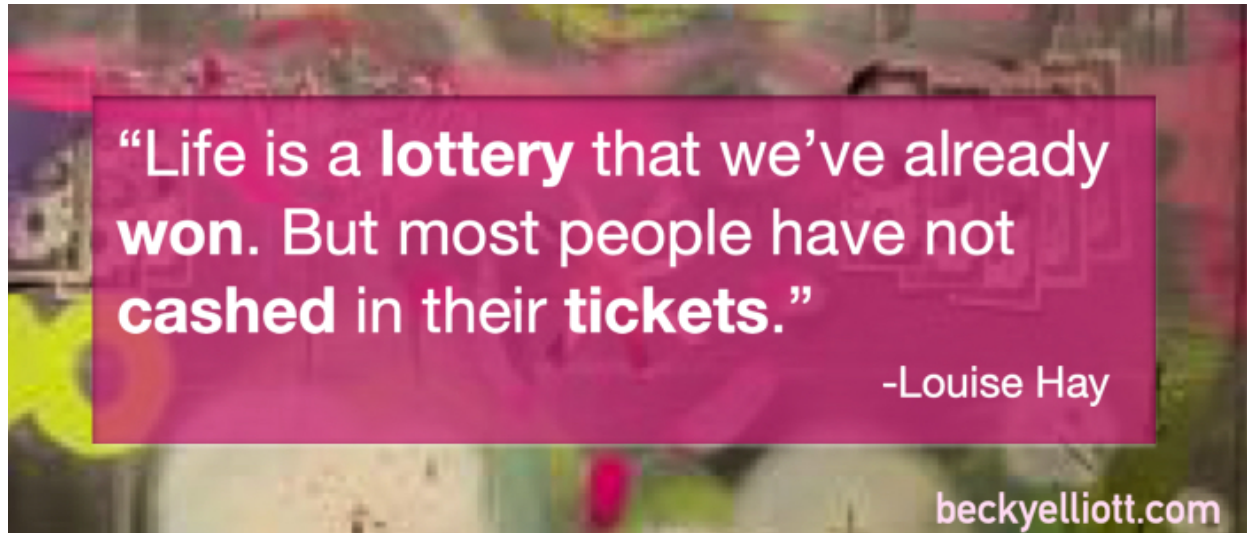


Becky Elliott | Best Life Journey Newsletter

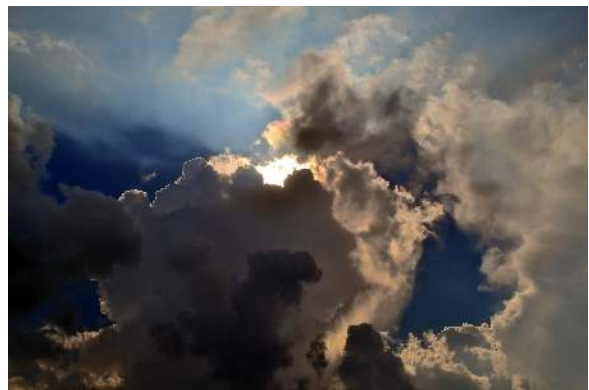


The day after I published this "Miracles and Meaning?" post, a kid in the class in which I was subbing asked me randomly "if I went to church." At the time, the answer was "no," but his question kinda felt like another sign from the universe. That Sunday, I visited the Universalist Unitarian Church. So long to that 25-year funeral and weddings-only church hiatus. This Sunday will be the third that the kids and I have spent the morning at church.

1. ICYMI: Miracles and Meaning?

I'm ready to defer this haphazard career journey I started in August. As much as substitute teaching and exploring special education excite me, that "Change Yo Life" fund is empty, and not having a steady paycheck is hard. But giving up your financial security and not having a "shit hits the fan" safety net sends my anxiety into overdrive. Each ...

[Read more](#)



2. Other People's Podcasts: Brené Brown on the Tim

Ferriss Show

I recommend the entire podcast episode, but if you can only commit 10 minutes, this video clip of the podcast is worth a listen.

YouTube Video: [Brené Brown on How to Navigate the Emotions You're Unwilling to Feel | The Tim Ferriss Show](#)

We squander our finite time on earth, running from emotions that we don't want to feel. We distract and partake in addictive behavior. Maybe you are glued to our phones (guilty), have self-medicated with sugary foods (guilty), or any of the other gambit of addictive behaviors. The power happens when we can face these fears and embrace those uncomfortable feelings. From overcoming this aspect our ourselves, we become more self-aware and more present. Whatever gifts that the universe has given you, self-awareness and the ability to be present will amplify them.

3. Other People's Prose: India Arie's "I Am Light"

I love India Arie's soulful voice, and this song is beautiful. For the past two weeks at church, someone has sung India Arie's "I Am Light" Each time; I've cried.

Here is the verse that really hits me:

I am not the things my family did
I am not the voices in my head
I am not the pieces of the brokenness inside
I am light, I am light

YouTube Video: ["I Am Light" Lyric Video](#)

I'm someone who has struggled her entire life with the presence of an inner voice, berating, and identifying countless ways that I'm not enough. Until you stop and question those voices, you will accept the things you hear as truths. But those things are not you; they are limiting beliefs that will keep you down.

Even if the idea that of embracing the idea that you are light seems too "woo," consider not accepting the unkind voices in your head as irrefutable truths.

This newsletter is a work-in-progress. I'd be super grateful for any feedback. Please

feel free to reach out to me at becky.elliott@gmail.com and let me know what you think or what you'd like to see.

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