

RAFTING DOWN THE COLORADO

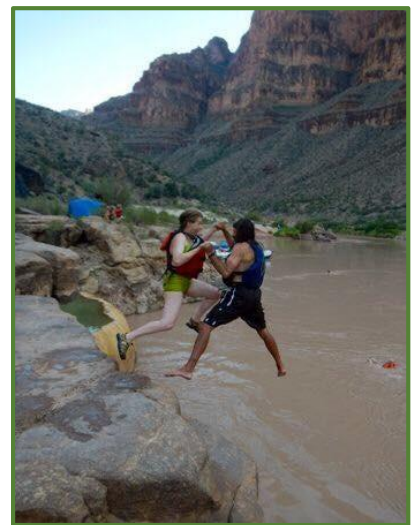
One of the highlights of our annual meeting of directors of nursing this year was the presentation by Kathy Dempsey, RN and motivational speaker, along with her friend Lenny the Lizard.



Recently, Dempsey wrote to say that she had taken an eight-day Colorado River rafting trip through the Grand Canyon. “This has been on my bucket list for many years, so I finally took action,” she said. “I must admit, my emotions for the days leading up to the trip ranged from excitement to fear, from curiosity to trepidation.”

Reflecting on the trip, she said she will share five things “you should never shed!” They are:

1. **Your sense of adventure.** “Be a kid again. What gets you excited? I love Helen Keller’s quote, ‘Life is either a daring adventure or nothing at all.’”
2. **Fear being your friend.** “Every day I did something that scared me. One day, I mustered the courage to partner-jump off a 20-foot cliff. You had to hold hands and keep direct eye contact with your partner all the way down. It was intense! After I did it, I felt such an exhilarating sense of accomplishment. I felt I could conquer the world. I’ve anchored this memory now so whenever fear arises, I return to that inspirational moment and take action. Instead of shedding fear, embrace it. Let it inspire you and drive you to action.”
3. **Regular recharge in nature.** “For eight days, I took a complete ‘technology detox’ and totally immersed myself in nature. I slept out under the stars and watched the meteor showers. I felt like I’d touched the face of God. The recharge worked. I returned home with a deep, renewed sense of strength and vigor.”
4. **The power of community.** “From the beginning of time, we were meant to live in community, not to travel life’s journey alone. The support, belief and collective wisdom of others makes even the most difficult journey more joyful. There were days I was exhausted and dehydrated, and I didn’t think I could take one more step up the perilous cliffs. The



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encouragement of this rafting community gave me hope that I could make it. A healthy community supports you during challenging times and celebrates with you during successful times.

5. **Showing up!** “Life is 90 percent just showing up. Be fully present to whatever life hands you and resist the urge to judge any situation as good or bad. Welcome them all. Sit and learn. Who would ever have thought that it takes flash floods and storms to create these beautiful waterfalls?”

Think about Dempsey’s experience and the wisdom she derived from it.

Which of these five things speaks most directly to you?

– Beecher Hunter

