

EPIC! Rule #5



Finding the path to EPIC in your life

EPIC! Rule #5: An epic life worth living is an off-road journey.

“I am not sure of what comes next”. “I feel stuck. Things have to change”. “My life, and identity, is consumed by work. I am exhausted”. “I’m amazing at what I do. But my soul feels starved”.

These were some of the themes I heard at the beginning of an awe-inspiring and exquisite one week retreat at the Modern Elder Academy (MEA) in Baja Mexico that my husband Rob and I attended. (Think the Four Seasons meets Esalen!) The theme was “Finding the Magic of Mid-Life”. We relished the wisdom of our teachers, the care of the staff, the nourishment of the food and nature, and the grace of the space. Most of all, we fell into love and trust with our cohort of 30.

And Magic happened. To a person, everyone fell back into love and trust with themselves. And that is the secret sauce to EPIC! Rule #5.

EPIC! Rule #5: An epic life worth living is an off-road journey. We have not been trained to live off-road. We have been taught to be linear thinkers with the future being an extrapolation of the past. We have been trained to believe and trust in “cause and effect” – that we can trace outcomes back to what caused them. In our family budgets and organizational plans, we build projections and

predictions for what we estimate the future will hold based on a study of past and present trends. It's not our fault. Our brains think this way as well. Living an epic life is venturing into the unknown, trusting in what is longing to happen, with the confidence that our authentic gifts are always with us on the journey.

This rule doesn't mean that you have no map. However, it does mean that **if you know where you are going, any road will get you there.** (I guess that is another EPIC! Rule that I believe in!). The destination is both articulating your purpose and embodying fully the quality of your presence. And both your purpose and authentic, unique presence are already with you.

To access this map, I have learned that the pain of the past pushes until vision pulls. One of the most quoted lines from our MEA cohort was that "a clear vision doesn't mean a short distance"! And that is why I have been playing a Decade Game since I've been 8. It has given me all the breathing room I need, decade by decade, to do the repair, re-membering, reimagining, rejuvenating and returning work to get closer to the essential, and epic, me.

And it has definitely been an off-road journey!



If you want to journey with me, and take a Spring Break, come join me back at the Modern Elder Academy in Baja in April 3 - 8. I am over the moon to be back there to lead a deep immersion into EPIC! and the Decade Game (for women only) and be teamed with an awesome MEA facilitator to bring women the complete MEA experience. <http://bit.ly/3jg2v48>

Sending love and light - Carolyn

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