

# SCENE

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THE WEEK OF AUGUST 30, 2018



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# Lisa Lockett

## Sharing Her Message of Kindness

"If 9/11 hadn't happened," says Lisa Lockett of Fair Haven, "I would still be a mess."

As a child she longed for affection from her parents, was bullied in school, felt as if she didn't fit in anywhere, had attention deficit hyperactivity disorder, and for much of her life thought she was insane.

When American Airlines Flight 11 crashed into floors 93 through 99 of the North Tower of the World Trade Center at 8:41 a.m., Lockett's husband Ted was at an early morning meeting at Cantor Fitzgerald's corporate headquarters above the impact zone.

In the first terrorist attack on Feb. 26, 1993, when a truck bomb was detonated in a parking garage beneath the tower, Lockett just knew her husband was fine. The second time, she was scared he wasn't. After all, he was her soul mate, the yin to her yang, he was special. This second time, she was scared he wasn't fine.

His office was on the 105th floor.

Glued to the TV that day like most Americans, she watched in horror while carrying 4-month-old son Timmy and holding 4-year-old son Billy's hand. Daughter Jennifer, 7, was at school.

When the North Tower collapsed at 10:28 a.m., 102 minutes after being struck, in her heart she knew she was a widow while still answering the constantly ringing telephone, "Teddy?"

Her house filled with concerned friends and neighbors who kept asking what they could do for her. She said she resisted the feminist urge to say she had it all under control. She instinctively knew, somehow, everyone around her needed to feel needed. She relinquished control.

"I began to trust myself because it became clear to me all the rules had been broken. Nobody knew what to do. How could they?" she said. "I got a huge intuitive download. I felt like I was shot out of the proverbial box I had never fit into. 9/11 gave me permission to not have to listen to anyone else again."

She vowed that her husband and thousands of other victims would not die in vain. She would not let the terrorists win.

She began psychoanalysis to figure out her life and how to deal more effectively with her parents and in-laws.

Later, she developed a 20-year plan that included writing three books. The first, "The Light in 9/11, Shocked by Kindness, Healed by Love," is a recently published memoir in which she bares her soul.

It introduces her readers to the genesis of her Cozmeena Enlightened Living branding campaign a philosophy that focuses on warmth, comfort, care, consideration, grace and decency.

But first, she had three young fatherless children who needed her in the aftermath of 9/11. She had to focus on them. And she returned to knitting, which she found calming, and began making shawls as thank you gifts for the women who helped her through the crisis.

"When I wrapped my friend Carol in her shawl she exclaimed, 'It's so cozy, it's like a great big hug!' But then she turned and caught a glimpse of herself in the mirror and gasped, 'But it's so glamorous, it's like a pashmina. No, it's a Cozmeena!'" And the name stuck, Lockett explained.

She still he felt like she didn't fit in the world. After years of analysis, a breakthrough eluded her. Her practitioner said that wouldn't happen until she stopped drinking because alcohol impedes the ability to draw from old memories. She went to AA in September 2004 where, she said, the message is gratitude, humility and a higher power.

She took up yoga in January 2005. The message there, she said, is gratitude, humility and a higher power.

In November 2005 the breakthrough hit her.

"Bam! It was like someone hit the switch," she said. "I got a burst of energy like I was riding Wile E. Coyote's Acme rocket.

"I sat bolt upright on the couch and said: Oh, my God! We just have to be nice. World's problems solved."

She knows how that sounds, but believes it can be done. It takes a shift in perspective to find the light in 9/11 she said, and she's making it her life's work.

"We have to become more self-aware of the world and our effect on it," she said. "If I'm mad because traffic made me late and I take it out on someone else I need to recognize it, apologize and own it."

In January 2009, during an annual breast exam, Lockett learned she had breast cancer. She dreaded her world would become a mini-9/11, she writes in her book. She felt she couldn't receive any more from her community. But she did, and for every friend who dropped off dinner, she made a heavy loaf of Amish Friendship Bread in return. She had the surgery, chemo and radiation, and calls her experience "can-

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cer-lite," as she was not fighting for her life. She also credits her "newfound confidence and self-awareness" for helping

her get through the crisis and remain strong.

Lockett said her memoir is so honest and revealing so people know she has nothing to hide and will trust her. The 201-page book is brutally honest. The second book focuses on creating a better world together while the third book will focus on the future.

Cozmeena, Lockett said, is about finding comfort through your six senses, being kind and considerate and connecting with like-minded people.

"I'm not the only one thinking these thoughts," she said. "The content has all been written a million ways for a million years."

She said people still say how sorry they are when they discover she's a 9/11 widow.

"If everybody treated each other the way we treat 9/11 families, we would have far fewer problems," she noted.

BY GRETCHEN C. VAN BENTHUYSEN

