

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 6, Issue #11, November 2007, *Counting Blessings*

People often ask me how I continue to come up with new ideas for my newsletter, month after month. I have to confess that, more often than not, the ideas find me, rather than the other way around. I've learned to trust that, even if it's dangerously close to my end-of-the-month deadline, I'll be gifted with an idea. This month's idea came to me nearly two weeks ago, but because the galley for my book arrived for me to proof around the same time, I'm just now getting the words onto the page.

Earlier this month as I settled into my late afternoon meditation, a thought bubbled up about counting blessings. This wasn't surprising, given the upcoming holiday. Thanksgiving has always been my favorite holiday. As a "foodie"—someone who lives to eat—I love the delicious variety of dishes that help us celebrate the harvest's bounty. It's also always great fun to gather with family. With sixteen of us around the dining room table this year, we had lots of laughs and good conversation. And I love Thanksgiving's emphasis on gratefulness for the abundance in our lives.

What was a bit unusual about my thought around counting blessings was that it occurred to me as a way to get to sleep. In the summer I'd written a newsletter *Sleep Soundly* which explored the benefits and some strategies for obtaining a good night's sleep. (In case you missed it, it's archived on my site www.balancewithgrace.com/newsletter.) *Counting Blessings* feels like an addendum to that one.

As children many of us were taught to count sheep if we had trouble falling asleep. What if, instead of sheep, we counted blessings as we drifted off to sleep? My hunch is that we'd automatically begin to relax, and we'd fall asleep easily, with smiles on our faces. In the coming weeks I invite you to experiment with making counting blessings a regular practice. I'd love to hear about your experiences and, with your permission, would love to share them with others in the next newsletter.

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Book update:

Make 2008 a year of balance and joy! By the end of next week you'll be able to learn more about *Balance with Grace: Celebrate the Kaleidoscope of Life* and pre-order the book from my website. Anticipated delivery is early January.