The Marathoner’s Journey

February 26, 2015 By Matt Starr

From what I hear from clients and others, some of the experiences I have been through on my healing journey ring true for many. We are doing things that bring us joy, peace, and a connection with our own well being and health, but new challenges keep presenting themselves.

Personally, I have a long list of practices and activities that I love, that help me love my life, even though it is not the same life I had before hepatitis and an eventual liver transplant shook my world. Then, I was strong physically in a way that allowed me to compete in marathons and other endurance athletic endeavors and be an extremely active outdoorsman.

I have come to terms with this change, even though I miss still miss that feeling of deep endurance and the wind in my hair as I ran or biked. But I still swim a mile or more most days, hike, garden, do lots of yoga, canoe and kayak, and take slow runs now and then. These things are a celebration of joy and a manifest expression of the passion I have for living, gratitude for what is, as well as an appreciation for the way my illness has helped me become a more whole person from the inside out.

It’s not come easy, this mind set, but it has emerged from a dedication to, as much as possible, living a full, engaged life. There is a wide range of activities that might work for you. I feel lucky at this time in my life to be able to do so much, but that could change at any time. Sitting in a lawn chair under a shade tree, listening to birds or the hum of your city, while connecting to your life giving breath, is healing.

You might want some guidance in your search for your own self dedication, or you might be able to dig deep and find it alone. **However, it’s always good to have support, whether it’s from family, friends, or a group of fellow seekers that may or may not include a personal health coach.**

Research and anecdotes show the healing power of being active and finding satisfying ways to use one’s free time. There is also a strong body of work that shows the validity of attitude and beliefs that posits the idea that the mind contributes to the body’s ability to heal.

But for me, even though I truly am grateful for what I have, and do a lot of previously mentioned things that I feel passionate about that enhance my wellness, there are times when the load feels almost too heavy. How about you?

Recently I have been assaulted from various directions. First, I have an ongoing battle with Medicare and the pharmaceutical company to receive new hep C drugs. Throw in less significant effect of a sinus infection that led to surgery and a 6-day hospital stay, and the double vision that

developed. There’s more, but I won’t go on.

Sometimes things go sideways for many, if not all, of us. It’s then that we can all dig in and not allow ourselves to swirl downwards. Return to those life affirming practices and activities that ground you. If you don’t have a robust set of choices, find just one, and go there, do that.

You have it in you. We all have it in us. Sometimes, when faced with unexpected health challenges like Hepatitis C or other hurdles, it is important to keep trying.

One foot after another. Some have a tougher life journey, and some have it much easier, **but you have what you have.** Never quit trying. Run the marathon course that takes you to the place of loving yourself and the life you live.

Anything is Possible.

This post first appeared on Matt Starr’s blog, January 29, 2015. To read the original blog or to learn more about Starr Wellness Coaching, click here.

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http://beta.docker.hepmag.com/blog/hep-c-marathoner