



Time to be Me

by Maire Ros O'Rahilly

Time to be me is a memoir about me and my life, my challenges and insights. So many of us, particularly baby-boomers, were brought up to hide our light under a bushel. We were told to be seen and not heard. We were told to put others first at all costs. But now is a time when many of us believe our voices need to be heard. We are the elders and many of us have a desire to share our experience with the world

My childhood was one of privilege, yet I lived with a big, bad secret for over 20 years. In my case the challenge was bulimia nervosa, but everyone faces some challenge and my wish is that my story might help others tell theirs. We are all facing issues that need resolution. I was lucky in that bulimia is difficult to ignore and eventually after my mother's death I was finally propelled into therapy and my journey towards a spiritual path began.

This was the beginning of many years of self discovery and the quest for how to live with more ease in the world. I write about my emotional journey and about the distorted thinking that helped fuel my condition and how I was able to change this over time. An eating disorder is not about weight or food so I have kept the symptomatic details to a minimum.

Eventually and over time, I would be able to look at the traumas in my childhood eyes and an ability to see my circumstances as a blessing in disguise which my soul agreed to. My understanding is that we come into this life completely forgetting our spiritual nature and the challenges we face are simply there to help us remember this. This is what we are all doing here, whether we know it or not.

I am a bit of a self-improvement nut. I try to "walk my talk" and continue to learn through meditation, self-hypnosis, EFT, Qi Gung. I have most recently qualified as a Family Constellations Facilitator. This is a very effective way of uncovering unconscious generational patterns which adversely affect a person's quality of life.

I have learnt to stop blaming others (mostly!) and am developing a growing understanding of the bigger picture. As my understanding grows, so does my level of self-acceptance, compassion and inner peace. As my understanding grows, so does my level of self acceptance, compassion and inner peace. By sharing my experiences and inner thoughts, I hope to be of assistance to others by inspiring them to find their voice and be at peace with their lives.

My memoir is not conventional – it is part imagination and spiritual, part narrative (tracking experiences through childhood and adulthood) and part is about the mental and emotional journey we all must grow through if we are to awaken. It is about learning to pay attention to the inner voice that encourages us to leave behind a life of fear in favor of a vibrant existence full of awe and wonder.

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Life doesn't turn out the way we might think, does it? My life certainly didn't. It has taken a lifetime of experience, therapy and self inquiry to understand that the challenges I had to face were all part of the person I would come to be and love today. It would take time to completely change my perceptions about absolutely everything - And now when I look at my life, I can say I am an emotional health coach, author, speaker and actor... among other things! To quote Wayne Dyer, "When we change the way we look at things, the things we look at change."



It has been a labour of love, blood, sweat and tears to write this book and my deepest desire in sharing it to inspire others to love and accept themselves too. It is time to step up!

