



Yoga Betty

I'm living proof that you don't have to be skinny to do yoga. I was taking a yoga class and we were all finding our places to park our mats. A space next to me was open and I sure as heck didn't want any skinny young thing plopping down there. Betty, a pretty mature looking woman comes in the door. "Hey Betty – come one over here baby – I got a spot for you." - while I'm kicking some sweet young thin thing off her mat and two spots down. Whew! I thought, now I won't look so bad. Thirty minutes into the routine I am sweating so much that it is in my eyes and they are burning...and I am trying to get my foot over the back of my head, but it looks more like I am trying to bend over and answer a foot phone. I glance to the side and lo and behold, Betty has her right foot gracefully placed behind her head and is sitting straight up! I said: "Betty you are going to have to move! You are embarrassing me. I can't do that." Betty says to me "How old are ya?" I said "I'm 50." She says "Well, I'm 80 – you got 30 years to practice." Mmm...I loved those words and have applied them to so many things in my life. You can apply those words to your money situation too. You may not be right with your money right now, but you still have a lot of years left to practice.

One of the things that Ed said to me in Florida – "I need you to understand something. I can show you the system, I can give you the tools to help you get back to financial health – but it doesn't matter to me if you do the system or not...doesn't affect me...*it affects you*. If you will listen to me, you will retire with some money...if you don't listen to me, you will die broke. You see, it doesn't affect me...it affects you. I believe that was the first time I really realized that it really was all up to me. I was the one that was supposed to be in the financial driver's seat. What a soul shaker that was!

I didn't get myself into that financial mess overnight and it actually took me about 4 years to dig myself out. Don't give up – don't despair – there is hope and there are a lot of years left to practice with your money.