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

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Please share **Be-Longing**, in its entirety, with others who are curious about the wonders of being human and the journey that is life, or will appreciate reading it.

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**1. Note from Rikki**

Yesterday, a friend casually said, “all our thinking is egocentric.” At first I was appalled, my thinking isn’t egocentric. Then I thought, well what created the thinking in the first place? Me, ego. Bingo - egocentric. We’d been having a spiritual conversation, so I wondered what spiritcentric thinking would be like? And that led to the following. [And please check out my Special Offer!]

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**2. Essay from the Heart: Enough**

“You can never get enough of what you don’t really want.” Barbara Sher

What is enough? Webster says, “occurring in such quantity, quality, or scope as to fully satisfy demands or needs. See SUFFICIENT.” Sufficient suggests a close meeting of a need; ENOUGH is less exact...”

It’s that “less exact” definition that gives me trouble. What is enough? Clearly it depends on the person, the situation, the context and/or other variables.

Did you get enough sleep last night?  
Is there enough milk for tomorrow?  
Do you have enough time to get that done?  
How did you answer these questions?

I got enough sleep last night in total hours and I’m tired today because I took a friend to the airport at 5:30 am.

There’s enough milk because I only need enough for my cereal. If I planned to make something else, there wouldn’t be enough.

If I lived by my perfectionistic standards, I would have written this essay before now. I never know how long it will take to write an essay and I think I have enough time to get this one done.

Enough and perfection are closely tied together in my mind. The ego thinks it has to be perfect and at the same time is sure that it isn't enough, giving birth to all kinds of doubts. Do I really have enough time? Do I have enough ideas? All the way to the basic question: Am I enough, can I do this? So again, what is enough?

From the ego's perspective, nothing is ever enough. From a spiritual perspective, everything is enough. I have enough air to breath, I have enough time, I do enough, and I am enough. I have an endless supply of emotions; I will never run out of being myself.

My ego plays tricks with me in answering whether anything is enough. The conversation I had with my friend got me outside the ego's world, so I could see that there is no truly definitive answer to the question, is anything enough. My ego will say it's too big or too small, too much or too little; it will never reach the conclusion that there is enough. So I must decide, what is enough.

I can declare that I am enough, I have done enough, I gave enough, this is enough. I am satisfied. My life satisfies me in this moment. It is enough. And then I will have to declare that I am enough all over again. This is one instance where it takes a long time for one's actions to be enough, to really believe that you are enough.

Recognize that your standard of what is enough will rise and what was enough yesterday will no longer seem enough tomorrow. Learn to accept okay, being satisfied is sufficient. Mother Theresa gave some sound advice, "Be happy in the moment, that's enough. Each moment is all we need, not more."

Now to Barbara Sher's quote: "You can never get enough of what you don't really want."

How many times have you eaten another potato chip, when that wasn't what you really wanted? Moved papers around on your desk to give the appearance of organizing them? Procrastinated when you really wanted to get something else done? Is enough the answer?

When I come from a place of I'm enough, I start full. I trust myself, I have enough to do this. It will be okay. It may not be a Pulitzer Prize winning essay and it's enough. As you practice being more authentic, the closer you come to being yourself, and that is enough. What more can we ask of ourselves?

Is your glass half-full or half-empty? It's a trick question; there is no right answer. There's only the answer that works for you. Which answer gives you satisfaction?

I think that's enough.

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

How do you define enough?

What is enough for you?

When are you satisfied?

What makes you happy in the moment?

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

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#### 4. Resources

I just finished reading "The Beethoven Factor" by Paul Pearsall. He writes about enough and that how we view the idea of enough, can lead to hardiness, happiness, healing and hope Check it out at:  
<http://www.amazon.com/exec/obidos/ASIN/1571743979/onpurposeco05-20>

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#### 5. Special Offer - March Madness

I am offering a special price for one month's coaching with me, to the first ten subscribers who book your first session during March. Take advantage of this offer of three hour-long sessions for \$150 now. It's only good through the end of March!

This is an excellent opportunity to receive some coaching around a challenge you have or do some brainstorming about a project or some aspect of your life.

If you are not a subscriber, become one before the end of March and the offer is also available to you.

Contact me at 505.265.5033 or send an email, mailto:rikki@on-purpose-coaching.com to set this up.

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#### 6. The Fine Print

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