Moving Right Along

October 12, 2017 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog.

It has been so long since I posted that I don't know where to begin. Changes! A lot of changes happened in the last 12 months. It seems as if I am a totally different person than I was last September. But here I am in the middle of Now with the wisdom that comes from shifting and adjusting… and the joy. Always gratitude and joy.

The Loss

My sister's unexpected death was like falling into a giant crater. I feel the reverb every day. Losing some of my Hepatitis C family caused even greater shakes along the emotional fault line that was created by liver disease. Then my father-in-law passed. It was a peaceful home-going surrounded by a close-knit family. Frequent visits were a blessing. His love and legacy live on. Our siblings quickly shifted to fill the gaps… and we are guiding each other into the next stage of life.

The Pain

During this time, I was going to yoga school and dealing with that post tibial tendon issue. It morphed into something else that will need a blog of it's own. My hip got in on the action causing sacroiliac pain. I did physical therapy and increased my yoga, spending countless hours walking with proper form to get me ready for the Transplant Olympic Games in Spain. Hours of silent tears, rejoicing, and Pandora Radio.

The Gold

The World Games was the most over the top international trip of my life. Being alive with my dear donor was exhilarating – racing, with him giving me life. His voice from heaven joining all those who had gone before me: Keep going!

I was not competitive in the runs or race/walks. But in cycling? Oh my heck! I became the fasted female cyclist in the world in my division! Bam! That's what I'm talking about!!

To read the rest of this blog and catch up on the details in Karen's life, click here.

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