

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

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Last week was the February school vacation week here in MA. We used it to begin the college search process for our younger son, attending an open house at the University of Maine in Orono. One of the many things that impressed me about this school was the number and variety of majors offered. There were fields of study such as Sustainable Agriculture, Aquaculture, New Media, and Climate Change. These subjects certainly weren't around in my college days. It's early in my son's exploration, so who knows what's he'll end up studying, but it's nice to know that there are plenty of choices. This got me thinking about choices and how we may sometimes need to expand our range of options and other times may need to limit them.

As we get older, I believe there's a tendency to make the same choices over and over again. Perhaps with the wisdom collected over years of experience we weed out what doesn't appeal to us and choose to stick to what we know works. There's comfort and safety in routine and the familiar. But boxing ourselves into a limited repertoire may begin to wear thin. If boredom and frustration set in because one day looks exactly like the next, it could be time to broaden horizons and investigate new options. Consider inviting new possibilities to spice things up by expanding the choices you make in:

- What you eat
- What you wear
- What you listen to
- How you spend your free time
- How you love your Valentine
- Where you go
- Who you talk to
- How you move your body

On the opposite side of the spectrum, having too many choices can prove to be detrimental. We've probably all had an experience of being stymied by too many choices, whether ordering off of a menu offering a bounty of delectable options or having so many things on our to-do list that we simply don't know where to begin. Analysis paralysis and inertia can set in when choices become overwhelming. This is when it can pay off to limit the number of choices. In my coaching I often help people narrow down to what's most important and most effective. It's natural to initially resist letting go of appealing options, but the focus that comes from narrowing down is freeing and creates forward movement. Less can be more!

Where are you feeling stuck because of too many choices?

Of your options, what holds the highest priority or most interest for you?

What would feel good to let go of, at least temporarily?

As you go about these next few weeks, notice where it might feel good to expand or limit your range of choices. Adjust as you see fit. After all, it's your choice.

Upcoming Programs and Events

Wellness Day at North Parish

190 Academy Road

Saturday 12:30-4 p.m.

Join us for Reiki, yoga, meditation, health-related workshops, wellness fair, healthy snacks, and a Zumba and Caribbean Rhythm dance party.

\$15 if pre-registered by 3/2 \$20 at the door

For more info and to register visit www.northparish.org

Reiki Trainings

Reiki I:

Friday, March 18 from 9 a.m.-5 p.m

or

April 29

North Parish Children's Chapel

Fee- \$160 Includes training manual, certificate, and healthy snacks

Reiki Retreat

Dates: Saturday and Sunday, March 26-27, 8:30a.m- 5 p.m.

Location: Rolling Ridge Retreat and Conference Center

Set on the banks of Lake Cochichewick in North Andover, MA., this 38-acre Georgian Estate offers a double labyrinth, meditation benches, and wooded trails.

Schedule & Costs:

Saturday, March 26-**Reiki II** – \$260

Sunday, March 27-**Coaching with Reiki I** – \$90 half-day

Sunday, March 27-**Coaching with Reiki I & II** –\$165 full-day

Save \$100 when you register for all three days for \$500.

Meals: Lunch, healthy snacks, and beverages included

Registration: Space is limited. Call (978)689-7446 or email

grace@balancewithgrace.com to reserve your spot.

Early Bird Discount: Save 10% when you register at least 2 weeks in advance of any training.

Coaching with Reiki II Training (via teleconference call) - \$75

One Monday, March 14th 12-1:15 p.m. Eastern

Note: Coaching with Reiki I Training is a pre-requisite for this class.

To learn more visit www.coachingwithreiki.com

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