



**Dellgirl Publishing**

# *At the Starting Gate* Newsletter

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## People Who Rain on Your Parade

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### Introduction

Long before I wrote and published my book, *At the Starting Gate*, I was an active-card-carrying-dues-paying- member in the game of “life”. As a young wife and mother I embraced my role enthusiastically with the goal of becoming **the African American June Cleaver** of my generation. Life kept happening, I kept pushing forward. There was no time or inclination to reflect on whether anything could or should be changed or different. I quietly tucked my June Cleaver fantasy snugly amongst the realities of everyday life in 1970’s Black America.

Later, with all three kids practically grown and able to make their own way in the world, I began to focus in another direction. I set out to finally release my inner creativity. On the first leg of my journey I decided on a course of action, set my goal, and proceeded to create the necessary product. For months I worked day and night creating and packaging.

Six months into preparations, with everything done except taking my product public, my mom got sick. I had to drop everything and get to her. For the next two weeks I nursed her to a point where I could bring her home with me. Needless to say, things changed. In an instant, her illness and need for assistance became an unforeseeable obstacle to the goal that I had been working so hard to reach. There was no pushing forward here, this was a set-back.

If you have not clicked away and are still with me, I know you can relate. I am sure you have countless stories of your own about the many times you started on a new path or began a new project only to have your forward progress blocked. The obstacles are as many and as varied as the day is long. Let’s focus on some of them.

### People Rain on Our Parade...

- *Unfortunate circumstances are what they are*
- *We endure to get through them*
- *We must avoid nay-sayers*
- *They are our friends and family*
- *Many times we hinder ourselves*

### Nay Sayers - Parade Spoilers

The story above is an example of a circumstance or situation we all face at one time or another which cannot be anticipated nor can they be avoided. They *are* what they *are*. We endure to get through them the best we can, then we move on.

On the other hand, there are other obstacles where we are forced to make a conscious effort to correct and/or avoid. The most common obstacle to our creativity is usually people. That includes friends, family, and sometimes even, “self.” These are the “people who rain on our parade, the nay-sayers” who come across as well-meaning when they comment, “*Are you sure you want to do that? I hear that doesn’t pay much money.*” Family members caution solicitously, “*That’s nice but you won’t have much security doing that.*” We tell ourselves, “*I’m not good enough at this.*” For reasons we may not ever know, they try to hold us back.



*When people rain on your parade, grab your umbrella.*

## At the Starting Gate Newsletter

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## Vanquish Parade Spoilers

What do we do when faced with these human obstacles? Above all, be wary of them. How? First, recognize them by their negative comments and attitudes. Then, avoid them whenever possible. If not, their presence will keep you in a negative frame of mind, unable to produce anything positive or meaningful. In the event you can't get completely away from them, immediate family for instance, try to dispel the negative vibes you encounter by posting/venting in a blog or a journal. But by all means, get it out! Until we get our feet planted firmly on the journey, we are easily dissuaded and discouraged. Journaling helps clear your mind by allowing you to *vent-then-get-on-with-writing-positively*. Be committed because your creative life depends on it.

At this point, you must actively seek positive people to associate with; people who are motivated and encouraging; people who will help *you* stay focused and motivated.

If at first this seems difficult, stick with it. You might find, as I did, that after journaling about a page of negative jibberish the junk dissipates, fresh new ideas begin to flow again. Somewhere right smack in the middle of a full-blown self-pity party, the heart takes over the mind and gets you to a positive place filled with wonderful creative ideas.

Journaling works, let it be your lifeline!

*Recognize negative comments and attitudes as someone "raining on your parade."*

*Avoid spoilers at all costs.*



### At the Starting Gate

By

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Now on sale at a special introductory price  
(for a limited time only)



#### Survival Guide

- *Recognize & avoid spoilers*
- *Journal away negative vibes*
- *Vent then get on with writing*
- *Write, write, write*
- *Seek out positive people to associate with*

## My Two-Bits Worth

When my kids were small I was at the height of my artistic self. Crafts, sewing, upholstery, article writing and more, were constants in my daily life. Every project I started, the kids had matching supplies and equipment. Anything goes was my mantra, especially when something did not turn out as perfect as they wanted.

If they were unhappy because their project wasn't completely symmetrical, I encouraged with, "*Not to worry, it's great. Looks like you intended to do that.*" If paint spattered where they did not intend it to go, I'd smile adding, "*Oh, that's really good. Those look like little flowers you've put there.*"

No matter how hard they tried to be discouraged because something didn't turn out perfectly, I turned it around with something positive about it. Today they are confident in their creativity. And, that is the difference supportive words make.

So be kind to yourself; you can do whatever you let yourself. Be your own voice of support. Nurture your inner artist, it will serve you well.

Until we write again,

Leona