

~~~~~  
**Be-Longing:** The wonder and journey of being human

Vol. 1, No. 8 ----- March 2004  
Rikki Fowler, Professional Certified Coach

~~~~~  
Please share **Be-Longing**, in its entirety, with others who are curious about the wonders of being human and the journey that is life, or who will appreciate reading it. To subscribe - <mailto:rikki@on-purpose-coaching.com>

~~~~~  
**Contents**

1. Note from Rikki
2. Essay from the Heart
3. Inquiries for Fuller Living
4. Thoughts from Readers
5. Resources
6. Special Offer
7. The Fine Print

~~~~~  
**1. Note from Rikki**

This month begins a new regular feature, Thoughts from Readers. I'll be publishing thoughts sent about previous issues of Be-Longing. The contributions, this month, came from two women who belong to "Circles of Ten: Women for World Peace." From them, I've learned Peacemaking includes a much wider range of activities than I had imagined. Look in Resources to get their web address and come join us.

Last chance for my March Madness Offer! Take advantage of this special for some spring cleaning in your life.

~~~~~  
**2. Essay from the Heart: About Time**

"Time is relative; it's only worth depends upon what we do as it is passing."  
-- Albert Einstein

Time is one of the strangest phenomena. My experience so far of 2004 is that it's been several years long. So much has happened, not so much in my external world, but in my internal world. I feel like I've lived several decades in the last year.

Last night as I was getting ready for bed, I noticed some clothes lying around and almost left them there. Then I thought, I'll put them away now and why was it so hard to do that? My mind thinks that if I take the time to put them away, I won't have enough time to do what I really want to do.

I'm experiencing time as both extremely abundant and insufficient. How is that? What is your experience of time? Do you have enough time, too much, too little? What makes the difference?

What do we do with time? I was watching a figure skating program with Time as the theme. One number has a skater carrying what looks like a picket fence in front of her body, then you hear one of the other skaters say, "She's doing time." How do you do time?

Or spend time? What is it that we spend. Can I go to a store someplace and buy some time? I hear people talk about buying themselves some time. Wish they'd tell me where they bought it. Or maybe someone would give me some of the time that they saved.

Multi-tasking is supposed to save time and yet in the long run, I think it wastes time. I find that I get more done, am more efficient, when I do one thing at a time and give it my full attention, being fully present in the moment.

There seem to be three categories of time: past, present and future. The only one that I've found I can do anything in - is the present. So why do I spend so much time thinking about the past or the future? Seems like a waste of time.

The other day a friend said something about linear time. At first, I thought, isn't that the only kind there is? Later that day I was reading, "Soul Mission\*Live Vision by Alan Seale. He wrote we are on "a circular journey." As we grow in awareness, there is "a constant process of birth, development, integration, and living .... a daily, ongoing process."

There's also the cycle of each day, each year; spring comes each year and each year it's different. There are cycles in life and as T. S. Eliot wrote, "We shall not cease from exploration and the end of all our exploring will be to arrive where we started... and know the place for the first time."

And with that I think it's about time for me to get back to my exploring. Happy journeying!

~~~

If you would like to continue this conversation About Time, watch for an announcement about a free teleclass, coming in April.

~~~~~

### **3. Inquiries for Fuller Living**

What is your relationship with time?

How do you spend your time? save time?

How do you waste or kill time?

How can you change your relationship with time so that you have just the right amount of time?

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

~~~~~

### **4. Thoughts from Readers**

"This week my major peacemaking victory was declaring the work I've done on

the Circles of Ten goals, intentions and budget good enough. I realized I'd been torturing myself and others to fit the mold, which none of us had actually defined, of perfection." Sarah

"I believe that the more we are able to view the cup as, full, the easier it is to feel grateful for what we have. Gratitude and appreciation are very important attitudes and practices." Karen

---

## 5. Resources

For more information about Circles of Ten, go to: <http://www.peacecircles.net>

Alan Seale's discussion on cycles is from his book "Soul Mission\*Life Vision." I did a workshop with Alan recently that was magnificent; I experienced my magnificence and the grandeur of my soul. Buy the book at: <http://www.amazon.com/exec/obidos/ASIN/1590030133/onpurposeco05-20> and find more about Alan at: <http://www.alanseale.com>

---

## 6. Special Offer - March Madness

Don't miss out, I am offering a special price for one month's coaching with me if you book your first session by the end of March. Take advantage of this great offer of three hour-long sessions for \$150 now. Time is running out.

This is an excellent opportunity to receive some coaching around a challenge you have or do some brainstorming about a project or some aspect of your life.

If you are not a subscriber, become one before the end of March and the offer is also available to you.

Contact me at 505.265.5033 or send an email, <mailto:rikki@on-purpose-coaching.com> to set this up.

---

## 7. The Fine Print

The List | Copyright

BELONG: to receive this newsletter, send an email with *Be-Longing* in the subject line, <mailto:rikki@on-purpose-coaching.com>.

EXIT: to leave this newsletter list, send an e-mail with *exit* in the subject line, <mailto:rikki@on-purpose-coaching.com>.

Unless otherwise attributed, all material is written and edited by Rikki Fowler, PCC. Copyright (c) 2004. All rights reserved.

You may reprint material from "**Be-Longing**" in other electronic or print publications provided the above copyright notice and a link to <http://www.On-Purpose-Coaching.com> are included in the credits. Please send me a copy of the publication and do not forward excerpts, instead send the entire newsletter. Thanks!

Privacy Statement | Contact Info

I never sell, rent, or loan subscriber information to any third party. Ever.

On Purpose Coaching

Rikki@on-purpose-coaching.com  
505.265.5033

~~~~~