



Clearing Space Before a Renewal

by Maria Gavriel

I am slowly encroaching into the middle of my life's journey and find more and more that life is throwing larger and harder curve balls in my direction. In the last year I have been challenged with a fair amount of experiences that have stretched me farther than I ever thought possible. From all that was pouring onto me, I began to believe that I could never come out whole, once the storm was finally over. I can now say that it was the biggest gift I offered myself and my family. My experiences allowed the opportunity for personal work in areas I never dared to travel to. And because I ventured into the

darkness, I am now able to offer light not only to myself, but to my husband and children.

How did all this come to fruition? We first had to clear the way. During the spring, my husband and I always enjoy the benefits of a long, clean detox. This was always on a physical level. We didn't know that we were in need of a deeper detox, until we were immersed in it. This inner cleanse began at a ripe time in our lives, where it was either "do or die". What does that mean? Well, the way our lives functioned at the time, was not authentic

enough to be sustainable. Often, we don't realize how important it is for us to clean our space. Sometimes we are not even aware that there is any clearing necessary and we walk through life with a bundle of garbage that simply inhibits us from achieving greatness. And this affects everyone around us – especially the ones we love the most. The ones who get the brunt of it, are our children – the next generation.

Personally, I thought I was perfect. And anyone that met me called me Super Mom, Career Woman, Super Woman, and all these awesome names that were a compliment for an over achiever like me. The truth is that on the outside, it did seem like I had it all, and it was all well put together. I created the perfect life. Once I was officially welcomed into motherhood, I began to feel the discomfort of a mirror being held up at me all day long. My children grew into toddlers and they began acting out in ways that were somehow familiar to me. Children and the reflection they offer you are a gift. You can't escape the truth once they are part of your life, because they innocently show you all that you may not want to see.

The way it all went downwards (before it skyrocketed upwards) was when my son and daughter began having social challenges at school. My daughter went from a sweet little sugarplum to an angry hitter and biter, and my son went from social butterfly and a leader to being impeached by his 5 yr. old friends – he was left to play alone. I got into fights with friends and other parents about my children and it grew into a horrible, painful, dramatic year. I kept asking in my prayers for guidance to help my children through this time. During that year, my marriage was also being strained but I figured it was just a side effect of all that was happening. Several months later I began feeling surges of anger fester in me that were really worrying me. Shortly after that, I realized I was a secretly unhappy, angry person, but kept wondering what

about my life is making me feel this way? I must be so ungrateful and blind to all that I have in my life. Suddenly, spiritual books began flooding onto my nightstand from recommendations, gifts, and all sorts of ways. At one point I was reading 3 at the same time. I began practicing affirmations, meditations, visualizations, prayer, and essential oil therapy and the more I invited healing modalities into my life, the worse my life got. That was confusing....

For the sake of keeping this brief, let's just say that I was faced with unpleasant possibilities - with an uncertain future in my marriage; losing the perfect life that I created and knew so well; and the fate of my life, my husband's and my children's was to take a very different and unknown turn. This heart wrenching and confusing time, forced me to immerse myself into an abyss within me. I took the plunge into a rotten, ugly area that I thought had surely disappeared. This reflection led me to the most painful moments of betrayal caused by all the people that I loved intensely. I had to face feelings of distrust, judgment, and pain. Being in a place of "all in", I confronted all that created a road block in my life. All the ugly moments that created a chain hold on me. All that held me back was due to my unresolved human experience. Confrontation meant that I also confronted the people that played a role during the painful moments throughout my journey. I then came to the most honest moment so far – that I was not perfect, and I had lots of work to do. At the time of this cleanse, my experience was unbearable and beyond horrible. I thought I would never see the light and climb out. I reached and I pulled out all the healing modalities from my tool box that I was gifted by the universe. I needed everything I had in order to find my way out of this spinning, uncontrollable ride. And when I finally made it out and saw the light, I was grateful to all the beloved people that had "hurt" me. I realized that they were my biggest teachers. I am grateful for their committed love and for offering me the largest lessons in my life.

They challenged me in ways that allowed me to expand and transform into the person I always dreamed to be.

It is important to mention that, by beautiful and intended coincidence, my husband was also stretched and healed during the same year and he has expanded in ways he only dreamed of. He is the husband and partner I always dreamed of. Because we dared to face our personal hold ups and how they created our marital issues, our relationship has transformed and grown deeper roots than ever. Both his work and mine still continues, and is now merging. Thanks to our challenges, we have taken our first steps towards our life's purpose and we are beginning to understand what it is that we came here to do. We detoxed, cleaned out our past, cleared our path, our prohibitions and now feel liberated and full of endless possibility.

The most beautiful part is witnessing how this all affected our children and even our extended family relationships. Healing our wounds has freed our children and has brought us closer to our loved ones. Both of our children are now grounded, loving, caring, playful, affectionate and truly amazing little souls. Our transformation trickled down to them. This awesome change in them did not take place as a result of their own personal work, but ours. They just enjoy the benefits of mommy's and daddy's success. There hasn't been any arguing in our home for over year. There's always maintenance, and a clearing of space however. We have now acquired the tools of clean communication so that there is never any build up or any toxicity festering. Our children have wonderful, healthy friendships and are thriving in all areas of life; physically, emotionally, socially and spiritually. I am grateful for the work that we have put in, because now our children have the opportunity to experience their own life's ups and downs without our baggage weighing them down unnecessarily.

I believe it is important for parents to continuously reflect and heal whatever is tugging within them, for the sake of their children. If we all practice this as parents, we offer great opportunities for our children to be able to give to the world in tremendous ways. Through powerful, healthy families and children, we ultimately, allow for greater possibilities for our world and for our future. My family has experienced a rebirth and a renewal into a new way of being; a way we never imagined but only dreamed and hoped for.

So, if experiencing a downfall in your family unit, instead of looking elsewhere for something new, try to water your own garden and plant new seeds. The grass can be greener and more beautiful than you expected on your side – it may even transform into a spectacular flower garden!



Maria Gavriel enjoys a holistic lifestyle with her husband and two children. She loves family time in nature, sharing about her parenting downfalls and triumphs, raising awareness and her own downtime when she is meditating or working on her new book *Wholistic Parenting: Following Your Inner Wisdom and Nature's Plan*. She is an HMN member and the voice behind lovecenteredparenting.com. She leads educational community workshops on natural remedies, GMO events, and other topics.

