



# Gut feelings and practising gratitude

*The Federation of Holistic Therapists' Mary Dagleish shares her experience of building the life she really wanted...*

**O**NE evening I was having dinner with friends to celebrate the birthday of one of our group. It was a Sunday night and I was feeling guilty about being out so late, as I had to get up early for my job as a primary school teacher the following morning. I also had that 'Sunday night feeling' of trepidation that always seemed to hit me as I worried that I wasn't fully prepared for the week ahead.

An elderly gentleman was going round the restaurant tables offering handwriting analysis. He intrigued me, so I asked how he got into doing something like this, which he obviously seemed to enjoy. He replied that he had been working as a banker but always hated his job and decided to take early retirement and try to make a living from his hobby. He said he hadn't looked back since and was in big demand at parties, events, dinners and even did some work for the police.

I told him how frustrated and fed up I felt about my job, but that I was scared to leave it and he quoted, 'Find a job that you love and you'll never

have to work a day in your life!' Every fibre of my being resonated with this. I knew that I wasn't doing what I really loved and that I wanted change.

Twenty years on, I'm living my dream as a complementary therapist, teacher and writer and enjoying it more every day. It hasn't all been plain sailing and I've had lots of personal ups and downs along the way, but I feel that I am right where I'm supposed to be and I no longer wish for Fridays or fear Mondays. Here are my three top tips for building the life you want:

## LISTEN TO YOUR GUT FEELINGS

Often the voice of doubt and negativity in our heads is much louder than the quiet whisper in our heart that longs for something else. Sometimes we need to tell the doubt and negativity to be quiet and listen to the inner genie that wants to guide us to where we really should be.

## PRACTISE GRATITUDE

When I was going through a particularly difficult time in my life, someone suggested I keeping a gratitude journal. The idea seemed preposterous as I felt I had nothing to be grateful for – my life was falling apart. However I gave it a go and as I wrote down three things I was grateful for at the end of each day, I began to see that I could add

many more things to my list. I noticed that by saying thank you to life, I began to receive more.

## MAKE SOME ME TIME

One of the first things I do every day is take time out to sit quietly and meditate. It makes such a positive difference to my life. It recharges my energy and helps me to put things in perspective and focus on what's really important in my life. When your job involves caring for others it's important to care for yourself first, so make sure to spend some time every day doing something that floats your boat, otherwise it may sink! ■



**Mary Dagleish** runs [www.head2toemassage.co.uk](http://www.head2toemassage.co.uk) and is

a Vice President of the FHT. The FHT offers a range of membership benefits to holistic therapists and runs the largest independently Accredited Register for complementary healthcare therapists. For further information, [www.fht.org.uk](http://www.fht.org.uk) or call 023 8062 4350.

