



# The Center To Really Live Inc.

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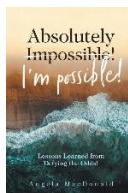
## To Really Live Blog – By Angela MacDonald

### Worth the Wait

Sometimes things in life happen that make us take a sideroad that was not in the plans or delays the schedule of when things get done. We may be sitting in the unknown waiting on replies to emails or phone calls and wondering what's taking so long. This can test our patience, make us wonder, even be frustrating at times. However, it can also be a test of surrendering to and trusting the Universe. It's an opportunity to find the positive in those moments when things get delayed or off track and really tuning into your own intuition to find the answers within. I really believe from experience that it takes an immense amount of courage, faith, and willpower to surrender to the unknown, what we can't see, feel, smell, hear, or taste and be open to what may come next. When we are able to do this, more often than not, the outcome is far better than what we may have had planned or envisioned. It is also an opportunity to get or stay aligned with your soul's journey.

*"Divine intervention shows up through endless acts of synchronicity."*

Angela MacDonald



### Book Coming in 2021!

#### Absolutely I'm-possible!

Lessons learned from defying the odds.

A Teaching Memoir – Being told she couldn't to proving she could! Life lessons to learn from a quadriplegic with epilepsy who transformed into a walking, seizure-free miracle! This book will take you on a journey of healing to wholeness, transforming the *Impossible* to *I'm-possible* to really live a life you call your own!

By Angela MacDonald

Situations like these are a true test of letting go of uncertainty. I love Brené Brown's work and definitely resonate with the raw, authentic truth that she speaks. She talks about letting go of the need for certainty and cultivating intuition and faith in her book *The Gifts of Imperfection*.

Having faith in the unknown and the journey we are on means being willing and courageous to step into the unknown and go beyond our fears, anxiety, doubt, or assumed limitations. This creates an opportunity to believe in what you may not yet see. It's important to quiet the mind – or chattering monkeys – and listen for what cannot be heard.

The greater your need for certainty, the less in tune you are with your intuition. The louder your chattering monkeys are, the less chance you will hear your inner knowing speaking to you. The less you ask open ended questions and be curious, the less you will be able to discover additional information that will validate your intuition, inner knowing, and what will lead you to the truth. You have to give up one to embrace the other.

The more I surrender and the less need for certainty or control, the stronger my intuition has become over time. I touch on this topic in my book from multiple perspectives. Here's a paragraph from my book: "*The eighth requirement is trust and faith. Trust gives you power over fear. Faith is about believing in something when you have no proof. When you surrender to something, trust something, and put your faith in it, you know where you are going, and you won't let anything stand in your way. You may not know the how, but you do know that all will be well. When you surrender, you must be guided by something other than your own will and desires. Trust and faith will overpower your fears. It is about allowing and visualizing the positive. Listen to your body, your heart, your feelings, and your intuition, so you can be aligned in trust and faith.*" So, keep the faith, trust your intuition, and know that it's worth the wait.

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Health and Wellness

## Reconnect with Dr. Tator



## Book Update

As my focus for this blog is about things being worth the wait, this also has a direct link to my book! The wait for both me and you! My goal (and so was the editor/publisher) was to have everything finalized and ready to print by November this year. However, we experienced exactly what I mentioned, things going sideways with time. I had reached out to the previous neurosurgeons who operated on me along with the neurologist I saw for many years. I was open and curious to see what else was possible. And I was pleasantly surprised by the outcome! More than once!

One surprise was the quick reply I received from Dr. Charles Tator when I reached out to him on the anniversary (August 5) of the miraculous surgery that he did for me. I was super excited to get such a warm and welcoming response and even more excited when he agreed to write the forward for my book! Wow! How much better could it get than that? Well, it gets a whole lot better! Not only did he write the forward, but the forward brought tears to my eyes when I read it! It's powerful, touching, inspiring, and moving and I'm so excited to share it with my readers! And it didn't stop there! Dr. Tator agreed to meet and do some photos with me too!

That leading to another part that has been worth the wait. I also reconnected with the neurologist who I saw for the epilepsy and he too was happy to hear from me and about my book, so much so that he wrote a testimonial for the book! I'm excited to share that too!

My heart is overflowing with gratitude for the magic and miracles that keep occurring in my life. So, this validated that some things are worth the wait! This wait has delayed the publication date for my book; however, I can assure you, when you purchase your copy, it will be worth the wait to read. It will also be for a good cause as a portion of the proceeds from every book will be donated to Toronto Western Hospital for spinal cord research and Montreal Neurological Hospital for brain surgery research.

## Contact information

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Let's connect and dis-cover what else is possible!

## Surrender and Trust!

*“When you surrender to something, trust something, and put your faith in it, you know where you are going, and you don't let anything stand in your way.”*

*Angela MacDonald*

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