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**Be-Longing: The wonder of being human**

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Rikki Fowler, Professional Certified Coach

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Please share **Be-Longing** with others curious about the wonders of being human and the journey of a lifetime.

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1. Note from Rikki

What happened to October you may ask? I ask the same thing. Have you had that experience of time flying by or not knowing where a month went? That's been my experience the past two months.

Lots of things were happening. My mind felt like it had gone underground. My patience was very thin, and I let the process unfold. I wanted to push forward (I've got a newsletter to get out.) I continued to give myself the space and time for the unknown to happen.

Last week my energy returned. Where had the two months gone? Into inner rewiring, new connections, insights, rebirth; maybe this is just the time of year for that.

Best wishes for this period of the return of Light.

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**2. Essay from the Heart: Shattering Experiences**

"Everyone thinks of changing the world, but no one thinks of changing himself."  
-- Leo Tolstoy

Last summer, I saw an automobile accident scene. It rattled me in a way that I didn't understand. The next morning, while talking about it with a friend, he said simply, "you had a shattering experience as a child."

I felt terrible, "oh my God it was true." I was experiencing the feelings from that time. At the same time, my mind was saying "but that's what coaching calls 'breaking the transparency.'" [That's fancy jargon for the experience when the trout asks the minnow, "how's the water?" and the minnow says, "what water." The fact that the minnow is swimming in water is transparent to the minnow.

When the river dries up, leaving the minnow high and dry, “how’s the water” has a very different meaning to the minnow.]

By the afternoon, I was really excited and energized. I had had a shattering experience! Based on that experience, I wrote the following:

Look, we all know that part of life is experiencing unexpected events, that can shake us and our world to the core. Most of us go through life hoping that it won't happen to us, yet a lot of people who have been through these life altering events, often speak of them as major turning points, moments when they changed their worldview.

A shattering experience may seem like the most devastating event at the time, and the truth is it's another description for breaking out of the box or breaking the transparency. Now we can reinvent our lives. We tend to live in routine ways that have worked up till now, and we often don't realize that we've outgrown our life. Shattering experiences are an opportunity to reassemble our lives and open our hearts to a more full experience of living - soul living.

The key to finding real security, the feeling that we are going to be okay no matter what, is to find the joy that comes from falling in love with the wonder of Life and brings the willingness to dive into Life without hesitation. The truth is our hearts can feel full all the time, even if something "disastrous" happens. Our love for another person, a cherished moment, or a beautiful experience can't be taken away from us, because it's an internal experience that doesn't depend on another person or any external situation. Imagine feeling excited in the midst of a crisis. When we allow Love to act through us, when we feel touched or moved; we often act without hesitation. We somehow know what to do and do it, or feel energized to do something immediately.

Some people take trips into remote places or go on physically challenging programs. I take people on inner journeys where they gather together all the pieces of who they are and discover lost or forgotten ones, learn to navigate uncharted waters, and find the solid center of themselves. Then when they find themselves in free fall or in the unknown, they are able to get back onto solid footing and dive into the wonder of Life again.

Then in November, I had another shattering experience. As I was in free fall, I kept hearing the above words that I had written. Who wrote that? I thought. My words were all too real. Excited in the midst of a crisis? What was I thinking? Where was my solid footing?

My faith was shattered and out of that experience has come greater faith: my body knows how to land on my feet; my heart knows that love heals; and I know that awareness is who I really am. We are all so much more than we can imagine. Falling in love with Life is full of wonder.

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3. Inquiries for Fuller Living

What kinds of shattering experiences have you had and how did they change the course of your life?

Where does your life need to be reworked or reinvented?

Where is the solid center of yourself?

Please share your thoughts with me:
mailto:rikki@on-purpose-coaching.com

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#### 4. Resources

A wonderful book that speaks to these ideas is *Stillness Speaks* by Eckhart Tolle. It's better than the best-selling *The Power of Now* and makes an excellent book for the nightstand. The sections are divided into short, pithy paragraphs, just enough to mull over before you fall asleep.

Check it out at:  
<http://www.amazon.com/exec/obidos/ASIN/157731400X/onpurposeco05-20>

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5. My Offer to You

You may think a disastrous event is the worse thing that could happen to you. The truth is that it's an opportunity to reassemble your life in a way that really works for who you are now.

I guide you through the terrain of where you-no-longer-are-what-you-were-and-aren't-yet-what-you-want-to-be. I help you find real security, the feeling that you are okay no matter what, and get back onto solid footing, ready to dive into the wonder of Life again.

Schedule a 45-minute complimentary coaching conversation today,
mailto:rikki@on-purpose-coaching.com or call 505-265-5033.

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#### 6. The Fine Print

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