

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 10, Issue #7, September 2010, *The Switch*

Every year I'm taken by surprise by how busy things get in early Fall. A few days ago I found myself feeling overwhelmed by all the events of September and all that's on tap for next month. To build upon my last newsletter's topic of New Perspective, I quickly changed my view of my schedule by realizing that all of the events, meetings, classes, and travel weren't things I had to do, rather they were all things that I chose to do. When I recognized the distinction between HAVE TO and CHOOSE TO it gave me an instant attitude adjustment.

Distinctions can provide "the switch" to shut down whining negativity and activate empowered intention. Here's an example from this morning that illustrates another switch that a distinction helped me make. I planned to go to an early morning strength-training class at my gym before my favorite Caribbean Dance* class. It's about a twenty minute drive to my gym along scenic back roads which are usually quicker than dealing with Interstate traffic or multiple stoplights on the main road. Today, however, when I was less than two minutes from the gym, I encountered a roadblock. The road was closed, blocked off by a police cruiser with flashing lights. Unfortunately there was no quick alternate route from that point and I had to double back quite a distance. By the time I reached the gym's parking lot, I knew the class was well underway. I felt thwarted! Not only had I missed the warm-up (which I knew my stiff body needed), but by the time I would be all set up with weights and other gear, half the class would be over. I decided to skip it. It certainly seemed as if the Universe was conspiring to keep me from attending this class, and I wondered what to make of this. I remembered that my most important work-related deadline for the day was to write a newsletter, and it occurred to me that the detour could actually be supporting that goal. I ended up sitting in my car in the parking lot and writing most of this newsletter before going into Caribbean Dance. The class was even more fun and energizing because I'd gotten a head start on my work. The distinction or the switch for me in this case was moving from feeling THWARTED to SUPPORTED.

To get you thinking about how to use distinctions to make a switch in your life, begin with a current state or feeling that's less than ideal. What's one word to describe this? Examine this word to access how accurate a label it is. We are great story-tellers and can often be over-dramatic, making things out to be worse than they really are. What else could be possible about the situation? What's wanting to happen? What would be a more positive, empowered way to reframe your experience? Choose another word that feels like the greater truth.

Here are some other examples of distinctions that have helped me immensely over the years:

Anxiety vs. Energy

Have to vs. Get to

Efficient vs. Effective

React vs. Respond

Power vs. Strength

Distinctions can be powerful tools in making the switch. I encourage you to use them well and use them often!

Recommended resources:

The Distinctionary, Let Language Evolve You, by Thomas J. Leonard, Linda Talley, and Coach U, Inc. (1997) Coachville.com. Retrieved from <http://www.distinctionary.com>.

A Request

I recently created a Balance with Grace Facebook page (separate from my personal-- Grace Durfee--page) and would love it if you'd become a fan, if you aren't already. Simply follow this link and click the thumbs-up "like" icon: [Balance with Grace](#)
Click the discussion tab to share a distinction that helped you flip the switch.

Upcoming Programs and Events

*** Zumba and Caribbean Dance Fundraiser**

Sunday, October 31st

11-12:30 p.m.

Cedardale Health and Fitness

931 Boston Rd, Haverhill

(978) 373-1596

Cost \$25

All proceeds go to support Susan G. Koman for the Cure, a charity which funds breast cancer research. (I'm not organizing this, but will be joyfully participating!)

Reiki I Training -

Saturday, November 20, North Andover, MA location- \$160

Reiki II Training -

Sunday, November 21, North Andover, MA - \$250

Coaching with Reiki Training -

Coaching with Reiki I Training (via teleconference call):

Two Mondays, November 8th and 15th 12-1:15 p.m. Eastern - \$90

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

One Monday, November 22nd 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

Are you curious about Coaching with Reiki?

Coaching with Reiki combines the ancient healing art of Reiki with the modern transformational tool of coaching. Coaching with Reiki can be done over the phone as well as in person. I do not charge my coaching clients extra to add Reiki to a session, it's added upon request as a healing bonus.

Call me at (978)689-7446 to schedule a treatment if you are in the North Andover, MA area and would like to experience the relaxation of an in-person treatment. My rates:

45-minute in-person Reiki treatment \$60

60-minute in-person Reiki treatment \$75

You may add a one-time sample of Coaching with Reiki to your treatment for an additional \$25.

If you live at a distance and would like to experience Coaching with Reiki over the phone, I'm happy to offer a 20-minute sample Coaching with Reiki session.

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