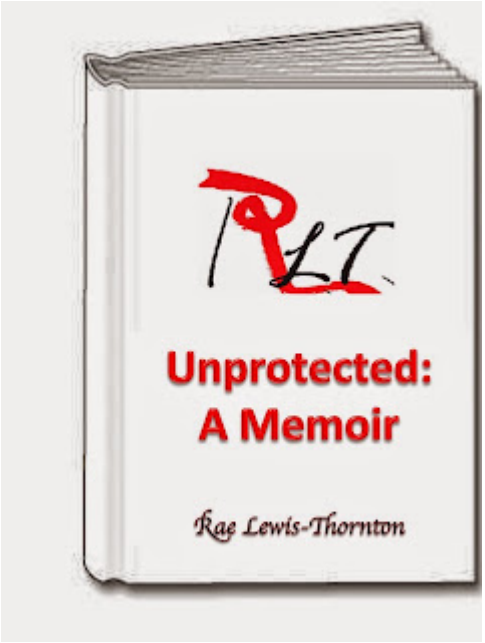
Stop Blocking the Next Chapter of Your LIfe

August 25, 2015 By Rae Lewis-Thornton

I took an unexpected vacation from blogging. No, it was not health related. My emotional and physical health is great. It's just that I've had so much work to do in other areas of my life, that blogging took a back sit. Be clear though, while on this blogging vacation, I realized that I LOVE blogging and I've missed it like I miss bread when I'm doing my Paleo diet, LOL but For Real.

Yet, I also realize that you sometimes have to step back so that you can move forward. Sometimes you have to let go of somethings in order to grab onto that other thing hanging in the balance. If not, you risk it all tumbling down. You can only hold so much in your hands and that's an undisputed fact. And while it all may be important to you, there's nothing in the book of life that say's you cannot put it down and then come back to pick it up.



So I've been plugging away and even at times simply muddling through with the edits on my memoir Unprotected. (Thanks for the pre-orders) I'm still planning to release it December 1, 2015, so I suspect the next couple of months I'll be really super single focused. I'll try to get a blog or two in weekly.

I'm in hump time and it needs to be finished. It's like one of those things you just have to do. It's like when you are at the end of a wonderful book and you're sleepy, but you can't put it down. I have that urgency in my spirit, I gotta finish! There is closure at the end of a good book no matter the outcome. You can sit back and say, "WOW, But, How-come," and to me that's the thing that makes a book good, it leaves you thinking. And the best part, once it's all done, you can pick up yet another good book. And the new book, gives you something new to think about

That's how I feel about my memoir, I need to finish this era of my life so that I can start writing the new book. Maya Angelou did just that. Most of her books where memoirs of different era's of her life. Now I'm not saying that I'm writing a new book, who knows what the future holds. I am saying metaphorically it's time to write this book, tell that story and move to the next phase of my life.



Even though I know all of this, I've still been paralyzed. I think that this paralysis is caused by the fullness of my story and the things that need closure. Like who infected me with HIV; Who molested me as a child; My dysfunctional relationship with my white biological mother and my black step grandmother, who raised me; How I dealt with homelessness at 17; My work on the Jesse Jackson presidential campaigns; How my childhood lead me to HIV; that marriage of mine; and of course how God undergirded my life, despite my life.

The fact of the matter, finishing this memoir brings a certain kind of closure to parts of my life. I get that!!! Finishing this memoir will break the chains of my past and render it powerless over my future.

And just maybe I've been stuck on the edits because of the fear of my past being so public. And that in turn is controlling my outcome, my future. Another fact, I've been so authentic and transparent up to this point, I know that I can't let this fear block the best of my gift, that is, being

able to tell my story in a way it enriches the lives of others. I can't be chicken shit now that I done told you all the other stuff.



At the end of the day, we all have things that we are holding onto that we should have let go a long time ago. Like that man you should have unfollowed on Facebook or that "sometimey" friend who's pictures you should have stopped liking on Instagram like yesterday.

I don't know about you, but I don't want anything to hold me back from what's next. Whether it's physically or emotionally, I'm trying to be my best me. So I'm going to bunker down these next two months and finish my memoir.

I understand that you have to do what's necessary to break the chains of your past. Sometimes adult survivors of childhood sexual abuse write their abusers a letter and then burn it as a way of releasing the abuser hold over them. I know they tell people in recovery to remove themselves from people and places that facilitated their addiction. Maybe moving on means, accepting a marriage proposal from a wonderful man as a way to let go of what went wrong in your last marriage.

I don't know what you have to do in your own life to move forward whether you have unfollow, delete, write it out, burn it out, accept something new and wonderful even if you can't predict the outcome, but I do know, as long as you continue to hold onto the past, you are placing limitations

on your future. And as sure as you are reading this blog, God has a next for you. But in the end, it’s up to you to embrace it. The bible says that you cannot put new wine in old bottles. Stop blocking the next chapter of your life by holding onto what was.

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