

## Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 9, Issue #9, October 2009, *Fall Back*

Earlier this year, as we moved into Daylights Saving Time, I wrote a newsletter entitled *Spring Forward*. Since here in the U.S. we'll be setting our clocks back an hour this weekend on November 1<sup>st</sup>, it seems only fitting to call this issue *Fall Back*. Falling back is an experience we all have at one time or another. How often have you felt that for every two steps forward, you take at least one step back? If you plotted your progress, whether in work, relationships, or finances, you'd find the growth rate rarely follows a straight line with a steady, predictable upward trajectory. It probably follows a jagged path.

In the case of my own healing from a recent back injury, I recognize that I was the one who caused my own setback. As I describe in my book, sometimes it's another person or an outside force that moves the lens of our "kaleidoscope of life" to create a new pattern. On other occasions we are the one who set the shards tumbling. I have to take full responsibility for the pain I brought on myself. I originally strained my back with an overzealous approach to strength training. Just as my soreness began to diminish, I went back to the gym and upped the weights. That time I really did a number on my lower back. It was a classic case of too much, too soon. (And yes, I can hear you, "what were you thinking??!!")

Thankfully, I'm feeling better now, but a few nights ago I woke up in the middle of the night and was so uncomfortable I couldn't get back to sleep. As I lay in bed I started to get ideas for this newsletter. I regretted that my journal wasn't beside my bed to capture some of the questions that came to mind. As I debated whether or not to get out of bed to retrieve it, I remembered reading that the Orionid Meteor showers were supposed to be visible that night. Since I missed the Persid showers in August because of cloudy skies, I decided to get up and see what I could see. I climbed into our outdoor hot tub and rested my head on the edge of the tub as I gazed at the night sky. It took a while, but my patience was rewarded with the sighting of not one, but two shooting stars. The combination of Ibuprofen, the hot tub, and an ice pack also allowed me to get a couple more hours of sleep.

Here are some questions for us all to ponder the next time we fall back or are trying to recover from a setback:

What will enhance your growth?

What is your intelligent edge? (the place that's a stretch but doesn't cause harm)

What can you learn from your setback?

What provides the greatest healing?

How can you be patient with the pace of process?

What fleeting brilliance are you meant to capture?

Keep reaching for the stars, even when it seems you'll never reach them!

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Upcoming programs:

### Finding Balance in Turbulent Times

This one-day retreat invites you to take time out from your busy schedule to reflect upon the life you are creating. Designed to put you on a path toward a more fulfilling life, this highly interactive program provides tools, introspective exercises, and hands-on activities to help you:

- assess your quality of life from a holistic perspective
- create a clear vision of what's possible
- develop strategies for facilitating positive change
- select next steps
- sustain a commitment to nurturing practices

The day will offer opportunities for private reverie, centering practice, prayer, creative visualization, group brainstorming, nourishing food and conversation. Each participant will create a vision board to take home to help lock in new awareness and manifest desired change.

Rolling Ridge Retreat and Conference Center

660 Great Pond Road, North Andover, MA

October 28

9:30 a.m. -3:30 p.m.

Cost: \$55

Register online at <http://www.rollingridge.org/adultprograms.html#anchor34>

### Get Clients NOW!™ A Marketing Program for Service Professionals

Kickoff Tele-Seminars

Two Mondays, Nov 9 and 16, 2009

11-12:30 AM PST (2-3:30 PM EST, 7-8:30 PM GMT)

Group sessions

Four Mondays, Nov 23 and 30, Dec 7 and 14, 2009

11-11:45 AM PST (2-2:45 PM EST, 7-7:45 PM GMT)

AND

One Thursday, Dec 17, 2009

11-11:45 AM PST (2-2:45 PM EST, 7-7:45 PM GMT)

Note: Depending on registration, group sessions may be extended to 60 minutes each or an alternate group may also be scheduled on the same dates at 12:00 PM PST (3:00 PM EST, 8:00 PM GMT).

Cost: \$295

To register please call Grace at (978)689-7446.

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