

Conversations ...

Can be life changing



I had a fantastic interview with Denis Walter on Melbourne's 3AW this week about my new book, *Dance Until It Rains*. It is really interesting how different people can find different perspectives and put different spin on the same book. He focused on an aspect that most other people missed about the book, one that can change lives ... it certainly did mine.

Up until the age of 40 years old, I never really knew my mum. I never ever thought to sit down with her and have a conversation to find out about her as a person and her life – it was always about me! That was until 2 months before she died when I decided to write the book – I had one of those defining moments that profoundly impacted my life. It changed forever how I saw my mum and even how I looked at myself and all people ...

' ... Just two short months before she died we were spending some time together in Queensland and found ourselves talking about her life and her journey, the story that I will share with you in this book. For days we talked, we laughed, we cried, we loved, and then an amazing thing happened: I saw my mum in a completely different light. She was no longer my mum — the giver, the carer and the protector. Instead, I came to know her as a vulnerable child, an uncertain adolescent, a searching adult, a creative being and someone, like all of us, wanting to feel important, to love and be loved and just be happy.' (*Dance Until It Rains*, p4)

A life changing conversation

It was a powerful few days. What a life she had lived! From that moment I loved her even more knowing what she had been through; what she had overcome, the successes and the disappointments she had experienced. I loved hearing about her romance with dad and about me and my brother & sister as children. Even more I was incredibly moved hearing about the challenges of her childhood that so deeply and profoundly influenced the person, the daughter, the sister, the wife, the mother and grandmother who she became. What an inspiration ... not because she is anything special and not because she is my mother, but because she is a person, like all of us, with a story that will change lives!



I hate the fact that it took a life threatening disease for me to sit down with my mum and have this conversation, but I am so unbelievably grateful that I got the chance to do it before she died – my life changed forever!

Everyone has a story ... what conversations do we need to have?



I look at every person differently now. No matter who they are, how old, where they are from or what they look like they have a story that will inspire others. My mum was just an ordinary person with an extraordinary desire to change her circumstances – the story of her life, and of everyone's, will have an impact on other people and inspire them to create positive change.

My goal in this week's article is to motivate you to have this conversation with those important people in your life who you really don't know! After the interview I had with Denis Walter last Thursday, there were several people, all men, who called in to say 'thanks' and that they were inspired to have this conversation with their parents, their aunts & uncles and their grandparents.

Think about how life must have been for them back 20, 30, 40, 50, 60 years ago and beyond! Imagine life without TV, iPhone, remote controls, computers and all the other conveniences and essentials we rely so heavily on today! What were their challenges? What did they do to have fun? Where did they live? How did they get around? How did they meet their partner? What was their relationship with their parents and other relatives like? How did they get started in their career? These and so many more questions will lead to hours and hours of stimulating conversation – but even more so will teach us more about ourselves and build an even stronger bond between us and that person. What are we waiting for? Have the conversation NOW!

A renewed perspective on people and on life

From my experience after having this conversation with my mum, I really do have a renewed perspective on people and life. We are all a product of our experiences – we are not 'cranky' we have just had some challenging experiences that have given us a different slant on the world. We are 'happy and successful' not by chance, but through our choices and experiences of life. When we understand that everyone has a story we have more compassion for people whom we would normally judge!



We all love talking about ourselves and so when we show interest in those special people in our lives it makes them feel important and even more loved. I know it did for my mum and that was life changing for me. Enjoy your conversations this week.

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