



JAN DESAI'S  
**COMPASS ROSE**

A Roadmap to an Authentic Life

Get Your Bearings and Stay on Course to the Life of Your Dreams



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- When illness strikes
- The brutal 2017/2018 flu season
- How illness affects your mental state
- 9 ways to stay on a positive path, even when you're sick

## 9 Ways to Stay Positive, Even When You're Sick!

This winter's flu season has been brutal. Any illness can derail the journey towards authenticity. That's why self-care is so important! Our bodies are the vehicles for our awakening. Treat yours with care.

## Remember the imagery of unfurling that beautiful map that is your life in last week's issue of *The Compass Rose*?

[~Click here to read Vol 1 Issue 1~](#)

The one that showed every conceivable route, every potential destination and every possible obstacle? Well this week I invite you to **traverse the valley of illness** with me.

I know what you're thinking. *Travel through illness? She must be crazy. No one goes there willingly.* But the reality is that we all end up there at some point or another. If we're lucky, it's a short stay. But sometimes it's more serious. And being **conscious and prepared** when the inevitability of illness happens allows you to be awake, present, and prepared for the ebb and flow of life.

There is profound truth in the old adage you never appreciate your health until you are sidelined by illness. I don't know ANYONE who doesn't take their health for granted, and in fact most people don't give it a second thought until, at a moment's notice, *life is turned upside down.*

For me, the greater question on the road to authenticity is how to ease into loving acceptance when illness strikes.

Are there lessons buried deep in the discomfort? Wisdom and insight from the pain and suffering? Is it possible to grow from the experience?

This winter season has been **brutal**. As a family, we've been severely derailed by illness since last November.

Panache, myself, his parents, and our four home-bound chicklets, as well as my adult children, have suffered unbelievably. From upper respiratory issues, walking pneumonia, colds, influenza, to gastrointestinal problems, and high fevers, we have run the gamut and the gauntlet when it comes to being sick.



Three weeks ago, I traveled to the east coast with Celeste (our warrior princess who received the heart transplant) for what was *supposed to be* a typical 3-month check-up.

After receiving her blood draw results and evaluating her physical condition, the medical team immediately hospitalized her for five days to determine what viruses or bacterial infections were plaguing her system. She was terribly worn down and they wanted to be sure that her own immune system wasn't attacking her new heart rather than the offending infections.

Thankfully we ruled out all the major issues. It was simply a series of **minor bugs** that had wiped her out.

I'm not new to this rodeo. My 39 year-old daughter and 26 year-old son went through the same trials and tribulations as kids – but for parents with multiple children, life can begin to resemble a weird, *"life in a petri dish"*, science experiment. My kids sneeze on each other, lick each other, share spoons, ice lollies, toilets, toys, and every other conceivable germ-harboring item.

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Your body is  
precious.

It is our vehicle for  
awakening.

Treat it with care.

~Buddha

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I tuck them into their beds each night, snug as little bugs in a rug, and find them the next morning on one bed, piled on top of each other like newborn puppies.

All this closeness makes me the lightning rod for every bug that infiltrates our home. Even though I'm meticulous about hand scrubbing, hand sanitizers, wiping down all the door handles, washing the toys...

**I'm still susceptible to it all.** I can't tell you how foolish I felt the morning not long ago when I woke up, my left eye glued shut with crusted pink eye! Then, with every non-stop coughing jag from my second round of walking pneumonia I would end up standing in a puddle of urine. (*Ah, the joys of aging!*)

This winter's flu season was downright scary, and I can't think of even one person who wasn't in some way touched by it.

The [Center for Disease Control \(CDC\)](#) reported that this year it experienced a first in its 13 years of flu monitoring: during the month of January, **every part of the continental United States** showed widespread flu activity. While there have always been pockets of the flu across the country – never before had it spanned *every state*. And children and adults were dying from it. Not just the sick. Not just the elderly.



There were weeks when our children's classrooms were down to two or three children and absent the teachers. It was an outward manifestation of how truly precarious our lives are in a world where illness can traverse a globe in no time flat thanks to the widespread use of air travel.

When we are ill it is so easy to lose our bearings. We *push ourselves beyond the breaking point* ignoring all the self-care habits that are **critical** toward living our most authentic lives.

Being ill **drains us** physically, mentally, and spiritually. It's at these low points that we tend to fall backwards on much of the progress we are making as we move into our most authentic lives.

We say to ourselves that our new habits can be left by the wayside while we try and mend, and then **we don't go back to them**. Or we find that balancing healthy, self-nurturing behaviors with a compromised body is simply too overwhelming.

*When we are at our weakest we must be our most vigilant.* This body must be cared for and preserved if you are to reach your goal of a fully authentic life.

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Some common advice? When you wake up feeling oh so crapola, don't fall back on old habits. Try some of these reminders to eat, treat and sleep your way back to good health.



## 9 Ways to Stay Positive, Even When You're Sick

- If you are achy, chilled or feverish or if it sounds like you are hacking up a lung, or if your temp is above 101 degrees, you are probably contagious. Your body needs TLC and rest so it's time to **call in sick, crawl back in bed, and care for yourself** the way you would for one of your own sick children.
- While you can't flush out a virus, **staying hydrated is critical**. Refill your glass often and I'm a believer in adding vitamin C powdered mixes to make it easier to go down. If you are suffering from a scratchy - throat, warm tea with lemon, grated fresh ginger, and manuka honey is my go-to rescue remedy.
- **Hot broth or soup** soothes the body and gives you the nutrients you need to get yourself back to good health. .
- Both **probiotics** for gut health and **vitamin D** get doubled to support my body's fight back to wellness. Plus I'm a big believer in returning to the remedies of youth. *Believing* you are on the road to recovery greatly influences your **energy and your reality**.
- A deep soak in a hot tub filled with Epsom salts and an essential oil like peppermint or wintergreen relaxes me and makes it easier for me to sleep.
- Speaking of **sleep** - when you are compromised - do not short circuit your nighttime requirements. **Get as much sleep as possible** as this is when your body does all of its repair work.

- The moment I feel myself coming down with an illness, I break out my two favorite super-secret illness fighters. First I take **Boiron's homeopathic Aconitum Napellus (30C)** sublingually every few hours for the first 24 hours (six tiny white pellets under your tongue). I find this knocks out the illness completely or greatly reduces the duration. Second is **Young Living's Thieves Oil** - (*CAREFUL! This stuff will burn your eyes if you get it too close.*) I rub it on the bottoms of my feet and put on warm socks while rubbing it into my hands and carefully breathing in the healing aroma.
- **Take the time** to reflect on the value of your health and what you want to courageously accomplish with your life energy when you do finally recover. Don't waste your sick time just watching television. Meditate. Journal. Listen to uplifting music.
- Finally, **sit in the sun** (or in a sunny window) and drink your hot tea. Find things to be grateful for. We only have so many days of health. How you choose to use this time to benefit yourself, your world and the people you love the most will be your legacy.

Even though this flu season was brutal, like all things, it too will pass. The detour through illness won't last forever. Spring has finally arrived and the warmth of the sun will return. Remember to align yourself to your compass rose. Remember the importance of self-care. Finally, remember that health, like life, is a precious gift, one that should never be taken lightly. While there are no guarantees, you do have today. Use it wisely, fully and be grateful for the flu's reminder that nothing, including ourselves, is permanent.

Until next week,



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