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**Be-Longing: The wonder of being human**

Vol. 1, No. 3 ----- August 2003  
Rikki Fowler, Professional Certified Coach

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Please share **Be-Longing** with others curious about the wonders of being human and the adventure of their lifetime.

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**1. Note from Rikki**

Thanks for the comments from those of you who wrote about last month's essay. I'd love to hear from more of you. With your permission I will publish your thoughts next month in a new section, Continuing Dialogue.

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**2. Essay from the Heart: Letting Go**

"To become what we would be, we must let go of everything we have been."

Carol Lee Flinders

This is definitely a time of letting go. It's August, the days are getting shorter, the plants are letting go of their progeny in the form of fruits, vegetables, and seeds. The back to school sales are everywhere; here in Albuquerque, schools opened last week. The early morning begins to have a feeling of fall, cool and crisp with a certain autumnal odor.

My brain takes it all in and draws conclusions. [A traumatic event happened at this time of year when I was a child.] I feel like something awful is going to happen and then I remind myself, "those are feelings and this is 2003." I can make different choices about how to respond to these feelings.

My mother had a small heart attack a few weeks ago. During the days

surrounding the incident, I was aware of the beginning of the shift from child to an adult who will, one day, taking care of her. I used the opportunity to see what kinds of support she has, who do I need to know to call, who are supportive, for me, among her friends. I'm grateful it was only a small incident; my mother is fine and I learned a lot about myself.

I'm going to a conference later this week and I've had to let go of many things in order to get ready. My mind says, "oh, you can get all that done." Yet I find that I need some play time, that some things will have to wait until next week and that if I'm going to give my best to the conference, I really need to take care of myself.

Every year around Labor Day, I sort through papers. I have this urge from July on, to get rid of things, to go through my closets and files, to organize my office. More letting go.

Along with all these activities goes some letting go of some old ways of thinking, things I have believed, and images I've had of myself. Some thoughts are easy to change and some feel like a crucial part of myself is being ripped away. I can feel my hand opening - some ideas fall gently to the ground. My mind thinks and feels that if I let go of other ideas, I will fall through the ice and drown.

With some help, I stopped clawing my way back to the top, and let myself slide down into a place I've never wanted to visit. Rationally I can say, "the only way out is through." I'm terrified and as the images appeared in my head, so did new thoughts and I saw a different scenario. I'm not going to drown. I feel so much lighter, I can really let go and trust that I will be all right.

As I wrote the last few words, the image of a baby being born came to me. Birth and rebirth.

One of our very first acts to live as a separate human being was a tremendous letting go. And each day we have the opportunity to let go and "become what we would be."

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### **3. Inquiries for Fuller Living**

Where have you experienced "letting go" in your world?

In your own life, what have you let go of that was easy?  
that was difficult? what made the difference?

What is the experience of letting go like for you?

Is there a letting go that felt like a rebirth for you?  
Describe it, how did your body feel, what emotions did you have, how did your thinking change?

Please send share your thoughts with us -  
mailto:rikki@on-purpose-coaching.com

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#### 4. Resources

One of the most thought-provoking books I've read is:  
*At the Root of this Longing: Reconciling a Spiritual Hunger and a Feminist Thirst*, by Carol Lee Flinders.  
The author finds common threads in spirituality and feminism and realized that all the freedom movements have been rooted in the spiritual.

Check it out at:  
<http://www.amazon.com/exec/obidos/ASIN/006251315X/onpurposeco05-20>

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#### 5. Longing For Something?

Rikki Fowler assist's people in experiencing the bursts of energy that come from falling in love with the wonders of Life. She is trained and certified as a Professional Life Coach. Let her be your guide for the journey of your lifetime.

Schedule a 45-minute complimentary coaching conversation today,  
mailto:rikki@on-purpose-coaching.com

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#### 6. The Fine Print

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