

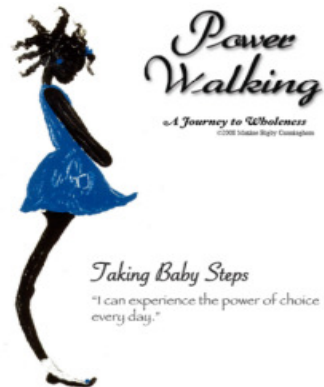
EXCERPT

I believe that my frequent fainting/falling incidents were signs of a life which lacked authenticity, balance and meaning. My living was tied up by fear. Physically, emotionally, and spiritually I had been running and I was flatly exhausted. After a long while, I accepted the reality that I was broken in many places and in many spaces. Restoration would require relaxation, meditation, physical exercise, spiritual sit-ups (trusting what I could not see) and sleep, lots of rest. Steeped in denial, I had failed to heed warning signs because I viewed yielding as a sign of weakness. I had yet to learn that persistence is not the same as perseverance under God's grace. I had been stubborn. I had been obstinate. I had been dwelling in a state of mindlessness. I lacked the focus which emanates from centering on those things which integrate the brain, heart and soul. I wanted to be whole.

Walking is both a daily experience and a life-time journey. When I get on my feet I experience pulling up as a strength-building exercise. When I take a step, I experience movement as aerobic training. When I stay on my feet, I experience balance as the result of proper breathing, posture and focus. I learned that I can walk and not be faint. Now, I walk differently. I am more prayerful, mindful, thankful, and joyful. Understanding that my God did not give me the spirit of fear, now I am power walking! p. xviii



Getting on my feet
"The most difficult part about getting on my feet is believing that I can."



Taking Baby Steps
"I can experience the power of choice every day."



Staying on my feet
"We can claim an alternative mind-set and reject victimization."



Walking Differently
"It is my desire to be Whole - Willing... Walking."