



0:00: Hey, it's your friend Sarah, and welcome, welcome to Stories of Survival in the Modern Age.

0:14: So this wasn't the episode I planned to drop.

0:19: And yet sometimes, well, sometimes life writes an episode for you.

0:26: I attended a celebration of life service recently for someone I've not personally known that long, though a dear friend of mine of over 50 years had known her for 20 some years.

0:41: A truly genuine kind soul.

0:46: It was standing room only, and Many people eulogized her caring nature, her compassion, her ability to make people feel seen.

0:59: How her life was not dictated by material things or by money.

1:05: They talked about the difference she'd made in people's lives, and gosh, I was left wondering, what will people say of me?

1:15: Will they say that I was there for them or that work came first?

1:21: Will they say I lived life well.

1:26: Or will I get to my last wishing, wishing that I had sent just one more email, worked one more hour after dinner, ticked another thing off my to do list.

1:39: Well, Around 18 months ago, Brett and I started bell ringing, or at least we started to learn to at the village church.

1:50: Just a few days ago.

1:52: Our tower captain, the most patient chap who helped teach us, passed away quite unexpectedly.

2:00: And when we were told the news, honestly, I was speechless.

2:05: I was quite honestly lost for words.

2:09: It's one of those moments that completely catches you off guard.

2:14: We'd had our regular practice session two days earlier and I'd had a text from him that afternoon.

2:22: Sarah, well done.

2:24: Well done with ringing up on Tuesday.

2:26: Can you get to practice 15 minutes earlier to do it again and ring down as well?

2:31: I was very impressed.

2:34: I didn't know then that those were going to be the last words he ever said to me.

2:40: You expect to see someone the next week.

2:43: You expect there'll be another practice.

2:47: Another conversation.

2:49: Another ring.

2:51: Another laugh.

2:53: And then suddenly, there isn't.

2:56: Honestly guys, it felt like a sucker punch in my gut.

3:00: Ringing on Sunday was somber.

3:03: Practice this week, well, it just felt odd.

3:08: Someone who'd always been there on this journey simply wasn't any more.

3:12: And that afternoon on Sunday, I made a conscious decision.

3:17: I wasn't gonna work.

3:18: The emails could wait, the invoices could wait.

3:23: The to do list could wait.

3:26: And instead, Brett and I headed off for an impromptu walk along the canal.

3:31: We ate pizza, not along the canal, but at a local place in town.

3:36: We laughed.

3:36: We talked, we lived.

3:39: And you know what, I realized something.

3:41: I have spent so much of this year, at least this year, focused on what needs fixing finances, work, the next invoice, Brett's visa extension, the next idea, how to earn more, how to make things work, juggle, juggle, juggle.

4:00: And honestly, honestly, it's exhausting.

4:04: And maybe you know that feeling too.

4:07: You wake up already thinking about everything you need to do.

4:12: You finish one thing.

4:14: Only to start worrying about the next.

4:18: It's almost all life.

4:21: Becomes something we're constantly preparing for.

4:26: Instead of something we're actually living.

4:30: I started off the week with two super tiny new evening practices, asking myself, what did I do today, my done list, and what went right today.

4:44: Almost like a proof list if I, a proof list if I needed one.

4:50: My aim being that when fear, that monkey mind nags that, nothing ever works out.

4:59: My goal is to have pages of evidence that says otherwise.

5:04: Things like I did my morning walk, I drank more water, I laughed out loud, I had coffee with a friend, whatever it is.

5:14: There's a quote often attributed to Jack Cornfield that says, the trouble is, you think you have time.

5:23: Well, this week those words for me have echoed around my head more than ever.

5:31: My heartbeat means I'm alive.

5:34: I'm not just existing, I'm alive.

5:38: What if that, what if that was just enough to celebrate today, guys?

5:43: Not when everything is sorted, not when the bank account looks healthier, not when we've achieved that next goal today, right now, right at this moment, and I know that's something we've spoken about before, here on the podcast.

6:00: Because life, life isn't waiting for us for everything to be perfect before we're allowed to enjoy it, and I am as guilty as this, as anybody.

6:10: I am a complete work in progress.

6:15: I'm still figuring out my money mindset.

6:18: I'm trying to, I'm still trying to build a future that feels secure.

6:25: But I am learning that constantly chasing more can very easily become.

6:32: Constantly fearing that there's never going to be enough.

6:36: And you know, I don't know, maybe those two are two very different things.

6:41: Abundance isn't about pretending that everything is wonderful.

6:46: It's not fake it till you make it.

6:49: It's noticing what is already here, what's in front of you right now, the river on my morning walk, the breeze on my face, the kindness of people.

7:00: The privilege of another sunrise and sunset, a text message from someone who believed in me.

7:07: The laughter over pizza.

7:09: The chance to say I love you.

7:13: Yes, I'm gonna keep making plans, and yes, I'm gonna keep working hard because at my core, I think that's just what I do.

7:21: I'll keep helping to build a future.

7:25: Though not at the expense of missing today.

7:29: This, this moment right now, well, I think that's all we're ever really promised, isn't it?

7:35: So, if you found yourself carrying a lot recently.

7:40: No, you're not alone.

7:42: If you've been worrying about money or work or whether you're doing enough or being enough, can I gently, gently remind both of us to take a breath, to listen.

7:56: To look around us.

7:59: Your heartbeat means you're alive.

8:02: And today, maybe today, that's enough reason to smile.

8:08: Thanks for spending these few minutes with me, and if this episode has resonated with you, I would genuinely love to hear what you're grateful for today.

8:18: Thank you for trusting me, and thank you for sharing this episode with people you care about.

8:24: And when you come back, I'll be here, ready to meet you where you are.

8:28: So until next time, stay safe, be well, and as always, be your own definition of amazing.

END