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**Be-Longing:** What does it mean to be human?

Preview Issue ----- May 2003  
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**Contents**

1. Essay from the Heart
2. Inquiries for Fuller Living
3. Resources
4. Free Offer
5. The fine print

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"Reason's last step is recognizing that an infinity of things surpass it."
-- Blaise Pascal

1. WHAT IF?

The other day I was working in the garden, after I had watered it. There was a lot of activity, bugs coming to the surface after the drenching. Mostly sow bugs (pill bug, wood louse, isopod), very successful animals who seem quite content being sow bugs. If something disturbs them, they roll up into a little ball, wait out the disturbance, uncurl and go about their business.

How is it that a tiny critter knows how to be itself and I have such a hard time? Well that was easy, I have a big brain. I wonder all the time: do I want to do that? should I do that? what will happen if I don't do that? uh-oh I shouldn't have done that! etc...

But what if I knew how to be me? What if it was as easy as falling off a log to be in the flow of being Rikki, being okay with doing whatever is Rikki's way? How easy life might be. I'd have a lot more energy to use, I'd get so much more done (less indecision), writing would be a peace (oops piece) of cake.

I long for that kind of peace, ease, flow.

How do I find it? A few ways that work are:

- stopping and taking a few deep breaths;
- settling into my body all the way down to my fingers and toes;

- slowing down and feeling the ground or chair supporting me;
- learning to listen for **MY** voice rather than the cultural ones;
- experiencing the wisdom of my heart (sadness, joy, hurt, love); or
- paying attention to the signs of Spirit.

Recently I read (in *A General Theory of Love*) that emotions have been around for over 100 million years, while cognition is only a few hundred thousand years old. Those little sow bugs have little in the way of emotion or cognition and they've survived. I'm not suggesting I want to become a sow bug and yet I can't help wondering..... The sow bug is very much itself, just goes about being a sow bug, while I puzzle about being human.

What is it to be human in the world at this time? People talk about a paradigm shift, can it be, that it could be easier to be human? Easier to get along with other people, easier to live my life?

What must it have been like when people were questioning whether the world was flat or round? Are we doing the same thing today with fear and love? I know what a world based in fear is like or at least my experience of it. But what if the world is really based in love? What if love is really powerful?

What if we are connected, all of us, every creature? What if I'm embedded in a world that I'm not aware of?

What if? It's a wonderful question.

What if there is an infinity of things I'm unaware of? Then what would I long for? What would be possible?

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## **2. Inquiries for Fuller Living**

How do you find peace, ease, flow?

What if you questioned one of your beliefs? What could be different?

What if you invited a friend to lunch and had a what-if conversation?

What if you sent me your answers and told me about your experience?

Mailto:rikki@on-purpose-coaching.com

Your feedback is always welcome and appreciated. Please let me know how you like the newsletter by e-mailing me, mailto:rikki@on-purpose-coaching.com

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3. Resources

A General Theory of Love by Tmas Lewis, M.D., Fari Amini, M.D. and Richard Lannon, M.D. is a wonderful book, I've read twice now. This quote sums up the heart of the book:

"A good deal of modern American culture is an extended experiment in the effects of depriving people of what they crave most. The consequences that flow

from limbic [emotional] ignorance are as grim as love's victories are miraculous."

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**4. Offer**

Test drive coaching: e-mail me today to schedule a 45-minute complimentary coaching conversation, <mailto:rikki@on-purpose-coaching.com>

Rikki Fowler coaches people to see the world with different "P"s. With this new perspective your world will be different, then who can you be and what can you accomplish?

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5. The fine print

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