



Talking To My Self: Evolving on Purpose

Tanis T McRae

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This is not so much my story as it is the story of my process. When I was four years old it was my job on the farm to collect and wash the eggs. One day my mom found me crying over a large stainless steel bucket full of them. She asked what the matter was and I said that I couldn't possibly wash so many. So she took another bucket and she put half of the eggs into it and asked me, "Can you wash these two buckets that are only half full of eggs?" Drying my tears, I looked at the two buckets and said, "Of course I can wash that many eggs!" Sometimes when you are looking at your life and all the pain and sorrow you have endured and you just can't take another step forward, it looks like a giant bucket of eggs. But if you break it down into manageable pieces and see the process from that perspective, the task can be less daunting. What I have done in this book is to take the monumental task of healing from your past experiences, traumas or self-limiting beliefs and broken them down into many buckets only partially full. Now you can embark on your own healing journey with the faith and optimism that you can successfully manage all of your eggs. I invite you to allow this book to be your personal catalyst for change and self-evolvement.

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