

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 9, Issue #2, February 2009, *Love Litany*

A few days before Valentine's Day, I hosted my women's group for a potluck dinner. Following our meal and catch-up conversations, I suggested we create a love litany. We quickly passed a rose quartz crystal (known to promote feelings of love and compassion) around our circle. Each time the crystal came around to us, we shared a few words about something we loved. It was amazing how quickly the mood of the entire group lifted.

I invite you to bring back that loving feeling with your own love litany. Alone, or better yet, in the company of loved ones, recite your list of loves. Be as specific as possible, describing what you love about a certain person, place, or thing. For instance, I love my older son's persistence. He's demonstrated this numerous times, in the way he went the distance to get his black belt in karate and more recently when he designed and built a miniature barn. I love the way my younger son courageously strikes out into new realms. For example, although he's never really sung before, he recently auditioned for the Middle School musical and landed the part of Conrad Birdie in the upcoming production of *Bye Bye Birdie*. I also love how intuitive my husband is. He's usually able to sense exactly what's going on with me and will step up to help or make a suggestion that's right on target.

Love has no limits, so there are boundless things you could add to your litany. Consider the people in your life, your pets, the activities that bring you joy, and pleasing elements of your environment (perhaps the first robins or snowdrops that herald the beginning of spring.) Continue your litany until you begin to run out of loving thoughts.

What I suspect may not have made into your litany was anything about yourself. If that's the case, I challenge you to add some things you love about you. Maybe there's a physical attribute that you are thankful for. In my case I'm happy for my high metabolism (thanks, Mom!) and my naturally blond hair (thanks, Dad!) What qualities do you love? I love my creativity and the way I look for the best in people. What is the best in you? Complete your litany by celebrating what you love about yourself.

Given the challenges of our troubled times, we need to have multiple tools available to support us. I hope this love litany exercise has given you a boost. It's certainly improved my mood to write it!

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Upcoming programs:

Wellness Day

I'll be leading Manifest with Dream Maps, a "roll up your sleeves" workshop, during this afternoon of classes, yoga, meditation, healthy refreshments, and healing treatments such as massage, Reiki, EFT, and zero-balancing. Multiple sessions running concurrently will let you choose how you want to relax, be pampered, and be inspired.

Saturday, March 7th 12:30-5:00 p.m.

North Parish

190 Academy Road, North Andover MA

Cost: \$20 if pre-registered, \$25 at the door. Proceeds to benefit the North Parish

For more information or to pre-register contact me at grace@balancewithgrace.com or (978)689-7446.

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### Finding Balance in Turbulent Times

Are you struggling to stay upbeat during the current downturn? Are you already noticing stressful effects on your body, mind, and spirit? Would you like to learn how to move out of overwhelm into balance? Take time out from the tumult to join us for afternoon tea with Professional Certified Coach and author, Grace Durfee. You'll laugh, relax, and be inspired as you discover:

- Tools to assess your present state
- Practices to enhance your natural resilience
- Approaches to shift your focus from problems to possibilities
- Strategies for facilitating positive change

AntiquiTeas Tearoom

217 Rockingham Road

Londonderry, NH

Sunday, March 29

3-5 p.m.

Cost: \$25, includes cream tea (with scones, clotted cream, and other treats)

Call (603)432-799 to pre-register

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Get Clients Now! TM A Marketing Program for Service Professionals

Are you tired of wishing for more clients? If you are a consultant, broker, coach, realtor, designer, or other service professional wanting a system for generating a steady stream of clients and referrals, this marketing program is for you! What you get in the program:

- Two 90-minute teleclasses
- Six follow-up phone coaching sessions with a small group of other professionals
- A tool-kit of proven sales and marketing techniques

Kickoff Tele-Seminars

Two Mondays, Mar 16 and 23, 2009

10-11:30 AM PDT (1-2:30 PM EDT, 5-6:30 PM GMT*)

Group sessions

Five Mondays, Mar 30, Apr 6, 13, 20 and 27, 2009

10-10:45 AM PDT (1-1:45 PM EDT, 6-6:45 PM BST*)

*Note that Daylight Saving Time in the U.S. and Canada begins on Mar 8, while Summer Time in the U.K. and Europe doesn't begin until Mar 29.

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 11:00 AM PDT (2:00 PM EDT, 7:00 PM BST).

Cost: \$279

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