



Contributor

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Welcome! The start of this site was sparked by my need to memorialize my thoughts on all things spiritual, life lessons and journeys. It is therapy for me and I hope will bring some enjoyment and light to you!

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For the Readers



The Cobbler

I watched a video today about the process of re-soling Doc Martens by a cobbler. Just reading that sentence, it doesn't sound like something that would be interesting but it was. It was actually fascinating and I watched the entire video with the step-by-step process. There were so many layers to the process



Damage and Repair

My hair type has always been fine but after having 2 kids it has become even more so. I had been trying to keep it as healthy as possible and not doing anything that may damage it in order to "preserve what I have left." Recently, though, I had it bleached blonde. You know what? It actually styles better and



Give your mind a task or it will set it for you

The mind is a funny thing. It is powerful but it can also betray you in many ways. Why is that? While I do not purport to be an expert on this, I have solidified some thoughts based upon my experiences and learning in this area. These are the principles that make sense to me.

with each being important and necessary to the whole. It is easy to look at something as one dimensional when we don't take the time to break down the parts that make up the whole. No different with people really. So much more important to recognize this with people though. I have often found myself wondering "how can this person ascribe to this point of view when they purport to be this type of person?". The answer, as far as I can gather, is that people are quite complex in their beliefs when you peel back the layers of who they are. So many experiences, people, feelings and physical constitution make up who a person is. People are not one-dimensional so why do so many of us label others as such? I will try to remember the cobbler when I get frustrated with others and their beliefs - whether they be political or otherwise. The cobbler understands that there are many processes and steps that make up the whole of a thing with each being vital to the presentation of what you see as the final version.

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has more strength to it than when it was limp and "healthy." It made me consider how this is an analogy to our lives and experiencing physical and emotional damage. Many of us have learned that when the body is injured it can actually heal to make that area even stronger. I'm not certain that so many of us know that emotional damage can be the same. There are those who go through extraordinary pain in their lives from trauma and one person can be forever changed in a way that negatively impacts their life going forward yet another can emerge emotionally stronger through it. Why? Pain is a part of the human experience. It cannot be avoided. Maybe that is because it shouldn't be avoided to feel the pain of any experience you are going through. It could be that pain is an essential part of our existence and when we allow the feelings to flow through us instead of putting it off or trying to ignore it, we can learn something about ourselves and others that could not have been learned otherwise. This can make us stronger and more accessible to others. Feel the pain when it comes, learn from it and grow stronger as a person because of it. "Kintsukuroi" is the Japanese art of fixing broken pottery with gold thereby making something more beautiful because it has been broken. I find this to be such an illustrative way to look at it.

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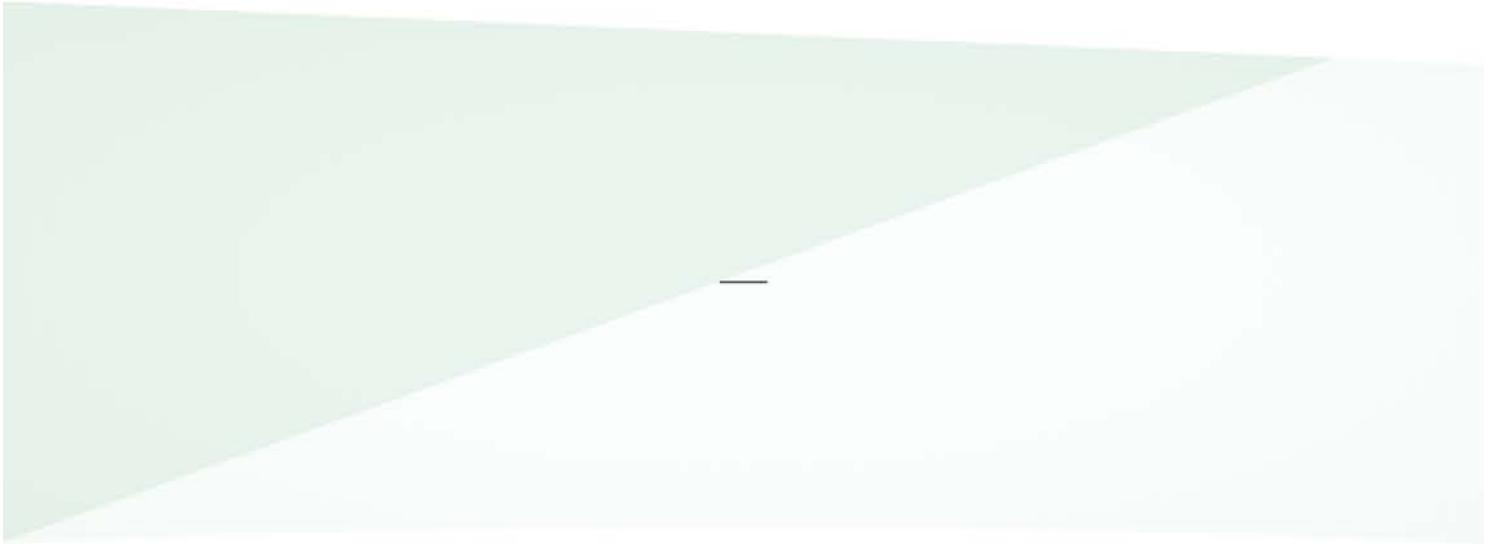
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A. Give the mind a task to work on or it will make up tasks that can easily become harmful and lead you to dark places
 You know that voice in your head that can go in super weird places and you think where in the heck did that come from? For example, the "shower talks" about how a co-worker or student reacted in a weird way and how that plays out in completely fictional ways in your head. The negative self-talk in your head about how you aren't good enough because you are dumb, fat, ugly, etc. What is that? Is that really you talking? Well, according to the literature I have read on this, yes and no. It is coming from your mind but it isn't necessarily who you are or what actually happened in life. What it likely comes from is a mind trying to assign itself a task to do and you haven't given it one so it makes something up and goes off on tangents from fragments of real-life situations. The mind desperately wants something to fixate on so it will grab onto whatever it can to do so.
 What can we do with this information? The suggestions are to give your mind beneficial tasks to work on. This can be anything that requires some focus. It can be exercise, art, music, reading, math... just about anything.
 On the flip side, we certainly can't assign a task to our mind at all times. So, during these down times it can be helpful to silence that voice by meditating or by doing mindless tasks that calm the mind. If that annoying voice comes up, acknowledge what it is and then redirect with something else. As the cheesy saying goes, "knowing is half the battle."
 B. You will believe what your inner voice tells you
 If you allow that inner pesky voice to go on in negative paths, you will likely start to believe what it is telling you. Likewise, if you start to redirect that voice to beneficial tasks or self-talk, you will likely believe these things as well. I repeat, the mind is a powerful thing! The cool thing is...you get to choose to create your world to a large extent. You have to be intentional about it though or it can get away from you.
 C. If you don't set your intention, it will be set for you
 At a certain point in our lives, we strive internally for something more. It is different for all of us but I believe at some point in time this struggle presents itself. It is then you have a very pronounced choice to either meander along without setting any intentions about your life OR decide to make a certain path or paths intentional and set out on your journey. You may need to do some research and figure out what makes you excited to get out of bed in the morning. This may take a lot of time and false starts! It can be frustrating but it will be worth it. Once you know what path you want to take at that time in your life, you will naturally be more intentional about setting goals and continuing down that road to success (this means different things to different people).
 Listen, we all have a lot of energy to give to something even if we don't feel like it. If you feel drained for no reason, it may be because nothing in your life is driving your purpose. Search for it. Most of us know the feeling of having infinite energy because we are excited about something. That is what you are looking for and once you find it watch how quickly you start to advance toward that passion project.

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