Sue's MuseLetter

June MuseLetter, 2010

Honoring Promises to Yourself

I began musing about promises awhile ago when it appeared as if Mother Nature was reneging on her promise that spring would come this year.

Amid persistent gray skies and the crazy-making cold winds of Colorado's lingering winter, a grouchy me was working on endorsements for two books written by authors I didn't know personally. Although I've always been a soft touch for authors' requests, writing these last two helped me see that my endorsement-energy has run its course. Out loud, I promised myself, "I will not do any more endorsements for people I don't know." To underscore my resolve, I repeated the promise to Gene, my hubby and memory-aide.

Within twenty-four hours, I was tempted to break that promise when a reader wrote a beautiful email thanking me for my books and requesting an endorsement for a book she was writing. Her topic was one close to my heart and, from the tone of her letter, I felt I would like her immensely. Well, maybe this one last, *special* endorsement would be okay... The resulting conundrum reminded me of the saying *Promises are like babies; easy to make, hard to deliver*.

Even though it was hard to do, I kept my promise and also shared the promise-process with the author requesting an endorsement. Not surprisingly, she responded with gracious understanding.

Keeping my endorsement promise was self-supportive and simplified life, but it wasn't life-changing. However, most of us *have* made and honored promises that changed our lives immeasurably. My wonderful chosen daughter, Colleen, is in the midst of that process right now.

Kudos to Promise Keeper, Colleen Patrice

Many of you know Colleen, or have communicated with her regarding this MuseLetter. Because hers is a great example of the importance of keeping promises to yourself no matter how long it takes or hard it is to do, I want to share a tiny bit of her inspiring story.

A little over a year ago, Colleen realized she suffered from PTSD (Post Traumatic Stress Disorder) brought on by childhood trauma. Even though she has a Master's in Spiritual Psychology and works more diligently with her issues than anyone I know, ingrained feelings and patterns continually sabotaged her happiness and sense of well-being. With a mixture of awe at her bravery and sadness for her pain, I watched her go through much emotional upheaval. Courageously, at the core of her being, she continually affirmed the promise, "I **will** heal, and I will help others as a result!"

As of this writing, Colleen's promise to herself is being fulfilled. As a result of finding the perfect, right therapist and therapy (EMDR--Eye Movement Desensitization Reprocessing), her healing has been close to miraculous.

Not only is Colleen's personal healing well-established, her book *EMDR Journal: A Companion for Healing, Courage, & Clarity* is being enthusiastically embraced by therapists and clients alike. Her life-changing, two-fold promise to heal herself and help others is now bearing beautiful fruit.

If you have experienced trauma, feel you may suffer from PTSD, or want to learn more about Colleen, please visit her web site:
http://www.helpingwithtrauma.com

Colleen Patrice

Are Intentions and Promises the Same Thing?

To me, intentions and promises are not the same thing. Similar, yes, but different in feeling and urgency. You may have a totally different take, of course.

Intentions

Setting an intention means I want and plan to do something, but there is wiggle room in it. For instance, it's my intention to write the MuseLetter monthly. However, since my creative energy was hot to trot elsewhere during April and May, the MuseLetter didn't happen and that felt okay.

For me, intentions are "penciled in" rather than carved in stone.

Promises

Promises, on the other hand, feel more like sacred contracts with my Self. Because promises are *will* do's rather than *want to* do's, I am very careful and mindful about making them.

Why is it so Important to Keep Self-Supporting Promises?

It's no secret that we live in uncertain and chaotic times. When external insecurity abounds, it's especially important to create internal security. Being able to count on yourself is an essential aspect of inner security. Knowing you can count on yourself to honor promises builds trust. And self-trust provides a valuable inner reservoir of strength, courage, and resilience.

Even though our world is besieged with challenges, there is also abundant sunshine, happiness, and joy to revel in and embrace. Self-supporting promises are designed to make you healthier, happier, and more loving. Honoring them can help open your heart to the beauty, inspiration, and humor surrounding you.

Your own Promises

Has a thought, wish, or desire been niggling at your mind and heart? Are there ways in which you want to love, protect, support, or delight yourself a little more? If so, please do yourself the favor of gently and honestly musing about them.

The time may be ripe for you to make a promise or two to yourself!

Promises, promises....
Make them mindfully
Honor them completely

With love and hugs,

Sue