

May 2013

Where have you been all this time?

I feel like I am back at school. I have been away for a while- well my newsletters have, and I feel I need to explain myself.

Let me share a little with you. All through last year we were hearing apocalyptic tales from the Mayan Calendar. The end of the world is nigh, we were told.

I didn't buy it. I did not give my energy to it. Yet as the year progressed I couldn't help feeling that the world was changing. All those prophecies of the old ways crumbling seemed to be coming true as banks plunged from one crisis to another, as economies crumbled and as Mother Nature once again reminded us who is in charge with unprecedented natural disasters.

September came and I was still protected in my little bubble. Then out of the blue my world was turned upside down. I share my story on page 2. It is a very personal account of my own apocalypse. My life was changed forever and the pace of this change was too fast for me to keep up.

And so I did what I needed to do- I rested. And I rested some more. I did think of sending out Newsletters but my heart was not in the right place. How could I possibly write a cheerful missal on life when my life was crumbling around me?

So I took all the advice I have shared with others in my Soul Coaching and Shamanic work and I slowly began to start again.

I now feel I am emerging from this rocky road, a bit like the plants that are peeking through the soil after a long cold Spring.

It is time for new growth and brighter days. I wish you deep peace as your own life unfolds in ever blessed ways. Honour every second of it. It's all too precious to take for granted.

All my Love Paula x



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Signs of new life are everywhere at this time of year.



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No Matter What

For me it was quite unexpected. Longed for, definitely. I was in my mid twenties, finished college, loving the independence and choices that a regular pay check afforded. There had been dates, but nothing serious. I was still searching for love. My Mum had recently passed and as part of my exploration into the mysteries of life I had discovered Feng Shui. And so it was that the relationship areas of my living spaces were looked at with new vision and aspirations.

~~Make~~ a list, ~~people~~ advised. ~~Write~~ down all those things you want in an ideal partner. ~~And~~ so I did. Ornaments were placed strategically in pairs, incense was burned and space clearing bells were rung. And then I waited. I had complete faith in my methods, they were proven over thousands of years. And I waited some more.

~~Come~~ down and meet him, ~~they~~ suggested. ~~He's~~ gorgeous, a real sweetheart. There's no pressure. Just come down and say Hello.

And that was how we met. He wasn't what was on my list. Not your typical definition of handsome. Certainly, at first glance, he wasn't the type I thought I would go for. He was short and rather round- stocky I think the term is. Still nothing ventured, nothing gained. After that first encounter I had to admit there was something about him. I couldn't put my finger on it, but I was intrigued. 2nd, 3rd and 4th meetings followed in quick succession as I realised we were quite a match for each other. There was no show with him, what you saw was what you got. There was an honesty and simplicity in him. I began to notice that when I wasn't with him he occupied most of my waking moments and some of my sleeping ones as well.

After a month or so I found out that he might be going away. The thought of that happening was unbearable. I had to admit to myself that I was hooked. My heart had been broken open and was bursting with love.

I couldn't lose him. I couldn't let him slip away. I agonized about this. What would my family think? Yet my heart would not let me rest. I had to admit my feelings and make him mine.

It's amazing how it feels when you take yourself outside of your comfort zone, outside the limitations that you, your family and society have set for you. It is at once terrifying and immensely liberation all at the same time. You feel you are truly alive for the first time in your life.

And so he was mine and I loved him.

I was his and I hoped he loved me.

This was my first experience of being totally in love. I just loved him. We had great adventures together. He brought me to places I only dreamed I would go. I met people who brought me out of my little shell and into a world full of life and colour. Everyone loved him. He brought people together. I still don't know how he did it. Everyone remembered him. Even years after a chance meeting, people would still ask after him.

As for me I just loved him.

Even when we disagreed I just loved him.



“The birth of a rainbow requires the presence of both light and dark”

Paula Hughes

No Matter What

There were moments, as there are in any relationship, when we didn't see eye to eye. Times when he tried to push me around, to get his own way, to walk on me. And yet I just loved him. Even on those days when we pissed each other off I just loved him.

The times I was with him were among the most alive times I can remember. I could be down, or stressed or angry, yet an hour spent in his company would subtly change me, so that I would leave lighter, more myself, restored.

I took him for granted too. We do that in relationships. We presume life will always stay the same.

Silly really. Everything changes.

I still haven't decided whether it's better to die suddenly or to become ill and die slowly over a matter of months. The choices, perhaps, not ours to make.

So when the phone call came saying he was ill, somewhere deep inside me I knew. I knew that life was about to change.

He didn't look too sick. But then such is the case when you're well built. Things can stay hidden longer. I had a few short hours to say what need to be said.

He was in cardiac arrest.

My heart was breaking.

How do you say goodbye to someone who has shown you what love is, real love I mean? The love that is fierce and beautiful, forceful and gentle, healing and eternal.

I told him to go. Told him, stupidly, that I would be ok. He was not to hold on for me. I cried till my eyes ached. I longed for him to be strong again.

I felt as if I was being ripped apart. How do we function at times like these? What amazing power overtakes us that gets us through the practicalities of death?

In the end it didn't take long.

By the end of the weekend it was all over.

I lay beside his body feeling the warmth leave him. I buried my face in his neck and inhaled his smell for the last time. And I knew as I looked into his glassy expressionless eyes that he was gone.

And as he had done fourteen years earlier he broke my heart open.

I miss him so very much.

And I still love him ÷ not matter what.

One more little thing,

÷ .does it matter that he was a horse?

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**“There is always
Magic:**

A flower opens;

A baby cries;

You are alive

Magic!”

Paula Hughes



@SoulCoachPaula

Upcoming Events: To reserve your place contact Paula on info@oakwhispers.ie

Soul Café

I am thrilled to announce that the Soul Café is back!!

The Soul Café is a coffee morning with a difference. There is the usual blend of coffee and chat, meeting with friends and having lots of laughter. There is unique Soul Coaching, a chance to exhale. To still your mind and open your heart. It's more than chocolate cake**, it's pure food for your Soul.

Time: 10 . 12.30

When: Tuesday 28th May and Friday, 14th June

Where: The beautiful Grange gallery, Ballyboughal

Cost: " 20, to include delicious tea, coffee and a selection of delicious scones and cake from The Gourmet Food Parlour.



*** It is my intention that chocolate cake consume during these events will contain no calories whatsoever!!*

Shamanic Drumming Circles



These beautiful gatherings are a way to gather in community and connect with our Spirit Guides.

Time: 7 . 9

When: Friday 3rd May and Friday 7th June.

Where: One Hour For Me, Ashbourne, Co. Meath

Cost: " 10

Soul Coaching Experience Mornings

These one off 3 hour long sessions are a wonderful way to connect with the magic that is Shamanic Soul Coaching. I will be posting details of these on my Oak Whispers Facebook page. So make sure to like this page to be kept up to date on all events.

Finally a big Thank You to all my wonderful friends who have supported me through these last tumultuous months.

I am, and will continue to be, an eternal optimist. Life is truly wonderful.

I am so grateful for the gifts of my beloved animals, Walnut and Whisper who continue to be inspirations in my life.

I know with every fibre of my being that life is a circle. Change is constant. Everything passes. Everything is reborn. Sitting in circle, drumming, connects us with this. Till the next time Paula x

