

The Visible Woman

**A Collection of Blogs on
Life Experience**

By Irene Brankin

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The Difference between Impossible and Nearly Impossible

By Irene Brankin



Whenever you are faced with trying to find the courage to bring about a change in your life, this title is a good one to ponder over before you get frustrated and give up as you've listened to the voice inside that says - 'Why bother? It's impossible. It's too late'.

Why? Because, as Seth Godwin says, "All we need is 'NEARLY' and we have completely transformed the problem - changing it from one to avoid to one to commit to". He goes on to say, "Almost every breakthrough comes from someone who saw nearly when no one else did".

So, when and where have been the times you have given up because whatever you were facing seemed to be impossible to bring about?

Or maybe as you look back, you may also see those times when somehow or other you saw the nearly and found out that you had whatever it took in order to get that breakthrough - clarity, focus, courage, determination.....

It doesn't have to be that you did it all by yourself. You may have asked for help (which can take courage), received it and so the impossible became possible.

How many of you have felt sadness, despair, and even resignation as you look at all the lost possibilities – the 'how life could have been' times – and felt it was impossible to do anything about it now? You had allowed that voice to over-rule your impetus for change once again.

Life often teaches you through your wrong turns and missed possibilities. And what seemed impossible can become possible as you allow your sadness and grief to be there first and allow yourself to mourn for what might have been.

Then you have the possibility to bring about change in your life, to step onto a new path and to explore what seemed to be nearly impossible.

I'm not saying that it'll work for everybody and it worked for me.

Good Luck as you step onto your new path.

"Life often teaches you through your wrong turns and missed possibilities"

Stop! Are you finding life flashing you by?

By Irene Brankin



I don't know about you but when I heard that time goes faster as you get older, I used to laugh and think that was a daft thing to say!

Oh but now, I am saying it myself. I can assure you that it definitely is so true. It is not about frightening you or anything. I am simply saying that this has now become my reality!

I have been away for the Easter holidays visiting our family and there were all sorts of celebrations and fun. Now that I am back, and look at my diary, I can't believe that we are almost in May, 2014.

Did I miss something or other around time going quicker? MAY 2014 and then Summer, and Autumn and then back into short days and long nights.

H E L P !!!!

"Did I miss something or other around time going quicker?"

Okay, I will start slowing down and begin with what I am doing right now and that is writing this blog before my life goes passed in a flash.

I know I've exaggerated a little above and still, isn't it a perfect example of what could happen? I could end up allowing my worries to take me over and not be in the present moment.

My advice to me then is that I will pay attention and notice when I allow myself to get carried away by time. I can allow myself to say STOP and even visualise a STOP sign. I can think then of a memory of someone or something that makes me smile and allow that to permeate all the cells in my body.

I'd love to hear from you on what your advice or strategies are that enable you to come back into the present moment.

Let me know as they can also be helpful for others in our Visible Woman Community.

Don't Settle for Second Best

By Irene Brankin

I sometimes sit with, or say to others, "I just don't know what life is all about".

This was how I felt on Saturday. I had a smashing Friday evening with some great friends at a Christmas Dinner Dance where we laughed, clapped the winners, drank (well they drank!) and danced till our feet hurt. I got to bed at 2 a.m. feeling I was so lucky to be part of a wonderful evening and knowing such a good crowd of women.

The next morning I awoke to the news of the helicopter crash in Glasgow, where I grew up. The people in the pub had been enjoying themselves too – laughing, joking, drinking and listening to the wonderful music. It was the end of their working week and they too were enjoying letting go and being in good company.

Now some are dead (8) and some seriously injured. My heart weeps for the loss, the chaos and the bravery of ordinary human beings who were being extraordinary in helping one another. There is both the pain of the destruction of human life, and the tears of joy in seeing how people can rise to the occasion.

Today I still don't know what it is all about except that I am so grateful to be part of, and connected to the resilience of the human spirit. I am saluting this in us all whatever is happening in our lives.

Let your tears flow too for the fact that you are alive!! You know, and can see how life can be taken away just like that.

Listen to my message – Do Not Settle for Second Best. Do something that you have always wanted to do. Go on, I dare you!

You only live once so make your life the very best you can, and be the best you can be. You are so worth it.

Love Irene x

Being Alive

By Irene Brankin

What I don't have for you today is ADVICE!

I'm sure you know many people who can give you that. So what I want to say is that you're growing yourself through all the experiences you're having, have had and will have – good, bad or indifferent.

As I have written on the back of my business card 'Life is what happens to you while you are busy making other plans' (John Lennon).

Well if you insert experience in place of life, that's what you get when your plans don't go as you wanted them to. This can be tough and yet experience is what enables you to build your coping muscle to deal with life.

As I've said earlier, this can apply to good, bad or indifferent experiences. When you have those wonderfully good times, you put them into the bank. You can then draw on them and they will bring a smile to your face and also internally to the cells of your body. They are always there to draw upon when you have those bad times.

However, much you wish and plan, life doesn't always turn out as you wanted it to, and things don't always occur when you expect them to. This is what makes life so interesting.

You realise eventually that you don't have much control over what happens in your life if you are really open to it. This is what I call 'being alive' to our journey through life.

It's not easy and yet you can see that life ebbs and flows just like the turning of the Seasons.

When you stop expecting things to be a certain way, you will appreciate them for what they are.

I can now say that I lied!! Here is my one piece of advice – go with the flow or swim with the tide.

Are you one of the Chosen ones?

By Irene Brankin

Doesn't it feel 'Oh so good' to be chosen for whatever it is people are making choices around who they want to be involved with or in their team or whatever? Do you remember a way back perhaps at school, when teams were being chosen and you were saying or doing something like –

Please pick me (silently or shouting it out)
I didn't want to be picked anyway and shrugging your
shoulders
That inner smile that comes when you are chosen and you
don't let on that you're delighted

The feeling of being picked and NOT left to last made you feel so good. I know that I love it myself.

You were included. You were part of the group, the team, the in-crowd. Wonderful.

Why?

We, as human beings, were born to be social animals and if we weren't chosen or picked, it would have had devastating consequences for us. Ultimately, we could have died if we had been excluded or abandoned by the group. In my opinion, this is where it started from – you were in or you were out – and that's still retained in the cells of our body.

So there is a tiny, little thread back to that reaction or even a big, thick rope!!!

Good Aspect

When you have growing awareness of yourself and your reactions to different aspects of life, then you begin to see that you have a CHOICE. Yes, you begin to experience that you have the inner freedom to choose your own response.

Self Development

That tiny, wee thread might give you an 'Oh' or two and then you can breathe into that inner voice that tells you that you are not a failure, you won't die if not picked, you don't have to if there's something wrong with you. Why? Because you can walk your own line now. You don't have to go with the norm. You can hug and comfort that tiny part of you because you love you.

You will know that you are a creative, loving, inspiring, successful woman in your own right simply because you are unique – there's no one else like you!

Inner Choice and Freedom

This is so important to know. When you have inner choice and freedom – then you can be in or out. It doesn't matter anymore. You'll know you won't die because you don't fit in with the norm. There are so many of us out there, I can assure you – making our own choices and thinking our own thoughts.



"Doesn't it feel 'Oh so good' to be chosen"

Thank you for reading.

If my words touch you and you want to know that you really matter, then visit my [website](#) or [contact me](#) and let's see how I can do that for you.

A handwritten signature in white ink on a blue background. The signature appears to be "Drene" followed by a small flourish or mark at the end.