

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 10, Issue #3, April 2010, *April Showers*

We've certainly had our share of showers this spring. During one particularly lengthy and torrential storm, we received a quarter of our annual rainfall in the span of three days. But, sticking to my earlier vow, (see the archived [No Complaints, Only Thanksgiving](#) issue) I'm not complaining. In fact, as a gardener I celebrate rain, for not only does it bring May flowers, but it saves me the work of watering the seeds and recent transplants of my cool crops: lettuce, peas, broccoli, cabbage, and collards.

There were several phases involved in shifting my attitude towards rainy days. For a long time, I begrudging put up with them, knowing that like all things, they too would pass. I'd check the extended forecasts for the next predicted sunny stretch and would hunker down and wait for storms to subside. Instead of wishing rain clouds away, my next step was to make peace with them. I noticed and began to appreciate how dim light accentuated colors in nature. The brilliant colors of lush green lawns and cheery spring bulbs seem to pop out more than ever. The final piece is one I'm still working on—to find delight in rain. Remembering a mud-puddle-jumping scene from *Thomas and the Rainbow*, the charming feature film on the latest Spiritual Cinema circle DVD, I went for a rainy run yesterday before returning home from a long weekend. With a baseball cap to shield my eyes, it really wasn't so bad. The few other joggers and walkers I passed were especially friendly, creating warmth from their greetings.

I invite you to apply a similar progression towards something you'd like to develop a new attitude toward or a new relationship with. Pick something you've complained about more than a few times, perhaps your commute, a challenging relationship, or a change you are resisting, and consider:

Phase one:

What would help you stomach this?

How could you begin to tolerate this?

Phase two:

How might you come to terms with it?

What positive benefits could be gained by accepting it?

What will you say yes to about this?

Phase three:

What aspects about this could you learn to enjoy?

How might this enhance your life?

In what ways could you relish this?

We often expend copious amounts of time and energy railing against circumstances that we are unable to change. I hope these steps will help you make peace and embrace the present.



Upcoming Programs

Reiki Retreat

Immerse yourself in the learning and healing of a Reiki Retreat in the tranquil setting of the Rolling Ridge Retreat and Conference Center in North Andover, MA. Enjoy the double labyrinth, meditation benches, and lakeside trails of this 38-acre Georgian estate. A delicious lunch, healthy snacks, coffee and tea is included. You are welcome to join us for one, two, or all three days. Enhance the retreat experience by booking overnight accommodations directly through www.rollingridge.org.

Dates: Friday, April 30-Reiki I
Saturday, May 1-Reiki II
Sunday, May 2-Coaching with Reiki Training

Time: 8:30 a.m. -5 p.m.

Place: 660 Great Pond Road,
North Andover, MA

Meals: Lunch, healthy snacks, and beverages included

Pricing: Reiki I - \$170

Reiki II - \$250

Coaching with Reiki I - \$90 - morning session

Coaching with Reiki II - \$90 - afternoon session

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

Registration: There's still space available. Email or call to reserve your spot.

Reiki Refresher

If you've already taken Reiki I or Reiki II, you are welcome to repeat the training as a refresher. Each refresher training is \$90.

Group Mentor Coaching with a BALANCED approach

If you are launching or wanting to increase your coaching business, this is the ideal group for you. Based on the premise that growing yourself is crucial to business success, this group will focus on business and personal growth as well as coaching skill development. The group will help you clarify your unique offering, attract clients, break through limiting beliefs, and gain confidence by recognizing and expanding your existing skills. This group meets by phone three Thursdays a month 8:30-9:30 a.m. Cost and commitment: \$200 a month for a minimum of three months with a one-time \$25 materials fee for *Success with Grace: Grow a Profitable and Fulfilling Coaching Business*, a 97-page practice-building workbook.

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Special request and offer:

One of my clients, Sherry Puricelli, has entered The Next Top Spiritual Author contest and would love to have you cast a vote for her book, *Accessing The Space In Between*.

To demonstrate her gratitude for your support, she's offering one free dream consult or coaching session, book updates, and sample excerpts. She'll also automatically enter you into a drawing for the Grand Prize: a full year in the AwakeNDream Membership Club. Just contact her (her site's listed at the bottom of the voting page) to let her know you've voted for her book to receive your offers.