

PASSAGE POINTS NEWSLETTER **November, 2009**

This month's topic: *Are you ready for a revival?*

When my son, Christopher Fitzgerald, recently opened as Og in the first revival of *Finian's Rainbow* on Broadway in more than 50 years, I was curious to see how this veteran musical would fare. Would it pass muster with today's technically-jazzed audience?

Here's what I discovered: If you recapture the essential heart and meaning of a story, add in stunning music, dance, and humor, and deliver it all with artistry, humanity, and authenticity, then, indeed, an old treasure can be gloriously reborn--with relevance and spark for all! (Raves reviews surround *Finian's Rainbow!*)

So, how about you? Are you a beloved treasure ready for a revival?

Author, Joan Anderson, advises several steps to embrace your own inner-revival:

- Retreat and retrieve your raw material self.
- Experiment to refire your spirit.
- Repair your body and soul.
- Find balance and boundaries.
- Connect with others who are evolving.

Inspired by Anderson and *Finian*, I have developed some specific points to help you rejuvenate your own "re-enchantment" :

Recapture the essentials. Carve out time to revisit your own roots.

- What are 3 things that people compliment you on?
- What are 3 things that come easily to you...and that you enjoy doing?
- If there was one gift, skill, interest that you'd love to get paid to use, what would it be?
- Review attributes from relatives who have inspired or enticed you.
- Retrieve and draw on strengths and attributes that are within your gene pool!
- Reclaim all of your essentials as your "story".

Rediscover your dreams. As *Finian* sings, "Follow the fellow who follows a dream". Shine a spotlight on old dreams that may have gone underground. For years, the producers of *Finian's Rainbow* believed in, and cultivated, their dream of reviving this show. They tested and probed so that their dream could materialize when the time was right. Put aside your objective needs for a moment and ask yourself:

- What do I want my LIFE to look like?
- What is waiting backstage to make an appearance in my life?
- Give up the luxury of limping along.
- Choose to bring your own brilliance and creative power to center stage.

Renovate your life. Don't be afraid to move the scenery around. Keep a running list of what you are yearning to get rid of and what you need more of. Ask yourself:

- What old physical patterns or mental scenes need to be fine-tuned?
- What worn steps or old tunes need to be remixed and how will you do that?
- What old matched sets need to be altered or rearranged?
- Revisit supporters and ignite relationships with potential co-creators.

- Find new avenues to recycle your own "old show" and gain fresh delights!

FOOD FOR THOUGHT:

When you cannot go further, it is time to go back and wrest out of the past, something shining. David Schubert

Roman writer Apuleius said, 'Everyone should know that you can't live in any other way than by cultivating your soul.' In order to do that, you must recraft your life so that it is characterized by genuineness and depth...You must have satisfying conversation, real connections, moving music...Joan Anderson

RECOMMENDED LINKS:

<http://www.joanandersononline.com/>

<http://www.finiansonbroadway.com/index.php>

**Dr. Amy D'Aprix and I await the release of our new book/CD set next month:
Building the Bonds of Friendship at Midlife & Beyond. I'll keep you updated!**

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