

Planet Megan

Magic Megan's Monthly Mag

January 2021

Update from last month's news: It's confirmed that Travis has autoimmune LADA (type 1 diabetes). Rights now he's controlling his diabetes with diet, but eventually he will most likely be on insulin.

You know what is fantastic? Grocery pick up! Right now it's for free at Fred Meyer because of COVID and I'm taking advantage of this opportunity! (I think it's free all the time at Walmart.) It's amazing because I can escape out of the house, and get grocery shopping done with Phoebe without us ever leaving the car! You can order other things besides food too! :-) It saves SO much time out of your day which means you'll have more time & energy for actually cooking your food. Try it if you haven't already.



Now that I'm a stay at home mom, I'd really like pursue earning an income as an artist. Before Christmas, I finished a commissioned painting for a friend and her mom, of them with their family horse. I think it turned out really well! Last year I also completed a commission of my old boss and her hubby at their wedding celebration. Right now I'm working on a painting requested by my mom of Phoebe. My goal is to really capture the likeness of her face as best I can. If you would like me to paint a forever keepsake for your family, send me a picture to megan@planetmegan.com and direct message me on social. To check out my gallery, you can visit my Instagram profile: [meganhantzart](https://www.instagram.com/meganhantzart).



We all know that ingratitude can keep you from experiencing your life to its happiness potential, but there is something else that could keep you from experiencing your life: **guilt**. I'm not talking about feeling guilty from something you've done, I'm talking about false guilt. For example: instead of fully accepting and enjoying being a stay-at-home mom, I could feel an underlying guilt because of an expectation I feel that I should be contributing to our income (even though we BOTH decided for me to stay at home). False guilt comes from outward or even inward expectations, and it can keep you from accepting & feeling joy & satisfaction. False guilt convinces you that you shouldn't enjoy what you have or that you don't deserve it. Similar to how ingratitude causes you to not accept what you have, false guilt makes you feel you don't deserve what you have. This comes from expectations & beliefs. From society, religion, and even ourselves. Guilt comes from a sense of being judged, either outward or inward. For example if you believe you're "not enough," or that you "don't deserve goodness," your guilt will keep you from giving yourself permission to be happy.

In old age, this can be in the form of REGRET. In psychology, there is a term called "Integrity vs Despair," and begins at approximately age 65 and ends at death. It's when individuals begin reflecting on their life and either have a sense of fulfillment or a sense of regret for life misspent. Regret is feeling guilty for unmet expectations. We all have things we regret from our pasts; we all let ourselves down for not being who we ideally want to be. Dwelling in regret & guilt for life misspent ironically entraps you from experiencing life, so you have more to regret. Guilt doesn't heal. Self-forgiveness from your expectations is the only way to be free from guilt, but then you also need to give yourself permission to accept goodness & joy for yourself for the present, because it's for you to have if you want it. There are old people who find their passions and achieve amazing things very late in life. It's never too late to find fulfillment or to finally break free from expectations & guilt that always held you down to kept you from being you.

True story: a couple months ago, my sister-in-law bought a couch from an old lady. She said the couch was really good and nice...but she didn't want it anymore because she said, "I just want to finally have a pink couch before I die." I assume that for many old folks, they finally stop judging themselves and finally enjoy life on their own terms, but they never gave themselves permission to do so before for some reason.



Ironically, I don't want to have guilt when I'm old because I had guilt keeping me from enjoying life right now. Instead, I should choose to accept our decision for me to stay at home and stop feeling guilty for not working so I can enjoy this once-in-a-lifetime opportunity of being a mom to Phoebe. I should wear crazy outfits because I always wanted to, instead of feeling expected to fit in. I should be grateful for where I'm at in life and have fun instead of guilty that I'm not where I aspire to be. I shouldn't feel guilty about treating myself once in a while. I'm not talking about buying jet skis living in unreasonable debt up to my eyeballs not caring about a thing, but the freedom to experience joy with humility that's inspired by gratitude, not shame.

I believe if unrecognized, false guilt can be a contributor to anxiety. Anxiety can sometimes be a clue that something isn't aligning with what really matters. Self-awareness is a journey of discovering your limitations, judgments, & beliefs, so you can free yourself from yourself! (Sometimes that's a long process & psychotherapy can help.) Could even the faintest false guilt keep you from doing what you love or being different, keep you unhappy because you're not where you think you should be, keep you stuck in the hurt of the past, keep you from accepting joy & peace, keep you from having a pink couch?

If we don't even have the fullest awareness of our own psyche, how can we judge ourselves rightly? Sometimes we can be our own worst critic and it can be ourselves which hold us back from a life we could be experiencing. And that makes me ponder: some of the most judgmental people could actually be the harshest judge to themselves first.

But when you choose grace for yourself, you have more of it to give to others. Sometimes you have to choose every day. Give yourself permission to have joy the good in your life & the good in you. Stop trying to do or look like someone else. Accept that you're imperfect, messy & different, believe that you're special without expectations met, and be thankful for yourself anyways.

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