

song of the beautiful beast

An Interactive Journal

A MIDLIFE WOMAN'S JOURNAL OF CHANGE AND LISTENING TO HER HEART

Created by Cristina Carlino and You



cc
cristina carlino books





song of the beautiful beast



My name is **Cristina Carlino**. Like you, I am woman in the middle years of my life. They say that the passage into mid life comes traditionally at age 40. It can also first happen when you're thirty or fifty-plus. For some, the final transition from youth to middle age is a "crisis." For some it is a gentle reminder that they are entering the next phase of life. For others the transition is seamless. "What transition?" For me, it seemed one day I was loudly singing one of my favorite songs, "row, row, row your boat gently down the stream," and the next day I was in my late forties hitting the bottom.

continue reading...

introduction and how to use this app



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- **Entry #1**
a beautiful beast face down in bed
- **Entry #2**
a tire flat from nail heads
- **Entry #3**
a withered tree that's lost its leaves
- **Entry #4**
when did that tree become me?
- **Entry #5**
a beautiful beast stuck in a hole
- **Entry #6**
like a tree i just got old
- **Entry #7**
time can soak up all your greens
- **Entry #8**
but time can't ever take your dreams
- **Entry #9**
a beautiful beast with a broken brain
- **Entry #10**
love twice a day won't heal the pain
- **Entry #11**
cracked up paint on wrinkled walls
- **Entry #12**
nothing to break my fall
- **Entry #13**
a beautiful beast faded to gray
- **Entry #14**
as colors melt my dreams play
- **Entry #15**
i'm no longer made of steel
- **Entry #16**
i am real
- **Entry #17**
a beautiful beast that can't be sold
- **Entry #18**
a beating heart glad to be old
- **Entry #19**
a rebel yell that can't be led
- **Entry #20**
a wild beast i no longer dread
- **Entry #21**
i'm finally free
- **Entry #22**
i know it's me
- **Entry #23**
a beautiful beast i finally love
- **Entry #24**
beautiful beast that fits me like a glove

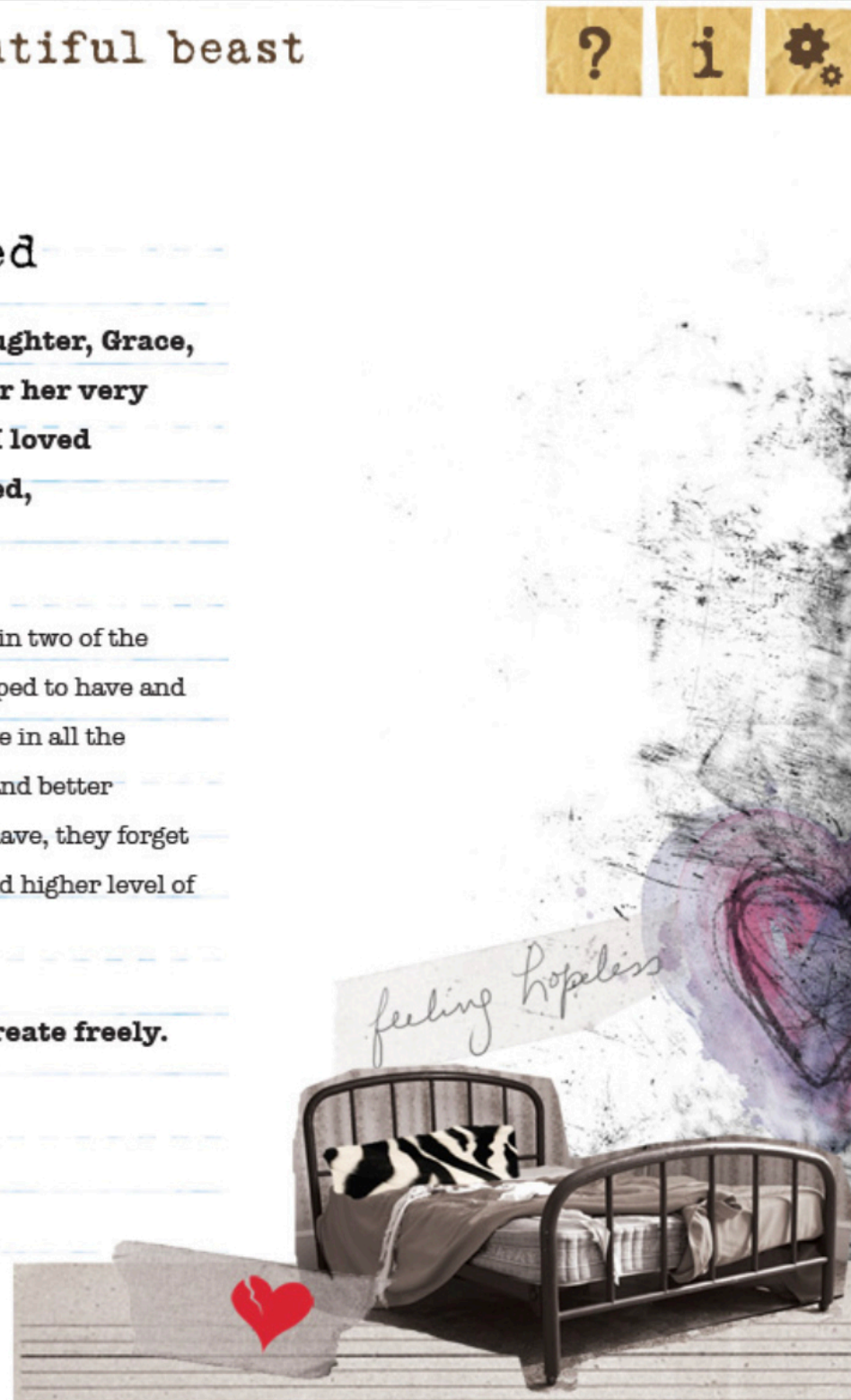


a beautiful beast face down in bed

When we came home from the hospital with our tiny new daughter, Grace, this **sweet, precious baby** who I knew would depend on me for her very survival; suddenly it was as if nothing about our house that I loved seemed to f it. Although nothing in the rooms had been moved, **everything had changed.**

I realized that was because before her birth, I had only been really living in two of the rooms. The bedroom and the work room. Now, in order to truly be equipped to have and give the most of myself to Grace in her new home, I needed to actually live in all the rooms of my house. I needed to add more 'rooms' and a new foundation and better framing. When they say raising a child is the toughest job you will ever have, they forget to tell you why. You aren't raising them, they are raising you to a new and higher level of consciousness.

So lets start with the beginning. Your very f irst changes. Create freely.
Have fun with this.





song of the beautiful beast



but time can't ever take your dreams

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.





song of the beautiful beast



like a tree i just got old

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line.





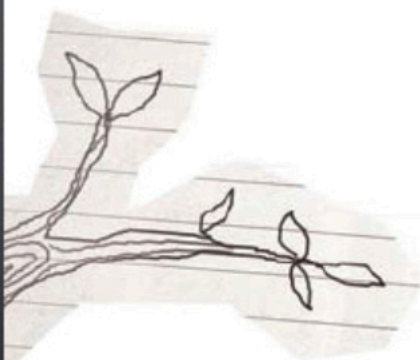
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introduction and **how to use this app**

My name is **Cristina Carlino**. Like you, I am woman in the middle years of my life. They say that the passage into mid life comes traditionally at age 40. It can also first happen when you're thirty or fifty-plus. For some, the final transition from youth to middle age is a "crisis." For some it is a gentle reminder that they are entering the next phase of life. For others the transition is seamless. "What transition?" For me, it seemed one day I was loudly singing one of my favorite songs, "row, row, row your boat gently down the stream," and the next day I was in my late forties hitting the bottom. Whatever this was, it wasn't gentle. It was more than a midlife crisis. It was a shipwreck. While I had experienced moments of feeling confused or frightened about getting older in the past, they hadn't stopped me from charging ahead with my fast-lane life navigated by my daily "to do and to be" list. I was a woman who was busy living my life and for the most part, I was loving it. Now for the first time, my busy schedule stopped. And so did I. Literally.

The psychologist, Carl Jung said midlife is the time we begin "**to listen with our heart.**" This must have been my official midlife welcoming because listening to my heart was all I had left to do. Looking back, that listening may have saved my heart and I am certain it was the portal to what has become the most sensory, intuitive and frankly, most beautiful time of my life. But a year ago, I could not have imagined I would say that. As I laid hour after hour in bed feeling confused and numb, words for a song came to me that became "A Beautiful Beast." I love writing songs and this one "wrote itself". It captured parts of my journey that I prayed would



MAKE
YOUR
DREAM
COME
TRUE

Believe

there's no going back now



song of the beautiful beast



when did that tree become me?

A series of horizontal blue lines for writing, including a dashed midline for each line, typical of primary school handwriting paper.





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i'm finally free

Handwriting practice lines consisting of solid top and bottom lines and a dashed middle line.





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a wild beast i no longer dread

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.



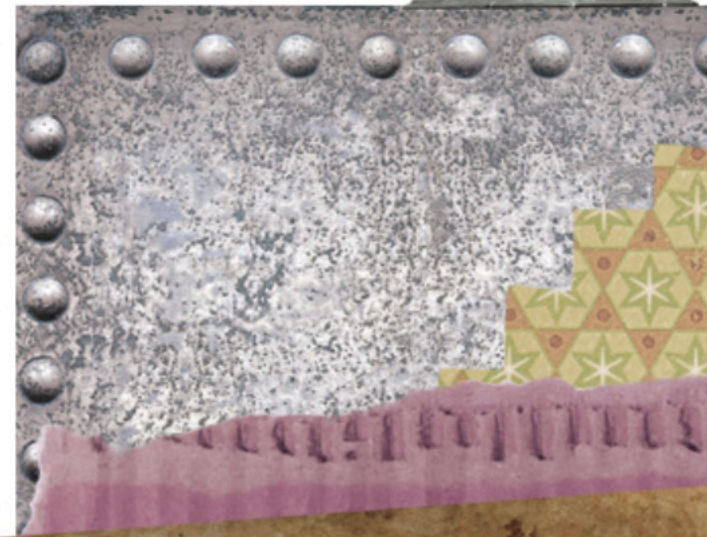


song of the beautiful beast



i'm no longer made of steel

A series of horizontal blue lines for writing, including a dashed midline for each line, typical of a handwriting practice sheet.





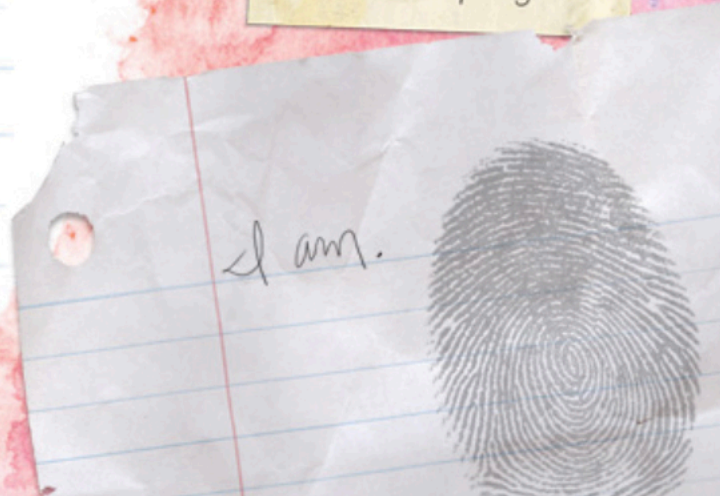
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i know it's me

Lined writing area with a dashed midline for handwriting practice.

Self Acceptance
😊





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Create, express and forever capture in your own words, drawings, photos and letters this moment in time when you are a woman in the middle years of your life. What is your experience? How are you living and loving and growing in this changing time in your life? That is what this App is all about.

Beautiful Beast is designed be an interactive journal. A place for us to share our stories. You may first read mine. I will sing you my song. From there you can join me in your own journey and express your own midlife transitions.

- **cristina carlino**


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