

## Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 7, Issue #3, March 2008, *Sap Rising*

It's maple sugaring season in New England. During this one to two month period in late winter/early spring, the contrast between nighttime temperatures below freezing and warm daytime temperatures cause the sap in sugar maple trees to rise. We live next to a maple farm [www.turtlelanemaplefarm.com](http://www.turtlelanemaplefarm.com), so we've learned a lot about the maple sugaring process. When the sap is flowing, trees are tapped, and buckets are hung from the trees to collect the slightly sweet (2% sugar) liquid. The sap is boiled down for several hours at high temperatures to create delicious maple syrup (67-69% sugar). It takes about forty gallons of sap to produce one gallon of maple syrup. Even when we haven't checked our thermometer, we know by the stream of visitors and lights of the sugar house when the sap's rising.

Just as the sap rises in maples in early spring, we often feel our own sap rising at this time. Hibernating time is over. The brighter light and longer days that come with Daylight Savings time give us more energy. As we look around at the evidence of the natural world reawakening—buds forming on branches, bulbs emerging, and increasingly active and vocal birds—we feel a stirring inside ourselves. Take a moment to notice how this is affecting you and to consider what you want to do about it.

- What do you now feel most energetic and enthusiastic about?
- Where do your creative juices want to flow?
- What delicious outcomes do you crave?
- What actions could turn the heat up to produce this result?
- How can you light the fire under yourself to make this happen?

As I've been writing this newsletter, this line from the song "What a Feeling" from the movie *Flashdance* keeps popping into my head: "Take your passion, and make it happen." What are you making happen this spring? Please email me at [grace@balancewithgrace.com](mailto:grace@balancewithgrace.com) to let me know what's brewing in your life. With your permission I'll share tidbits in my next newsletter to inspire us all.

Here's what bubbling up here:

This weekend we will begin hosting an 18-year-old Rotary exchange student from Slovakia for a few months. Some might question our rationale for wanting another teenage boy under my roof (we'll then have three), but we can't wait! When I was eighteen, I spent a year with a family in Germany through the American Field Service exchange program. I've always wanted to reciprocate by hosting, and now we have the chance.

Since entering the field in 2000, I've been committed to the growth of coaching and coaches. I've been very active in my local coaching community with ICFNE, the

New England chapter of The International Coach Federation. My term as Past President on the ICFNE Board is coming to an end, and I wasn't sure until just recently how I wanted to contribute next. I've enjoyed leading the practicum classes at Coach U (where I help give feedback to students on their coaching) and helping coaches prepare for certification so much that I'm now training to become an assessor for the ICF coach certification exams.

I'm stretching mentally and spiritually by reading Eckhart Tolle's new book *A New Earth*, tuning into the webcasts that he and Oprah are offering on [www.oprah.com](http://www.oprah.com), and using their online workbook. I've read some of his other books, but this one particularly resonates with me. The webcasts continue for another five weeks and can be downloaded from the website (transcripts are available for those who have a dial-up connection), so it's not too late to join me and the over two million people around the world who've undertaken this consciousness-raising journey.

Every magazine I've picked up recently has at least one article on green or sustainable living. We've found a number of ways to bump it up a notch to become even greener. We've just ordered rain barrels to collect rain from our roof to use for watering our lawn and flower gardens. We've joined a community supported agriculture program called the World PEAS Cooperative so we can eat more local produce in addition to the organic vegetables I grow. We also ordered a solar attic fan to keep our home cooler in the summer months.

I hope you, too, are enjoying the feeling of sap rising. Have fun working with the energy of what wants to happen next for you!

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Recommended resource:

If you are having trouble lighting that fire under yourself, this book from fellow coach Kerul Kassel could help:

***A New Book - Productive Procrastination...isn't that an oxymoron?***

Could it actually be wise to procrastinate sometimes? This book contains the secrets to understanding when it can be productive to procrastinate, and provides strategies for switching on the inspiration and motivation to start and finish the important tasks and goals you've been putting off. Discover what procrastination really is, and what being a procrastinator means about you. Procrastination might be beneficial. Learn how to use procrastination to your advantage. Zap destructive procrastination at the root and head it off at the pass. Find out how to get things done with less struggle and resistance. If you know that what is holding you back from the success you want is that you're not doing what you know you need to do, that you're putting things off, delaying things continually, you're an eleventh hour person, or if you think procrastinator is your middle name, this book was written for you. Learn

more here:

<http://www.on2url.com/app/adtrack.asp?MerchantID=32099&AdID=356425>

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