

Removing Roadblocks to Awareness

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by Linda Sechrist

Willo Uhl's life daily manifests the change she wants to see in the world. As the owner of the Center to Self Reliance in Fort Myers, Uhl fearlessly turns her own life experiences into transparent lessons for others, in order to demonstrate that happiness is not a destination, but a method of life.

Uhl's method for attaining a blissful life is directly related to her personal growth work with Global Relationship Centers, founded by Bill Riedler, and lessons gleaned from 65 years of life experience, including 22 as a nutritional educator for Sunrider International. In 2003, Uhl's leap of faith included purchasing the center and exhibiting the courage to start a new life, at a time when most people are interested in retiring.

When Uhl enrolled in Global's basic course, "Understanding Yourself and Others," she observed that her mind, stretched by new ideas, never returned to its former limits. Instead, it took on new dimensions.

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Uhl's parents worked as funeral directors, so she grew up in a funeral home environment, surrounded by the heavy emotions of mourning and grief, which her young body and psyche absorbed like a sponge. "My job in the funeral home was to sit quietly on the stairway and listen," recalls Uhl. "When a funeral was over, I went down and cleaned up. I thought it was normal to live with so much sorrow until I enrolled in that pivotal course."

Before that, she says she was afraid to really live. Her fear stemmed from a childhood message from her father, who never neglected to point out the various transgressions and extravagances that caused the death of anyone who ended up in their funeral home.

For 10 years after leaving her childhood home, Uhl studied spirituality and world religions with a teacher from India. "I was convinced that life couldn't be just about living and then 'Poof,' you're gone," quips Uhl. "When I combined what I'd learned from my spiritual studies with my personal growth work and knowledge of health, I knew it was time for my coming-out party, which was just about the time that I opened the center."



Willo Uhl

Uhl continues to be a good example of why, "It's never too late." Today, she feels blessed with a life purpose that is for the good of the whole, not only the individual. She is in touch with what she wants out of life and is happy enough to sing about it with her choir of eight, the Women's Song Circle, which practices twice a month.

At the center, a menu of courses teaches individuals how to remove roadblocks to their awareness. Many are rooted in the theories of individual psychology articulated by Alfred Adler (1870-1937) and address three social tasks: work, which means contributing to the welfare of others; friendship, which embraces social relationships with friends and relatives; and love, which is the most intimate union between partners.

"You learn how you have created every situation in your life," comments Uhl, "and by becoming aware of this, you see that you have the power to do things differently. You learn how to see things in a new light, with tools to retrain your thinking, so that every day can be full of joy, love and happiness. People who come here learn to do what I did for myself. It's rewarding to see lives being transformed, just as mine was."

The Center to Self Reliance is located at 1939 Park Meadows Dr., Unit #9, in Fort Myers. Visit CenterToSelfReliance.com or call 239-337-7333. For information on Global Relationship Centers, visit GRC333.com. See ad, page 46.