

## Balance with Grace

A monthly newsletter by Grace Durfee, personal coach  
Volume 9, Issue #7, July/August 2009, *Path of Life*

I'd like to share with you some of my experiences while on the Path of Life. The Path of Life <http://www.PathofLifeGarden.com> is an idyllic outdoor sculpture garden on the banks of the Connecticut River in Windsor, Vermont. In mid-July I spent a blissful hour or two there at the end of a family camping trip to Quechee Gorge. My husband and boys were eager to return home since they'd been camping for a week, so my journey along the Path of Life was a solo, leisurely one.

You enter the 14-acre sculpture garden by walking through a tunnel, symbolizing birth. You follow a path representing the circle of life, from birth to death and beyond, visiting eighteen stations of life along the way.

At certain stations you are given the option of choosing more or less of a challenge. I found myself always choosing more. One choice point was during the "adventure" stage which involves wending your way through a towering hemlock maze. In selecting the more difficult route, I often found myself having to double back after hitting a dead end. I don't always have a keen sense of direction, so once I entered the maze I often wasn't sure exactly where I was or how much further I had to go, but always felt a need to press on. Not really wanting to get completely lost, I picked a handful of clover blossoms to use as my "breadcrumbs" to mark the paths I'd already explored. What a sense of accomplishment and relief to make it to the center of the maze and back out again all by myself!

One of my favorite stations was the one for "joy." This area contained alternating, curved rows of blueberries and raspberries. Since the printed guide indicated that these were for all to share, I wasn't shy about picking and savoring one ripe berry after another. It brought to mind one of my favorite children's books, *Blueberries for Sal*, by Robert McCloskey. It made me happily reminisce about cozy bedtime stories I've enjoyed both as a child and as a mother.

Towards the end of the Path during the section representing old age, a stone labyrinth offers a period of "contemplation." (It was the picture of the labyrinth on The Path of Life's brochure that first drew me to the place, and I'd been looking forward to walking it.) Probably inspired by a stone statue of the Buddha overlooking the labyrinth, some of the first thoughts that bubbled up as I circled toward center were of peace and compassion. As I got into the spiraling rhythm of the labyrinth, phrases such as "and so it goes," "it comes around again," and "circle of life" came to mind. As I reached the end of the stone-boarded pathway, I saw that to get to the true center of the labyrinth I'd have to step into a ring of stones. I did so and then sat on one of the stones with my eyes closed, curious about what insight might arise from this contemplation. I thought briefly about having been so close but not yet in the center a moment ago and how like our daily lives that is. We are often closer to the peace, happiness, mastery, love, or whatever we seek than we think. I thought about the ring of stones and wondered what barrier they

might represent. Immediately I thought of how often it's our minds that get in the way. I quieted my mind and received a simple two word message, "Allow bliss." Circling back out of the labyrinth, I felt lighter and energized, eager to see how I could allow bliss into my life everyday.

How can you allow bliss?

What moments along your path of life do you hold most dear?

What learning from your recent journey(s) would you like to incorporate into your life?

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My book *Balance with Grace: Celebrate the Kaleidoscope of Life* helps you learn to make the most of each of life's stations. 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>.

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Recommended Reading

Dr. Barbara Becker Holstein is launching her new book, [The Truth \(I'm a Girl, I'm Smart and I Know Everything!\)](#) today, and I wanted you to be among the first to hear about it.

Here's what Barbara has to say about the book: As you know, I have many years of practicing as a **positive psychologist** which has convinced me that women can draw tremendous energy and vitality from their deepest and most precious well - themselves. Yes, inside of ourselves are the **positive memories from late childhood into teens**, the talents, the strengths, and the untapped potential to give us all the resources we need.

**Girls between 8 and 12 can and do everything.** However, adolescence can be very hard on girls and years later many a woman has lost touch with her earlier talents, strengths, potential or what makes her happy. I worked to develop a companionship with the 10-year old inside myself. Suddenly, getting to know myself as a child again was serious psychological business.

That's when I wrote a journal-style book, [The Truth \(I'm a Girl, I'm Smart and I Know Everything!\)](#) **If you are a woman**, it will make you want to dance with your inner 10-year old and make her energies a part of yourself again. **If you are an adult**, you will see the child in your life in a much more profound light. You will want to **help her hold on to her wisdom, wit, sense of competency and self-esteem.** **If you are a kid or a 'tween**, you will feel understood and connected to this fictional girl. After all, she is like you. The girl sees so much and knows so much as we all did at 10 or 11. And wouldn't it be great to hold on to the energy and confidence that can go with that stage of life?

Women and girls of all ages, kids, tweens, teens, parents, grandparents, aunts and uncles thank me for bringing this book to them. It **opens the door to communication**, and they see themselves, their daughters, nieces and granddaughters in the girl. Girls feel she is speaking for them while women remark that they wish this book had existed when they were growing up.

Now, this book is available on Amazon and those who buy it will also receive nearly \$6,500 in free downloadable gifts! Check it out here: <http://tinyurl.com/m8ooto> OR <http://thetruthbooklaunch.homestead.com>

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Upcoming programs

### Get Clients NOW!™ 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! With an overview of the Universal Marketing Cycle, we'll take the mystery out of marketing and help you determine where you get stuck in the process. You will learn the most effective marketing strategies for service businesses and will create a customized action plan. Follow-up group coaching will keep you motivated and in action. What you get in the program:

- Two 90-minute tele-seminars
- Five follow-up phone coaching sessions with a small group of other professionals
- A tool-kit of proven sales and marketing techniques
- Content, structure, and support

#### Kickoff Tele-Seminars

Two Tuesdays, September 8 and 15, 2009  
9-10:30 AM PDT (12-1:30 PM EDT, 5-6:30 PM BST)

#### Group sessions

Four Tuesdays, September 22 and 29 and October 6 and 13, 2009  
9-9:45 AM PDT (12-12:45 PM EDT, 5-5:45 PM BST)

AND

And one Thursday, October 15th, 2009  
9-9:45 AM PDT (12-12:45 PM EDT, 5-5:45 PM BST)

Cost: \$279 if you register before September 1. After September 1, the cost goes up to \$295.

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

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).

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