

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 9, Issue #6, June 2009, *Golden Moments*

New England weather is known for its unpredictability. In fact there's a saying here, "If you don't like the weather, just wait a minute; it will change." Normally we get more than our fair share of beautiful days this time of year to warm us up after a cold winter and cool spring. This year, however, like a recording stuck on the same repeating phrase, we've had a record-breaking amount of rainy, dreary days. Last week I heard the meteorologist say that we've only seen the sun during three of the past twenty-one days, and we've had even more rain since then. The cool, damp conditions, while ideal for my peas, beets, and lettuce have been challenging for this sun-loving Leo. What I have been learning from this experience is how to take full advantage of golden moments when they arrive.

One day, after at least a week of gloomy weather, the sun came out around 6 p.m. I'd just rolled out dough to make pizza for our evening meal, but I announced to my family, "I have to get out for a walk!" as I bolted out the door. Anyone seeing me during that walk must have thought I was a bit odd because I zig-zagged across the street in order to stay in the sunny patches. Both the dough and my spirits had risen by the time I returned.

As I wrote this in my journal over the weekend, I sat on a sunny beach just feet away from the lapping surf. It was our first time at the shore since opening up the family cottage over Easter. The day before we'd had only had a brief window of sun in the afternoon before thunderstorms rolled in. Although there were plenty of projects, chores, and food preparations that could have been done back at the house (The plaque hanging in one of the bedrooms always reminds us, "The only thing that works in an old cottage is the owner.") we'd all dropped everything to enjoy some golden moments on the beach.

What golden moments are presenting themselves to you?

How are you making the most of them?

What are some ways in which you could "seize the day" more often?

Now that I'm back in the office, the weather continues to affect me. I'd barely finished typing up this newsletter yesterday afternoon when another storm unleashed its fury. Since I'm already having some computer issues and didn't want to risk further damage from a lightning strike, I decided to turn my computer off and send the newsletter later. Plus, the torrential downpours soon turned into sprinkles and the sun peaked out, so I decided to search for rainbows.

What pots of gold can you find, even in stormy situations?

Enjoy the golden moments of the summer (or winter if you are a reader from down under!)

Copyright 2009, Grace Durfee

I welcome new subscribers! Please forward this newsletter to others who may be interested in my newsletter, coaching services, or programs. If you wish to subscribe/unsubscribe to this free monthly newsletter, please do so on the Newsletter page of my website www.balancewithgrace.com.

My book *Balance with Grace: Celebrate the Kaleidoscope of Life* helps you learn to make the most of life's kaleidoscopic changes. After a beginning balancing process, this book takes you on a seasonal tour as it offers practical tips, tools, and techniques, shares motivating stories, and engages you in introspective exercises and inquiries. To order or learn more visit <http://www.balancewithgrace.com/book.html>.