

Sensing Me-value – A Start in Appreciation!!

by Bob Rush

Why is the most difficult person in the world to sell “myself” to... myself? For me, its one of life’s little mysteries or maybe I keep missing the lesson. In this journey and on this particular incarnation, why do I keep selling myself short? My God, I better get the pom-poms out and start learning the cheer – I’m number one, I’m number one.

As you all know, it is my wish and my passion to be the most stellar equine bodyworker that I can be. I want to be responsible for bodywork on the next Triple Crown champion or Breeders Cup champion.

Hey, I want some limelight. I have gotten great feedback from many of my clients (horses, of course) owners. I’m grateful that there are enough owners who believe in alternative modalities and pampering Thunderball.

This work has taught me a lot about reading energy – I have had to become adept at the art of recognizing non-verbal feedback from an animal and becoming in tune with them. My hands are the radar sensors that pick up the cues and the blips. So duh – I must have some skill. I want people to say – I know a great bodyworker from Virginia – his name is *Bob Rush* and he has performed some miracles on dear ol Thunderball.

So as I sit and create this little piece of work and hopefully some wisdom as well, why are the little voices turning up the volume in my head. What’s the song – Voices, I hear voices. Oh crap, someone has let the committee out of the cage. Jeez, the voices are getting louder. I really thought I had nailed the door shut. Let’s describe the voices – Who are you kidding – A Triple Crown Winner; what makes you think you’re that good; and on and on.

My dear partner in crime, Carolyn has told me a number of times – Develop an ego!!

Know that you are good because you are good.

I grew up thinking that ego and arrogance went hand in hand. Kind of like partners. So I thought that if you had an ego – you were generally arrogant, full of yourself and just plain insufferable. Like to take it to the extreme don’t I.

As I have come to understand more spiritual principles and work with concepts like the law of attraction – my self view is my creation. Go along to get along – don’t blow your

horn and the like. *Amazing how the law works. What I have thought about I have brought about.* Then there is the mirror thing – as age moves on and yes damnit I am only as old as I feel – when I look in the mirror – Yikes!!! – Where did that roll around the middle come from? This is serious – hit the red launch code button – my body is under attack! Its middle age. Body rolls, hair in all the wrong places – I did not sign up for this program. Must be the fine print.

A light bulb moment – TADA – it hit me one morning – if I keep focusing on the “love handles” – the universe is going give me LOVE HANDLES. Stop it already – do something about it – Ding – Inspired Action! No focus on the blob – exercise – stop feeding the furnace.

My new mantra – is Be Here, Now. Do not project – stay out of the future’s sandbox. Focus on all the good stuff about me.

So I’m not Brad Pitt – and maybe I don’t want to be. I am embracing me for me.

Affirmations used to drive me up a wall. For some reason, they sounded like Pollyanna – just over the top I guess. I don’t necessarily use them like I could, but I am starting to find they do have a usefulness. Training the brain – changing how I think, reprogramming the internal CPU. As I stand up on a hill overlooking the farm that I am blessed to live on, I do tell myself “My life is blessed, behold the gifts”. It’s nice to sit on a fence, watch my three turned out field board horses graze peacefully and begin to understand that this is exactly where I am supposed to be.

It begins with “me” and it begins with “appreciating me” – those of us who grew up in a time where we were told to work hard, keep your mouth shut and you’ll get ahead have come to learn later in life – dancing to a different drummer and celebrating one’s own song – is pretty cool and pretty righteous.

I’m learning to appreciate me, my skills and my song. And the best part is I get to share it with the world. Ready or not!!

Further down the brick road and until the next installment – be blessed and enjoy yourself and as Tina Turner put it – “You’re (I’ll include me, too) Simply the Best!”

Till next time

Bob