



Awaken from Wandering

The Newsletter

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To receive a **Free Subscription:**

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Forgotten Projects; Lost Energy

I am sitting here watching the winter seem to drag on. It feels like I have been trapped inside under the snow forever. Actually this is a perfect time to clear away the clutter in our lives before we are swept into spring and then into summer. It is a great time to do some house cleaning, not just the routine cleaning, but also the cleaning that takes you into the back of the closets and the cabinets. There is another place that I would like you to look. How about those projects that you have started but have not finished?

You know which ones I mean. They could be an idea that made it to a piece of paper that was stuck on the fridge or maybe it is scraps of material cut into shapes waiting in a bag for you to return. You had good intentions, but decided to follow up on it later. Then one day (like today), you find those notes or half done projects, forgotten and abandoned. Ever notice that it doesn't take long too remember what your original intent or idea was? That is because they have been occupying space in your mind, using up just a bit of energy so that you could hold onto the memory. Wow, some extra energy we all could use that. How do we get that energy back?

Look at those projects and ideas. Really look at them. Do you still want to follow through with them? It is okay to decide that you have lost interest. If the interest is gone, let them go. Throw them out or pass them on to someone who would love it, however make sure they would love it. It accomplishes nothing to pass things on just so you do not have to make a decision. They still remain your energetic responsibility even though they now

reside with someone else. Clear that energetic connection by creating ritual and celebration to honor its past importance in your life and then allow that item to move from your life. If you have not lost interest, what will it take to complete them? Can you ask someone to help you? What do you need to do to complete unfinished tasks or to move dormant projects forward. Set a deadline for the next step. Many things left undone don't take that long to complete once you and your team of helpers get started. If it is an ongoing project just remember to check in periodically to make sure it is still something you want in your life.

Take time periodically to clear unwanted ideas and projects from your personal spaces. The energy that you can gain back from this process can be life changing. Allow yourself to accept this gift. Say your goodbyes and open space and energy for what is happening in your life now. You just might amaze yourself.





Awaken From Wandering, LLC

Helping people create sustainable lives.

Who's Talking To You?

I have recently taken several courses to develop my intuition. It has been interesting since I was brought up to believe that intuition was a hunch or a sixth sense that moms had and dads did not. I am now finding that those extra voices I hear coming up behind me might be something more than just my vivid imagination. It seems that I have always had intuition, yet I have convinced myself over the years that I should ignore it. After 50 years, it has become easy for me to ignore those voices. I am now working to be open and curious about what I am hearing. I have to admit that being open and curious (that wide-eyed innocence of my youth) does not come so easily these days. My rational mind takes hold of me. It seems more logical to yell over my shoulder to tell those voices to be quiet than it does to stop and listen to them. However, I am practicing listening again and I am enjoying the sense of discovery.

Do you know how your intuition shows up for you? Is it a voice or maybe just a knowing; a sense in your stomach or heart that seems to guide you? Do you consider your intuition important or is it something to be ignored? You can open up to your intuition just by setting the intention to do so. Be present to yourself and listen. What is it that you are hearing or sensing? Spend time quietly focusing on the space between each thought in your mind. What is there? We have an amazing brain and we hardly use any of its capability. Is intuition a skill just waiting to be practiced? What else could we learn to do if we put our minds to it?



COACHING Journey PACKAGES

The 90-Day Expedition

-Personal Development-

Warning: This journey may lead to mind-blowing self-discoveries. This expedition is not for people in a comfortable rut.

If you are self-motivated and willing to explore the unknown this expedition is for you.

Includes:

- Twelve weekly scheduled 50-minute sessions
 - Personal Foundation field work
 - Opportunities for huge personal growth
 - Unlimited email and voice mail support
- Priced at \$920

The 30-Day Energy Hike

-Kick Start a Dream-

You have an idea and you are motivated to explore it

You are ready to push yourself

You recognize the value in having a success partner to keep your energy high

Includes:

- Four weekly scheduled 50-minute sessions
 - Work/life balance field work
 - Unlimited email and voice mail support
- Priced at \$270

The Power Walk

Follow-up support as needed.

You have successfully completed an Expedition or Hike

You want some support from time to time to keep you awake and not wandering

\$85 per session

Includes:

One hour session scheduled as needed.

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The first trial session is always free. If you would like to schedule a free trial session email or call today. I offer scholarships to reduce fees for highly motivated people who cannot afford the full price.

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