

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

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I hope you are enjoying these last days of summer. For me, this has been a summer like no other, full challenges as well as amazements that have given me new perspective.

I spent most of July in Virginia helping my parents out during some health issues. My mom was in the hospital for a week following surgery for what turned out to be advanced staged (3C) ovarian cancer. Although she's now progressing well in her recovery and has begun chemotherapy, spending the first few post-op days with her in ICU was a keen reminder of the impermanence of life. I came away newly grateful for family and friends who love and support me, for my home and gardens which nourish me on many levels, and for my own health, which I'm now even more committed to preserving.

After having been away for over three weeks, I considered opting out of a camping trip during the second week of August. I'm so glad I went. The peace of the lake was wonderfully restoring and the Perseid meteor showers added a magical sparkle. Even though it was mainly cloudy during the days, two nights in a row, as soon as darkness fell, the clouds parted and the stars came out. We were so far from any city lights that we could see the Milky Way and a huge display of constellations. In an incredible déjà vu moment, my husband I simultaneously saw a shooting star, just as we did 20 years ago on our honeymoon. Gazing at the vastness of the night sky with its infinitesimal stars made me realize how small I am and my concerns shrunk accordingly.

What times (both positive and negative ones) in your life have given you new perspective?

Albert Einstein said, "You cannot solve a problem from the same consciousness that created it. You must learn to see the world anew." Wouldn't it be great if we could use 3-D glasses or the old-fashioned Viewfinders anytime we wanted a different outlook? As far as I know, nothing like that has been invented. There are some things, however, that we can do to invite a different perspective. Some ideas that come to mind are to:

- Do something for someone less fortunate
- Connect with loved ones
- Get out in Nature
- Crank some tunes (Latin and Caribbean music is my current favorite)
- Move our bodies
- Have a healing treatment (Reiki or other bodywork)
- Meditate
- Have a good cry
- Visit a place where you feel reverence or awe
- Ask someone (coaches are great for this) to challenge our thinking
- Sleep on it
- Pay attention to dreams
- Eat, Pray, Love (can you tell I'm itching to see the movie?)

What else would you add to the list?

The next time you are feeling stuck or out of sorts, explore some of these options to invite a new perspective.

A Request

I've just 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 what helps you find new perspective.

Upcoming Programs and Events

Reiki Retreat

Immerse yourself in the learning and healing of a Reiki Retreat in the tranquil setting of the Rolling Ridge Retreat and Conference Center in North Andover, MA. Enjoy the double labyrinth, meditation benches, and lakeside trails of this 38-acre Georgian estate. A delicious lunch, healthy snacks, coffee and tea is included. You are welcome to join us for one, two, or all three days. Enhance the retreat experience by booking overnight accommodations directly through www.rollingridge.org.

Dates: Friday, September 24-Reiki I
Saturday, Sept. 25-Reiki II
Sunday, Sept. 26-Coaching with Reiki Training

Time: 8:30 a.m. -5 p.m.

Place: 660 Great Pond Road,
North Andover, MA

Meals: Lunch, healthy snacks, and beverages included

Pricing: Reiki I - \$170

Reiki II - \$250

Coaching with Reiki I - \$90 - morning session

Coaching with Reiki I & II -\$165 – full-day session

Early bird discount: save \$20 when you register by Sept. 1

Save \$100 when you register for all three days.

Reiki Refresher: If you've already taken Reiki I or Reiki II, you are welcome to repeat either or both trainings as a refresher. Each refresher training is \$90.

Registration: Space is limited. Email or call to reserve your spot.

Are you curious about Coaching with Reiki?

I'll have a table and will be doing some Coaching with Reiki demos at:

[Healthy Living's Expo](#)

Sunday, September 12th 10 am - 4 pm

The Stevens Estate
723 Osgood Street
North Andover, MA

[RIDGEFEST, 2010 Wellness Festival](#)

Sunday September 19 12-4 p.m.
Rolling Ridge Retreat and Conference Center
660 Great Pond Road
North Andover, MA 01845

Group Mentor Coaching with a BALANCED approach

This small group meets by phone three Thursdays a month from 8:00-9:00 a.m. Eastern. Cost and commitment: \$200 a month for a minimum of three months with a one-time \$25 materials fee for *Success with Grace: Grow a Profitable and Fulfilling Coaching Business*, a 97-page practice-building workbook. Only a couple open spots remain, so if this interests you, contact me soon for more information and to join.

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