



BodyMind Balance

restoring balance to mind, body & soul

August 2010

Welcome to this month's newsletter. There are two topics this month as I was unable to let go of one, and as both have been a common theme for clients over the last week or two decided I would include both. This means this month's newsletter is a little longer than normal but I trust you will persevere and find something to keep you motivated, inspired, compassionate towards self and on track.

In this issue:

- **Living a Life of Magic & Marvel**
- **Feeling the Fear** - A real life example of jumping straight in
- **Resilience vs Strength** - Why resilience is the key to living a life of power

Feeling the Fear!

The other weekend, my children were helping clean out the guttering on the garage. Upon completion they with their cousin proceeded to jump off the shed roof onto the trampoline.

What I loved seeing was how they overcame their fear and the delight on their faces when they had faced it.

Despite being really frightened, my daughter (age 6) didn't take the 'I won't do it' option even when we affirmed to her that she didn't have to jump. She said 'I want to but I am really scared.' Later having done it (2 or 3 times I might add!), I asked her how she did it, she said "I just didn't think about how scary it was, I 'thanked' about something else and jumped."

What a great example of feeling the fear and doing it anyway! I realised that this is what we do for our children, friends, family and clients in life - we offer assistance and support, but the leap must be taken by the person when **they** are ready. We can't take the leap for them and we can't push or hold them back. We can only offer our support when needed.

The trick here of course is to ask for help when we want to feel the fear and do it anyway!

Living a life of Magic and Marvel vs a life of Mediocrity

How often do we spend our lives, moving from one day to the next only to 'wake up' one day and realise that life has passed us by? Or perhaps you have a small niggly feeling of discontent, that something is missing, an emptiness within that is gnawing away at you?

It would appear that as we move through life there comes a time when the hollow, unfulfilled feeling remains silent no longer and action is our only option. Often this translates into changes in marriage or partnership status, job, homelife, or a mid-life crisis, as we try to find who we are and how to express this.

It is a push for us to get real and live an authentic life - the life that is ours, not someone else's or the life we think we are expected to live. This can be very challenging as often our very foundations are challenged and shaken.

So how do we prevent our lives from falling away from us? The short answer is 'feel the fear and do it anyway!' - see left column for a great 'real life' example of this.

The long answer is to connect to that part of us that is inspirational, magical and marvellous and then take action to express this.

I was challenged with this when the opportunity arose to do the 2011 New York marathon as part of a team for charity. This prompted much reflection, internal dialogue, a review of my life as it stands, of relationships (with significant others and self), of belief systems and a re-evaluation of my priorities.

And then of course once decisions are made, we are often challenged to see if we are really committed to that path, cause or way of being. The second part below - Resilience vs Strength discusses this in more detail.

In the end I decided not to be part of the New York experience much to my own and other's disappointment but it stirred up a desire to live a more magical and amazing life which includes increased fitness (see Looking for A Challenge - side left), some family commitments and stepping up to new work arenas - including live streaming! Check out www.LiveNet.co.nz - **this Wednesday 12.00pm** where I will be supporting Jenny Lyn Walker under the Lifestyle - Fashion section. The intention is to have my own regular spot - watch this space!

Resilience vs Strength

Shake your tail feathers Tairua

What a fabulous weekend in Tairua. Janelle Fletcher (www.janellefletcher.com) was the inspiring speaker to a group of 30 women on Friday night - inspiring them to be confident about and in their bodies - to shake their tail feathers. It was a privilege to be part of it.

Thanks to Lisa of Seascape Day Spa in Tairua
Ph: (07) 864-7455

Janelle is also the guest on Pat Armitstead's radio spot 'Joy in the Moment.' Check it out this Tuesday 10th August 7.20pm Planet FM 104.6

Looking for a Challenge?

How about the Rotorua Marathon next year?

Join me and get your shoes out and start training. You have plenty of time to train, it is on 30th April 2011.

As part of the training I am committed to completing the Kerikeri half marathon in November. So why not help keep me honest while also getting yourself up and moving?

Website

Thanks for all the great feedback on my website. It is a work in progress and I will continue to update and improve. If you haven't yet checked it out - [click here](#)

YBe Fashion Show

Jenny Lyn Walker of YBe Fashion Design Gallery is holding an Arts & Fashion Show evening on September 8th at Coyle Park, Pt Chev. Whether you want to attend, be a sponsor or part of the action, check out www.ybe.co.nz for details and to book. Will be a fabulous event.

So you have done your life, relationship, health or career review, made some decisions and taken action - what happens when circumstances 'conspire' to prevent you taking the steps or journey you want, when it appears you are taking 3 steps forward and 7 back?

I was reflecting on this while out walking yesterday having experienced some disappointment and set backs in my training schedule over the last week. The question was why is it that we are challenged with a 'slip backwards' often when we are finally getting some forward momentum? Is it about us doing it differently? Is it about commitment, is it about resilience?

I love the term resilience because it assumes that there are going to be some tough times, timea when you will not want to continue and that you will need to muster all you have to keep going or get back up again. This is a different, importantly different from being 'strong'. Being strong is all very well, but what happens when we are not strong - what are we? Where does that leave us?

Resilience is the ability to get up again, to get moving when yesterday, last year, last week or in the previous moment we weren't able to. Rise by Ingrid Poulson is a great inspirational read on this.

It was as I was contemplating this, I heard tuis fly into a tree just behind me and when I turned to greet them, I was thrilled to see three of them joined by a fourth. And because I don't believe anything happens without significance or reason, when I returned home I checked Barry Brailsford's 'Wisdom of the Four Winds' on Tui

"Tui brings the promise of harmony and hope and the assurance that all that happens is of the greater plan. Reminds us to leave behind the disappointment of yesterday, to align our spirit to walk the magic of the new day. It is time to set aside hurt, to forgive those who have wronged us and go forward with a clear mind and a strong heart.

Tui asks that we honour our own song, that we remember our uniqueness, and the truth of our journey. That is the path back to the light, the way of harmony and peace."

How synchronistic - and isn't it magical that when we pay attention, we get all the support and reassurance we need.

Go well with magic and I know I'll be looking for another tui or similar omen on my next run knowing I can get my training back on track with a bit of resilience despite the challenges currently being faced - Kerikeri here I come!



**Circumstances do not determine
who we are,
it is our response to them that does**

FAIRS & MARKETS - I am next at Greenhithe Hall for the Angelite New Age Fair Sunday 22nd August 10.00am - 3.00pm. Greenhithe Hall, 7 Greenhithe Rd, Greenhithe

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