe awareness is key and yet so few of us have any at all.

Yes, I said US.

We are just messy, often confused humans trying to navigate this Adventure called life.

Fun fact... many of us believe that the way we see the world is actually reality! What a crazy notion.

Everything in our “little world” is really just our perception or shall I say interpretation of what we see around us . Because of this, what you will read may resonate deeply or it make the hair on your neck stand up.

This book is a compilation of random thoughts so, in essence, you are simply taking a peek into my mind. Might I suggest that you put on a helmet, it can get a bit crazy in here!

Many times in the past when I uttered the words...SO I WAS THINKING, I could watch a chill run through the friend or family I was conversing with. Often that signaled that what would come next would be:

A) Out of left field.

B) Push a boundary or two.

C) Involve something they needed help me with.

So, please allow me to preface this book with a bit of info on why I am writing it.

I have been blogging for many years. The title of my blog page “So I Was Thinking” is all about me in my random glory sharing my thoughts (about myself and the world as I see it. They may occasionally seem sad, but don't worry, I am a happy person. However, we all get sad sometimes, it's normal! We have feelings for a reason. It is a very new concept for me to actually let them happen, not bury them deep so I can just "get on with it". I'm getting pretty good, but have patience I still slip up sometimes. We all have stories to tell; my thought is if we share them maybe we can help others? Possibly even just one person being vulnerable will shine some light on what another might be going through? Or maybe, a story can help someone empathize with a loved one? The point being... share people: we weren't meant to do this alone!

Ok, now on with the show.

**AND THEN THE DAY CAME WHEN THE RISK TO REMAIN
CLOSED IN A BUD BECAME MORE PAINFUL THAN THE
RISK IT TOOK TO BLOOM.**

-ELIZABETH APPELL-

ONE

Who Do You Love?



I've heard of this exercise many times, but this day was THE day.

In the past people have told me that I need to learn to love myself. I've always thought this was crazy talk, I think. "I'm great! How much more could I love myself?" After all...I am delightful.

Well it turns out I had been lying all along, especially to myself. Not only did I not love myself, but I was working quite hard to be someone else. It seems I had believed for a long time that I simply wasn't good enough as is. To the extent that, as a person whose opinion I valued pointed out to me, I had "Branded " myself, built a character if you will, that had very high standards and precious little wiggle room for mistakes.

So this was the morning I was taking charge. I was going to prove that I loved myself. I began the exercise of looking in the mirror deep in my own eyes and saying the words. "I love you". However, this just made me want to laugh or cringe. I felt more than a bit uncomfortable.

Now, I'm not saying you shouldn't try it, we are all unique Individuals and what works for some, doesn't always work for others. At least I tried...sort of.

So I hopped in the shower to start my day...and that's when it happened. The thoughts came flooding in.

What did I love about myself? Why would anyone love me? Due to a relationship that was in the not to distant past I was more than familiar with how hard it is to love someone that doesn't love themselves. Uphill battle to say the least.

Anyway...back to me! Easiest to start with the outside package. I had done a lot of work on that through the years so there should be something I like. I had spent a lot of time in the gym and felt pretty proud of where that had gotten me. I have an hourglass figure, sometimes it's a small hourglass, other times it's been a bit larger. Either way it embodies femininity to me.

Then there's my eyes, people do mention them. So they must be a selling feature. And hey... I'm a good person. No, I mean a really good person. More often than not choosing to be kind, happy, giving, and open to new ideas and other people's perspective. Yes I did say "choosing" we can all choose to be exactly as we want to be.

Then I started thinking about all the things I've done in my life. I have physically pushed myself, pretty hard at times, my body tried to keep up. The list of accomplishments is pretty decent as is the list of injuries. How about a pat on the back (at least!). That is one of the many issues with not seeing your own value. Never taking the time to celebrate the amazing things we do, always moving onward and upward...someday it will be enough. (Perfectionist tendencies? Foreshadowing anyone?)

Well I'm here to tell you that it will never be enough until you see.... See yourself as the special, wonderful, possibly a bit off the wall individual that you are. I have grown to love every scar (emotional and physical), including but not limited to a laundry list of broken bones. After all, I did worked fairly hard for them.

As some of you may know I love to hear people's stories (stay tuned as I may share some of those in the future too), but sadly up till now I haven't put much importance On My Own Story. And as with everyone else I do have one to tell. One that may surprise and possibly even offend...but here it goes.

With Love, Julie



**THERE ARE PLENTY OF DIFFICULT OBSTACLES
IN YOUR PATH. DON'T ALLOW YOURSELF TO BE
ONE OF THEM**

-RALPH MARSTON-

Two

LIFE...AN OPTICAL ILLUSION?



Illusions, delusions...you name it. For better or worse we have them floating around our minds every day. They change how we see the world, and of course how we interact with others.

Let's start with a little visual that may put things into perspective for some of you.

Close your eyes, wait (disclaimer: if reading on a mobile device please be seated first) okay, close your eyes really really tight. Then open them quickly, acknowledge what you see. Personally I see grey dots surrounded in white. Most of you will have a slightly, if not vastly different answer. What's my point you ask... to get you to understand that even in the most basic sense, we see things differently. Therefore, we react according to OUR thoughts and feelings maybe not with the intended or hoped for reaction.

When was the last time you had the realization that what you perceive to be true was not. Illusions, delusions however you want to put it, it's all just our version of reality. My goal is to get you to see things from multiple angles. In hopes that your challenges won't seem so great and your failures won't seem so final.

I'm going to tell you a story...the short version for now, this could be a book of its own.

Four years ago I was out for a run with Peanut (my pup). We were cruising along as usual when another dog came out of nowhere and scared her...Peanut's reaction changed my life.

She went from beside to underneath me. The next few seconds are a blur, but when the dust settled I discover that concrete, flesh and bone don't get along.

Without TOO much detail, I will tell you that DELUSION was a good friend for the next couple of hours.

Obviously something was wrong as I don't remember my arm hanging that way moments before. Removing the flesh from my knuckles added to the ugly (both hands, still don't know how I managed that). With help from a bystander I walked to a Fire station nearby (although I thought about continuing the 1.5 miles remaining in my run, this kind man disagreed and for a change, I listened.

The firemen took one look at me and with horror in their eyes said we aren't going to touch that, an ambulance was on the way.

Over the next 24 hours I discovered I had broken a bone clean off, the one that forms your elbow and they would not be able to reattach it. I had surgery (was awake for it, i will not soon forget the sound of what I was sure was a skill saw coming toward me!) Woke up with a new titanium elbow, that's right...I'm the bionic woman!

Anyway, I'm sure you can imagine how terrifying this was. I lived alone, ran my own business which was a mobile mix of cosmetology, nutrition and coaching. At this point I could not drive, work, and workout or even dress myself!

My life was over... or so I thought (for a couple of days anyway). Who was I without my work? What value did I offer?

So after this "boo hoo" moment, I started to figure out "the lesson".

It really did surprise me that the sky didn't fall when I stayed home the next day. Completely out of my element as I was always rushing to do something or go somewhere. Frustration and the feeling of being useless was on the horizon ...then it came to me. This was the universe telling me to make some changes.

So, to busy myself I learned to do everything with one hand, my left hand, oh ya, did I mention I broke the dominant arm?

From cutting veggies to applying mascara I figured it out, I was a rock star! (Don't talk to me about ponytails, still can't do a one handed ponytail).

My point with this, is I had the illusion that my life was set in stone. I was who I was because of what I DID. I was where I was because I HAD to be. It would have been easy to go down a dark road led by "poor me" and "I have no control". However, I looked for another angle and found it.

If not for Peanut's reaction that day I would most likely still be unhappily living in Winnipeg. Moving to B.C. has been the best decision ever! In future I will tell you more about that.

For now, when you react with fear or even judgment. Try to take a moment and see if that's your only option, or is that just an illusion?

**TO BE NOBODY BUT YOURSELF IN A WORLD
WHICH IS DOING ITS BEST, NIGHT AND DAY, TO
MAKE YOU EVERYONE ELSE...MEANS TO FIGHT
THE HARDEST BATTLE ANY HUMAN CAN FIGHT.
NEVER STOP FIGHTING.**

-E.E. CUMMINGS-

THREE
ENOUGH ALREADY
THANK GOODNESS FOR
HYPNOTHERAPY

The following story could not have been written without being introduced to HYPNOTHERAPY.

It allowed me to see certain situations from my childhood with the knowledge and emotional intelligence of an adult. You see I did remember most of the things I speak of, fact was that even as an adult I still felt the emotions as I did when I was a child. So thank you Corinne Ropp CHt for being an amazing support and mentor hypnotherapist.

Back to Enough Already

I want to share some thoughts with you. Speak of some of the ways I personally have worked toward being “enough”. If some of these “pitfalls” seem familiar to you, whether within yourself or in someone you love...you are not alone, make sure they know this as well.

Enough... Now that's a powerful word. It means different things to every individual. For me it brings back memories of my childhood. Always needing to try harder, never being good enough...no matter what.

You see, I had some challenges to deal with. A lazy eye, flat feet, slightly pigeon toed and I just didn't measure up to big sis in the intelligence department. Perfect I was not...

So what is perfect anyways?

I would picture a princess, beauty, poise, intelligence. Someone you looked up to and want to be around. She never had a bad day, in general had her crap together. Of course I wanted to emulate this, time and time again falling well below the mark.

I don't actually remember a time where I didn't have impossibly high standards for myself. My inner voice focused on achievement and pleasing those around me. When I look back over my life the recurring pattern seems to be...do as you are told and you will be loved. Disobey and love will be taken away, sometimes in a very harsh manner. This of course was my perception of the situation. I caution people to understand this fully. We don't always receive things the way they are intended. Anyway...

As a child and even for many of my adult years, I seldom put much, if any thought into what I want out of a situation.

I had heard it said and now say it myself...that everyone has a question. You know, the one you ask yourself as you enter a room. My question is loud and clear..." How can I help?" Don't misunderstand, my question is still the same. There is nothing wrong with wanting to give back in whatever way you are able. Just make sure that you understand that we need to receive in this life as well. Constantly giving will eventually leave you empty, sad, tired and simply frustrated.

I remember as a very little girl the first time my parents split up. I thought to myself... time to be an adult. I figured we were down one so there was a void to fill. It gave me purpose, I was needed, it felt good. Here is my chance to be "enough".

I began to cook and clean, generally take care of the family (at least that's how I remembered it).

Looking back on this memory in hypnosis gave me the ability to see the flaws in my logic...but hey, I was a kid.

The pattern this led to was that I would fit into the space that seemed to need me. Not because I wanted that position, but being needed gave me value...translation, love.

I was effectively "comfortable in my discomfort"

Have you heard of being a human doing as opposed to a human being? Well I was great at that. If I wasn't doing for people, why would they want me around? It wasn't till I was able to look back as an adult that I realized that I had value just because...consciously I knew this but it was my subconscious driving the bus.

I took every class that was suggested to me, read books to be able to carry conversations with a wider variety of people. What's wrong with that you may ask...? Absolutely nothing. If you do it because you want to and not because of a paralyzing fear of not being needed or good enough.

On the flip side of this, I didn't leave room for me to need others. The child in me thought this would make me appear weak.

Being very independent and only willing to give does not work well in a healthy relationship. Countless times the people I dated would mention that they didn't know where they fit into my life, they didn't feel needed. My answer was always the same...isn't being wanted enough? I should have been able to answer my own question, as it had never been enough for me.

Even though I write this as a cautionary tale. To this day I do believe we should reach out of our comfort zone making sure we grow as an individual constantly throughout our lives. I am however writing this in hopes that you strive for success while making sure the cost is never more than you are able to pay. (*Love that)

Again, awareness is key. Figure out what is driving you so you can make good choices not just have reactions.

You are enough right here right now, no matter your current challenges. They are just something you are going through, please don't let them define you.

Till next time...

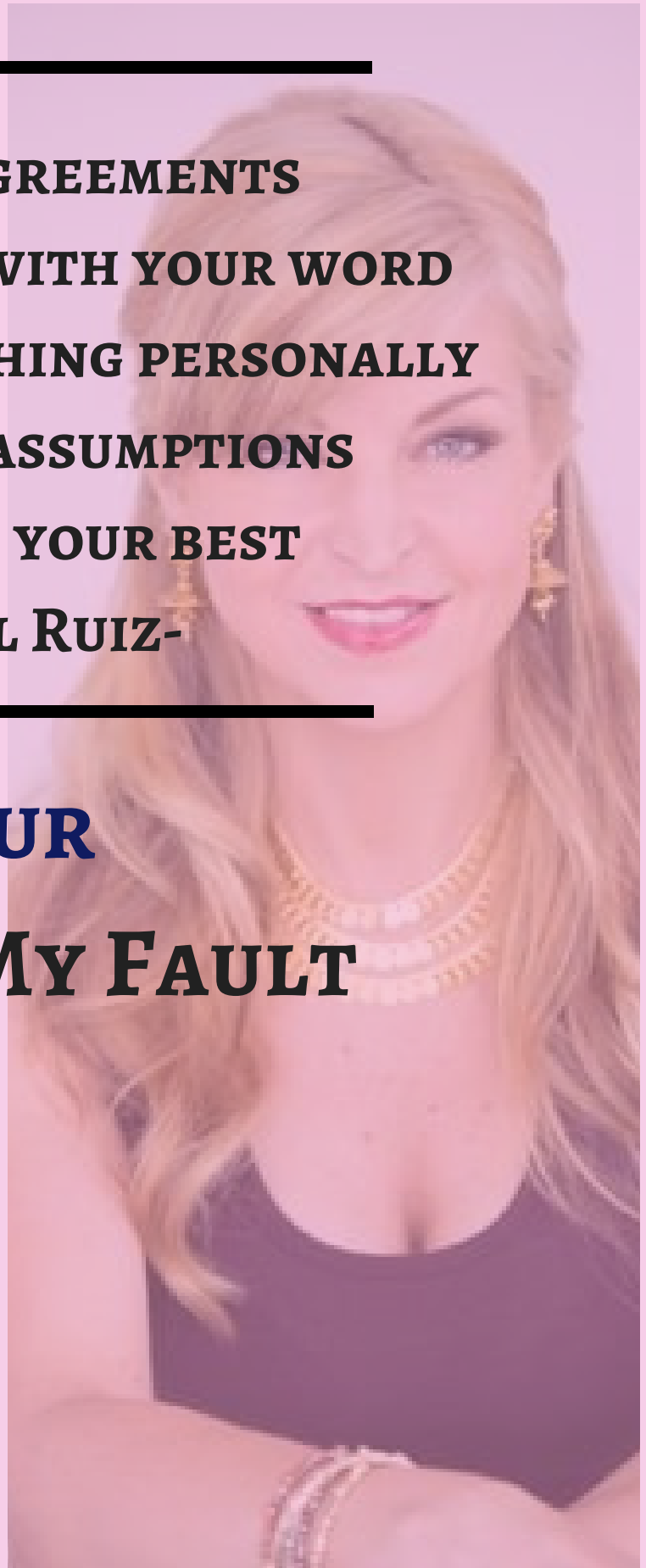


THE FOUR AGREEMENTS

- BE IMPECCABLE WITH YOUR WORD**
 - DON'T TAKE ANYTHING PERSONALLY**
 - DON'T MAKE ASSUMPTIONS**
 - ALWAYS DO YOUR BEST**
 - MIGUEL RUIZ-**
-

FOUR

IT'S ALL MY FAULT



That's right, I said it, it's all my fault.

Good or bad, happy or sad (feel free to break into song if the moment moves you).

Everything in my life and up till now, not only can I take credit for, but I have to shoulder the blame as well...

So do you.

Not ready for that yet? Don't worry, you'll get there. I believe in you.

This is not a new theory for me, but it does bear repeating. Whenever something is uncomfortable, hurts, makes me sad or even angry. I try very hard to have the presence of mind to learn from the situation. Like it or not, with every person, place or thing that affects our life we CHOOSE how to react to it.

Sometimes it takes a bit to figure out what you are supposed to get out of the certain experiences, often our pain takes over and things can seem unnecessary, cruel and simply unfair. (fyi, sometimes the lesson is that life isn't always "fair" according to us, but who of us gets to decide fair?)

Recently in my life I fell into the "poor me, this can't be my fault, I don't deserve this" trap.

Someone important to me saw fit to share their pain in a way that felt very much like a personal attack. They said things to me that hit so hard, like a punch, I was drowning.

You see, everything I do in this life comes more often than not from kindness. Admittedly this has not always been the case. There was a time in my life where I was all about protecting myself at all cost. I would not tolerate emotional pain. However that time is gone.

Now I have a strong impulse to stand up for those that can't or won't in effort to make this world a bit better every day if only with a kind word for someone that needs to hear it.

Do I get it right? Nope, not always, but I do try and will continue to do so every day.

So back to my friend, the day of her download, I had a hard time functioning. In the days that followed I struggled to decide what to do with my pain.

Then with some help from great friends, I figured it out.

What do I do with my pain?... I put it down, I shouldn't have picked it up in the first place.

You see, it was never mine to carry, it was always hers.

My reaction should have been one of honor. That I was a safe place to share those feelings. However, I am far from perfect and it did not feel that way at the time, but I've been there before.

Think about the times when a complete stranger tears a strip off you. (In traffic, a crowd, at something you posted on line) It hurts, makes you flinch, and maybe even scares the crap out of you. Don't pick it up, that's right, let it hit the ground and leave it there, it's not your trash to dispose of.

When a loved one snaps at you and you can't figure out why? Again, most of the time it's not you (sometimes it is, we need to learn to play nice!) Just smile inside, knowing we tend to treat the ones we love the most badly sometimes (sorry mom). I will caution you here, ONLY smile on the INSIDE! People hate it when they yell and you smile (learned that the hard way, again, sorry mom).

So is it time for you to re-evaluate the way you have and will in the future react to things? Maybe it's time for YOU to put something down? Let me know how it goes, I can't wait to hear.

**WHEN YOU SAY “YES” TO OTHERS, MAKE
SURE YOU ARE NOT SAYING “NO” TO
YOURSELF
-PAOLO COELHO-**

FIVE
**YOU'RE SELFISH, AND
GOOD FOR YOU**



I have been thinking about the word selfish. I don't think the majority of people see me that way as I do make a valiant effort to insure others are comfortable and happy. Often at the cost of not getting what I need or want out of the situation (sound familiar to anyone else out there?). I'm sure there are a few that would argue, but as I have mentioned before, people perceive things differently. No matter how hard we try, there will be someone that misunderstands us.

I do feel that those people are generally painting us with their own thoughts and emotions. Unfair you may say? I agree, but long ago I decided that I cannot let negative people (or situations) hurt and change who I am. I will continue to be authentically me, standing up for those I feel are in need and let the chips fall where they may. You can't please everyone, make sure you do what you can with kindness in your heart. Things will work out in the end.

So where has this come from?

As someone that loves to meet people and hear their stories, I tend to be out and about. Networking for business and pleasure is truly one of my favorite things to do. This of course leads me to meet all kinds of people. If I'm lucky, at some point we sit down and I am honored to hear their story.

I have met some truly amazing people. People that have given so much of themselves. They care deeply for others in their community and the world at large. Whether they give of their time, money, or actually make and follow through on plans to make things better in this world in whatever way possible.

Do you know what most of these people have in common? Guilt. While listening to their stories if they mention time off, family vacations, a trip to the spa... They look down sheepishly and say something to the effect of "I guess we are all selfish sometimes". After all, we wouldn't want to be seen as someone that cares about themselves...right? WRONG!

Most of us spend so much of our time (and rent so much headspace) to making sure everyone around us is doing ok. How often do we truly look at how WE are doing?

Why does the word selfish seem so negative to most of us?

We have all heard it said that if you don't take care of yourself, you can't properly take care of others.

This is so true and we really need to start paying attention!

So what does self-care (aka being selfish) look like?

Here are some examples. As well I am challenging you to use one (or more) of these today:

- go for coffee with friends (or beer or wine)**
- plan a date to check out the new restaurant you have been hearing about**
- a round of golf in the middle of the day**
- manicure/pedicure (yes guys this is for you too)**
- call a loved one**
- buy yourself flowers**
- get a massage**
- listen to music and sing out loud**
- take a walk**
- try a new activity that you keep thinking about**
- light candles and take a bath**

And the list goes on...

Whether it's our friends, family members, co-workers or sometimes just a stranger that seems to need a smile. If you take the time to do some of these things for yourself, that smile will be there authentically and naturally just when they need it most.

If you perceive doing things for you as selfish, it will not take long till you are the one in need of care.

Don't worry though, I will be there for you.

That's all for now as I have to light some candles and take a bath while I listen to music, sing out loud and painting my nails! The things I do to support you ;-)

**HAVE YOUR ADVENTURES, MAKE YOUR
MISTAKES, AND CHOOSE YOUR FRIENDS
POORLY...ALL THESE MAKE FOR GREAT
STORIES.**

-CHUCK PALAHNIUK-

SIX
THANKS FOR STOPPING BY



I would like to take this opportunity to thank you for your time. In this age of so much information at our fingertips I am grateful.

This short book was meant to give a bit of insight into my past and present thought processes.

Share just a bit of where I have been and overall allow me to be seen simply as a human being.

Stress, frustration, sadness and even anger are often part of life. It is healthy and helpful to feel your emotions. Do your best not to dwell in these spaces.

Something you may (or may not) notice about what you have just read is that I often in the past looked outside myself for validation.

That is, perhaps the most significant change that anyone can make in their life, to fully understand their value comes from within.

