



# Thoughts for Your Healing Journey

Kristi Morrish, Ph.D.



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# Looking for Answers Differently

What is this body challenge all about?

Why me?

What are the lessons I have yet to learn?

I don't see.

Where do I find the remedies for fear  
that I need?

How do I get back to calm, peace, and  
worry-free?

I really do know - THE ANSWER'S  
IN ME.

What if I LOOK AT THIS DIFFERENTLY?

This body challenge is all about me.

How I react to this challenge can set me free.

The fears I have are my own creation.

My calm and peace are perception correction.

There is no blame, there is only being.

And using this moment to change my thinking.

# Going Beyond

I love the distractions that get me past pain  
The ones I rely on when pain comes again.

Lightness or darkness; laughter or tears  
Moments of quiet; or talking through fears.

My family; social media; movies or games  
Interrupts my attention & helps with pain.

Medicine's effective, as far as it goes  
My attitude and outlook can influence more.

Moment by moment I have a choice  
Is my self-talk a negative or positive voice?

# Opportunities in Uncertainty

Within those moments of uncertainty  
lie hidden opportunities.

But if we only see uncertainty  
we'll cloud our sense of clarity.

Even if uncertainty seems scary  
And we keep our eyes shut tightly

We can push our way past unsureness,  
opening just one eye to see

There certainly is more CERTAIN  
than UNCERTAINTY in me.

# Upside Down

When my world is upside down  
How do I get upside right?

It's not like me to be upside down.  
My world is always upright.

I like most things under control.  
I'm organized and precise.

What do I do with upside down?  
How can I possibly cope?

Upside down AND upside right  
Be open to the upside of both.

# Everyday New

Yesterday may have been  
full of bad choices,  
resulting in upsets and downs.

Today is ready, forgiving and waiting  
for your new set of choices  
to turn things around.

# Choosing Butterflies

Are you a collector of thoughts  
or of butterflies?

Is your collection refreshed  
or oversupplied?

Do you catch & release thoughts  
letting them flow free?

Do you cling tight to each one  
turning them to worry?

When a thought comes floating by  
or lands in your mind,

You have the choice to let it go  
as you would a butterfly.

# Letting Go of Fear

There's a great calm inside  
when I'm unafraid.

A growing confidence  
that I'm truly brave.

What is my fear of fear?  
Will it go away?

Where do fear thoughts come from?  
Either night or day.

If I can create them.  
I must have a way

To look at my fear thoughts,  
see them differently.

Upside down – Inside out  
Turn on the light & see

Those fear thoughts soon become  
Positivity!

# Letting Go to Laughter

There's laughter with hiccups, sneezes and snow.  
Laughter is a letting go.

It all begins with a grin from within.  
Tickling you into a smile.

You can feel laughter welling up inside,  
if you keep smiling a while.

Some laughs come bursting forth without warning  
Now you're in a laughing tide.

Only one way to stop this happy spell:  
FATIGUE from an aching side!

# Mud Puddle Faces

Find a mud puddle  
some sunny day.

Peer over the edge.  
Smile at the face.

Reflections of you  
are all the same.

In mirrors, in crystal,  
or mud puddle panes.

It's from inside out  
that you reflect change.

Then mud puddle smiles  
feel new in some way.

# Creative Silence

Deep between the swirling storm of confusion  
and the smothering wedge of pressure  
lies the very solace you are seeking..

Let go to the chaos.

Let it pass through you.

Give up your struggle for answers  
and feel your own stillness.

You have the creative silence of this moment.

Trust that your answers will come  
when you release the questions  
and walk away.

# Hope

It's the bright side of down.

It's the whisper of dreams.

It's a brave little word  
to which everyone clings.

It's brilliance.

It's brimming.

It's breathing.

It's bridging.

It's the UpSide of Down.

A reason for living.

# Diamond Shadows

When yet another facet of you catches a sun ray  
and illuminates another facet of me,  
Shadows disappear into brilliance.

# Move My Feet

Sometimes I trip over  
my own limiting beliefs  
and fall headlong  
into low self-esteem.

Time to ignore uncertainty  
and begin to move my feet.

# Renewing Patience

When I let impatience drive my day  
the unexpected gets in my way.

The little things expand into BIG.  
I annoy myself with my own mood swings.

I know what it takes to slow things down.  
What early thoughts brought impatience around?

I didn't intentionally start my day  
planning for impatience to get in my way.

Starting NOW I can rewind today.  
Renewing patience is one thought away.





# About the Author

Kristi Morrish is passionate about helping people discover their strengths and find positivity even in challenging situations. She spent more than twenty-five years as a leadership development consultant, manager, and coach in the public and private sectors.



Kristi's published book topics, part of The UpSide series, include living positively with diabetes, and finding positivity in conflict, change, loss, aging, limits, uncertainty, healing, and listening. They are designed for anyone wanting "a little lift."

Kristi lives in Lacey, WA with her husband Mike and enjoys swimming, hiking, and snow. She holds a Ph.D. in Nutrition Education, M.Ed. in Counseling & Guidance, BA in Human Nutrition, and BS in Physical Education.

