

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 7, Issue #1, January 2008, *Worth the Wait*

I think one of the life lessons I'm still learning is how to wait. Goodness knows I've had plenty of chances to practice. One of my most challenging waiting experiences was waiting for my first son to be born. We were given a due date of December 29th. As first time-parents, nine months felt like a long enough time to wait, and we hoped the baby would come close to my due date. Tests during a routine check-up on December 30th revealed elevated blood pressure, which can be dangerous for both baby and mother, so I was immediately admitted to the hospital. For two days they tried unsuccessfully to induce me. My blood pressure normalized, and we were sent home to wait it out while making frequent office visits for non-stress tests. My son was finally born a few minutes before midnight on January 8th. The nurse and mid-wife encouraged me to hold off until after midnight, so I'd have two full days in the hospital. That didn't interest me at all. I'd waited long enough and kept on pushing.

This tends to be my approach during a wait. I'll push and push, trying everything in my power to make things happen. Sometimes, however, things must run a natural course. We can't always force an outcome or dictate the timing.

My most recent wait has been around the publication of my book *Balance with Grace: Celebrate the Kaleidoscope of Life*. It's had a very long gestation period, much longer than my pregnancies. Many of the newsletters I've written over the past seven years have been incorporated into the seasonal readings section of the book. Earlier last year I developed the balancing process and tools for the beginning of the book. My intention was to have the books available by the holidays. I submitted the manuscript in August, following the self-publisher's recommended timeline. The self-publishing journey has been quite a learning process and has taken much longer than anticipated. Late last Friday I finally received my review copy. It's gorgeous! I've placed a large book order which will arrive within a few days.

As I reflect on my frustrating experiences with waiting, I realize that waiting creates an opportunity to:

BREATHE

Even if we are in a rush or want things to happen quickly, circumstances often intervene to create delays. Having just read an insightful interview of Pema Chödrön, one of the first Western women to be ordained a Buddhist monk, in the recent issue of Oprah magazine, I'm reminded of Pema's wisdom around waiting. For drivers, she recommends using the imposed wait of each red stoplight as an opportunity to take three deep breaths. Instead of a maddeningly delays, red lights can become welcome breathers during our hurried days. I imagine if we all adopted this practice, we would reduce road rage and maybe even our blood pressure.

PREPARE

Waiting gives us a chance to prepare more fully. When I had an ultrasound at three months gestation, we chose not to learn the gender of our first baby. We wanted to save it as a surprise. However, after two days of uncomfortable yet ineffective induction attempts, we figured if we had to leave the hospital without a babe in arms, we might as well learn it's s*ex. We discovered that were having a boy! Even though I'd already sewn a baby quilt—a multi-colored one which would be appropriate for a boy or girl—in my final week of waiting I made another quilt, this time in blues and whites. This quilt ended up becoming my son's security blanket and over time was literally loved to pieces. By the time he was a toddler it had earned the nickname "shred."

CELEBRATE

The longer the wait and the greater the anticipation the more cause for celebration an arrival makes. It's no wonder we celebrate birthdays annually, not just on the one day that we welcome a baby into the world. As you can see from the invitation graphic below, we've decided to throw a big party in honor of my book launch:



Grace has birthed her first book:

Balance with Grace

Celebrate the Kaleidoscope of Life

Please join us for an open house booksigning party

Saturday, February 9th

Snow date: Sunday February 10th
5-9 p.m.

If you are in the Boston area, I'd love you to join us! If you would like to attend, please call or email for directions and to let me know you are coming. If you aren't able to attend, the shopping cart is up and running on my website, ready to take your order. Thanks for your patience. I promise: it's worth the wait!

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Upcoming Programs

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! 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
- Four 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

Tuesdays, Feb 5 and 12, 2008

10-11:30 AM PST (1-2:30 PM EST, 6-7:30 PM GMT)

Group sessions

Four Tuesdays Feb 26-Mar 18, 2008

10-10:45 AM PST (1-1:45 PM EST, 6-6:45 PM GMT)

And

One Thursday, March 20, 2008

10-10:45 AM PST (1-1:45 PM EST, 6-6:45 PM GMT)

Note: Depending on registration, group sessions may be extended to 60 minutes

each.

Cost: \$279

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