

# It's been One Year Since I broke My Foot

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***Today is exactly one year since I broke my foot and ended up not walking for four months...***

Today is exactly one year since I broke my foot and ended up not walking for four months. I celebrated with an early morning focused walk. On a focused walk, instead of listening to music, I simply walk while focusing on a specific goal, desire, or feeling. Doing this helps me to raise my energy and feel my emotions more intensely. As I FEEL more deeply, I become more unified with the goal, desire or feeling that I am focusing on. All positive emotions are intensified, and it ends up being a very uplifting experience that often brings surprising blessings and synchronicities.

This morning, I wanted to focus on giving thanks to Hashem for having healed my foot and to all those who helped me along the way. When I first broke my foot I thought, "No big deal. It will be a six week inconvenience and then I'll get on with my life." Well... six weeks became four months. It turned out that breaking the fifth metatarsal is not that simple to heal for various reasons and can actually take a long time as well as require lots of physical therapy along the way.

And today, here I am one year later. What a relief. I am so grateful.

I started my walk just feeling the sun on my face and enjoying the fresh air. After a few minutes of walking and concentrating on my breath, I began focusing on the gratitude and relief overflowing in my heart. I felt so grateful that despite starting out the year with a broken foot, it still turned out to be a very productive one, full of many blessings.

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Having a broken foot required me to work less and do more self-care. I'll take it – thank You Hashem. For the holiday of Sukkot, my boys along with my sister and neighbors took care of most of the food and cleaning. Thank you, Hashem! After Sukkot, my sister sent over food plus called her friends (OMG) to help the cause. One of those friends put my name on a WhatsApp group of women who volunteer to help people who are laid up. So many people, a lot of whom I didn't even know, sent me meals for several weeks. Thank You Hashem.

Once the WhatsApp group marvel, my mom came to town for a simcha and helped me for another couple of weeks. Thank You Hashem. After that, my mother in law and sisters in law sent me meals. For weeks on end, a very special neighbor who I did

not even know prior to all of this, helped me for Shabbos. Friends and family called, checked in and visited. Thank you, Hashem, for having my back every step of the way, (no pun intended).

In January, just as I was beginning to walk again, my daughter had a baby girl – the first girl in our immediate family since my own daughter was born. This was beyond exciting. Thankfully I was halfway walking again and able to help her after birth. Thank you, Hashem! Soon after, we received a larger than expected tax return and used some of it for highly needed upgrades around the house. Thank you, Hashem! After that came Purim-Pesach time and thankfully I was walking a lot more functionally and with less pain by then. A few weeks later, my husband and I went on an incredible 10-day, 25<sup>th</sup> anniversary vacation to Miami. Thank you, Hashem! When we got back from vacation, our son got engaged and I got busy with planning a wedding in under 7 weeks. Last month was the wedding. Thank you, Hashem!

As I went through the above in my mind's eye, I repeated over and over, thank You Hashem, thank You Hashem, thank You Hashem. I felt Hashem's loving kindness and protection more and more. I continued to walk, maintaining this state of gratitude, and feeling surrounded by Divine loving kindness and protection. Hashem is always there for me. Hashem always comes through. No matter what happens, I am always a beneficiary of Hashem's love and protection, no matter what.

Hashem shows us over and over that He is there for us, especially when we let go and let His love flow through us. Knowing this, we can walk with confidence, joy, excitement for the future, for who we are becoming and for the blessings coming our way. Life is so awesome and precious. Life can be easier, more peaceful, more joyful, and exciting than we can ever imagine.

We are so blessed to be living right here, right now. Thank

you, Hashem!