
Be-Coming

The wonders and joys of **being** human

Vol. 2, No. 2 ----- March 2006

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1. Note from Rikki

Like a spring flower, what was Be-Longing is poking its head up from the earth. It morphed into Be-Coming for a short period and is something new all together.

Stay tuned. And please join me as this wondrous journey called life, leads us down new paths. Send me reports of your journey and I'll continue with insights from mine.

2. Essay for the Heart: Painted into a Corner

Have you ever used that expression? "Gee I painted myself into a corner." Another coach, Marlana Field (<http://www.BodyMindSpiritCoaching.com>), was talking about that metaphor, saying she'd asked her client, who felt painted into a corner, to go stand in the corner and experience how that felt. In my mind, I did just that.

All of a sudden I thought, if I painted myself here then I can walk right out. Who cares if I step all over the wet paint and make a mess of the floor? This is my job, I can do whatever I want. Besides the paint is the wrong color, I don't want a painted floor and on my mind went.

I had separated me from the action. Actually we were all one entity and no one had painted me into the corner except me. So I could get out. A new perspective, breaking my old rules and I wonder, why didn't I think of that before? The key is getting the idea out of the head and into the body. My body had an answer that my mind couldn't come up with.

Recently I came across the term of Imagineering, in an article by Marianne Weidlein (<http://www.empoweringvision.com>). It means creating or composing with your imagination.

This new perspective has unleashed a flood of ideas because I'm no longer in that corner. In fact, I'm standing in a meadow, overlooking a lake, surrounded by

jagged rocky mountain peaks. This is the new wallpaper I put on my computer yesterday morning, when I was still in the corner. I'm surprised by how things seemingly unrelated, later all fit into the same picture.

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### **3. Comments from Readers**

This is where I will put your reports, ideas, and suggestions. There seems to be a new frontier opening up for us all, a greater consciousness. Tell me about your experience of it.

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4. My Offer to You

As authentically as I can, my offerings include: group coaching by telephone for women turning 60 and others seeking to explore what getting older means; Rikki's Cafe, a virtual place to meet others for rich, meaningful conversation; teleclasses such as Honoring Your Inner Elder: Asking Wisdom to Speak; virtual Mastermind Groups as well as individual coaching.

If you are interested in any of these offerings, contact me at <mailto:rikki@onpurposecoaching.com>.

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### **5. The Fine Print**

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