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

Vol. 1, No. 2 ----- July 2003  
Rikki Fowler, Professional Certified Coach

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Please share **Be-Longing** with any one longing to fall in love with the wonder of Life again.

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1. Note from Rikki

My hope is that you will continue the conversation started by the Essay's ideas; I'm inviting your thoughts, ideas, whatever is on your mind or in your heart. Create belonging to this newsletter.

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**2. Essay from the Heart: Your Natural Way**

Maybe it's no surprise that I have struggled with this article. What is the natural way that I've written the previous articles? They almost wrote themselves.

I've been examining what is my natural way recently. It's been a much harder exercise than I anticipated. I know all the things that are hard or that I'm trying to improve or change. Those are easy to figure out. What I do easily is harder to be aware of. I assume we all can do the same things easily. Human nature, you know.

So I asked friends, wrote down feedback that I've gotten, thought of things I've discovered I do easily that others don't, and made a list. When I looked at the list, I thought wow I'm a more talented and interesting person than I thought.

But I learned I should be modest; I'm not supposed to brag or flaunt my stuff (is this just a female thing?) Maybe it's easier not to know what I do easily. Or it seemed like cheating to do things the easy way - no

challenge, no risk. And what about the phrase, the easy way out?

These are all good reasons to be struggling with this article. I think this article has to capture your attention in seconds, and be interesting, informative, and so compelling that you will pass it along to everyone you know. That's enough to squeeze all the creativity of me.

Yet what if my gifts are exactly those same easy, natural ways? Am I cheating the world then? Is this why some of us feel empty and don't even know why?

When I write from my heart it's much easier. I just write what comes naturally, no pretension, just Rikki. Since doing the thinking about my natural ways, my heart has been fuller. I've recaptured some of the wonder of childhood, when I didn't know how I was supposed to be. Back then, I didn't try to please others as much; I just did what came naturally. And sometimes it's just difficult to write from my heart.

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3. Inquiries for Fuller Living

What is your natural way? Go ahead, make a list. When you look over your list, what adjectives come to your mind?

What are your gifts?

What if you did every thing the easy way?

Where do you squash your natural way for the "way it's done" or the way you think someone else wants you to be?

How natural is it to answer these questions? Please send share your answers with me anyway -
mailto:rikki@on-purpose-coaching.com

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### **3. Resources**

The natural way exercise, mentioned in the Essay, comes from "The Work on Words Program" taught by Isabel Parlett. You will see the influence of this program in the coming months. To learn more about this excellent Program, go to: [www.workonwords.com](http://www.workonwords.com)

I also highly recommend the latest Harry Potter book, *Harry Potter and the Order of the Phoenix*. Now there's a lad who does it the natural way. I loved how he stepped up to the plate and took on a natural role for him - don't want to spoil the story for anyone.

Available at:  
<http://www.amazon.com/exec/obidos/ASIN/043935806X/onpurposeco05-20>

Use this link any time you shop at Amazon and you support **Be-Longing** (you may have to copy and paste in the browser window if the address wraps): <http://www.amazon.com/exec/obidos/redirect-home/onpurposeco05-20>

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4. Longing For Something?

Rikki Fowler assist's people to experience the bursts of energy that come from falling in love with the wonder of Life. She is trained and certified as a Life Coach. Hire her as 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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#### **5. The Fine Print**

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