



## Immerse Your Entire Being in It

### A Little about Me and Also, My Hope for You

My name is Audrey, and sometimes in my writing I go by Audrey Louise. I am married to a man who has been my best friend and lover for 12 years (wedded 11). We have three children together (Sarah and Jacob [our twins], and Johnny) who make us as crazy as they do happy! ☺ I live a married life with Chris and my three children now and they all are the light of my life. Before I was married, I lived with my parents (when I was not trying to run away from them)! They were and still are a part of who I am today and I LOVE MY PARENTS DEARLY. They have taught me unconditional love like no one else could, and they never gave up on me even when I did.



***Where we are now and who we will become is always marked with significant people and events that surround our lives.***

And yet we still cannot forget that how we have arrived at where we are is marked by people (and events) that were also significant along our path. (I have proudly displayed some significant people in my life – My parents and brother).



Now, I could write a novel about many moving moments in my life and also about many of the people that have been a part of its movement, and there will probably be many stories in the future that I might relate back to that were significant “mile markers” on my journey that may relate well to a topic I might write

about. However, there is a very specific and recent life “mile marker” that



I would like to share as I share my HOPE for all of you. It is my hope that its story can resonate with others on some level so that the full essence of what *my* “lesson to be learned was supposed to be” can thus be heard by others. So, what is that lesson? Very *simply* put...

## ***To experience Life: To embrace It: To Immerse My (Your) Entire Being in It.***



The “mile marker” I speak of occurred only about three months ago. (So much can happen in such a short period of time. And it can take so long for other things to manifest. This is where the laws of time become so very lawless). It seems like only yesterday! And it feels like forever-ago.

It begins with my mother. A few months back, while I was experiencing what I thought was an EXTREMELY tough time for me, my mother, who is a juvenile diabetic, had to begin antibiotic treatments to treat an infection via a pic line, which put my tough times to shame. Well, things went awry with either the pic line site or the heparin that was being administered and she became septic, going into septic shock.



As I made the 700 mile trip to visit her, my whole world was changing. *Was I losing my mother? What could I do for her? Where was life taking us?* A million thoughts bombarded me as I stood next to her in the ICU, hoping and holding her and offering her the best healing touch, thoughts,

and energy I knew to offer. The sepsis had made its way to her lungs, causing fluid retention. As a diabetic, the chances of survival are slim, especially at that stage in the game. But she was a fighter, and I kept telling her she was going to pull through – no doubts. I COULDN'T believe otherwise, anyway! My entire being told me that I had to keep believing.

The ride home the night before they said they were going to intubate her was, to say the least, interesting, and to say the most, a miracle of this earth. My dad and I saw something pretty amazing. I took some pictures, but for me that just wasn't enough!

Now, when I saw those miracles of light, I thought of nothing else except that I wished my mother could share in their beauty; I wished that she was experiencing that *vibration* in life that I was experiencing right then with me and my dad; the colors, the *moment*, it was remarkable...it left me speechless. The pictures I took tell of the beauty that life can show you even when life's skies have clouded their darkest shade of gray and how that beauty can be double even what you ever thought possible...



but to be there... to feel it in that time... that was something else that I can't even put into words or share in a photograph!

The doctors said it was a miracle. It's true. They still don't know how she turned it around, but she did! 😊 AND

THAT IS BEAUTIFUL! The day my mother was supposed to be intubated, she was instead, told that the fluid had mostly cleared up (no one knew how), and that they didn't even want to drain the fluid that was remaining (as that would be more invasive than what she needed), that she did not need to be intubated, after all, and soon after, made a full recovery.

It was funny, though, because the entire time she was in ICU all she wanted to talk about (when she wasn't laboring for oxygen) was how Chris and I were doing on working things out, about relationship advice, about some philosophical musings, about what *I* was doing for work, how *I* was holding up emotionally, but never wanted to talk much about *her*! That's a mom for you! We talked about many things, and they were all wonderful, but there was one thing my mother said in all her unselfishness that remains ever-clear for me and always will. She said,

***“I want you to experience LIFE, Audrey. Yeah, I want you to be happy, but I’m not just saying that because I’m Mom, and it sounds good. I want you to want this for YOU. Because it really is beautiful.”***

And I told her that I wanted to, too. I really did.

And I changed. I started wanting to experience life in a more *conscious* way than ever before. To really FEEL it. In ALL its magic, ALL its wonder. To BELIEVE in it. To SEE its beauty. To TOUCH its essence. To MOVE in its vibration.

There is *seeing* rainbows, and there is EXPERIENCING them. There is *saying* you love someone (including yourself), and there is EXPRESSING love. There is asking for things to manifest in your life, wanting and waiting impatiently for those things to occur; and there is asking and then letting go as you just BELIEVE that life is moving its dance to your perfection. There is touching the rapids in the rivers without thought, without feeling, and there is touching those rapids, totally entrapped in the moment, completely mindful of the coolness, the movement, the sound, the sparkles of light, and the essence of LIFE that lies within each lap of water across your body and soul.

It could have been me seeing my Mom nearly lose her life that woke me up to it all, that made me want to embrace my own life; it could have been the very recent separation from my husband or the distance from my children and home – or from not even knowing of a place to call home; it could have been my weight loss and eating issues or my emotional issues in introspect; it could have been my suicide attempts or my self-harm in retrospect; it could have been the 15,000 miles I put on my car in 4 months – and all the travelling time I had to introspect; it could have been all the magical, spiritual dreams – or the awesome everyday occurrences; or it could have been 1,011 other things;

AND IT IS ALL OF THOSE THINGS AND IT IS NONE OF THEM because through these things and in recognition of what things might be like in absence of them, I have realized,

It doesn't matter how tough the road OR how easy  
and it doesn't matter how right OR how wrong  
or how or good OR how bad;

All that matters is...

in the final course of our thoughts –

At the sunset of our days –

and at the dawn of every new one –

and... most importantly, at the precious moments in between...

***That we remember to experience  
LIFE.***

***To Immerse Our Entire Being in It!***

That is thriving in life.



So, this is my hope to YOU. ~ That you set aside all of those “things” (while realizing they are part of you in another time – so, it is ALL OF THOSE THINGS

AND NONE OF THEM) and remember to EXPERIENCE LIFE, EMBRACE THE MAGIC OF IT,

IMMERSE YOUR ENTIRE BEING IN IT. ~ This is my hope to you!

So, keep hoping, and keep living!

Much Love,

[Audrey Louise](#)