

~~~~~

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

Vol. 1, No. 4 ----- September 2003  
Rikki Fowler, Professional Certified Coach

~~~~~

You are receiving this newsletter because you have subscribed to it. To exit the list, see The Fine Print at the end of the newsletter.

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

~~~~~

**Contents**

1. Note from Rikki
2. Essay from the Heart
3. Inquiries for Fuller Living
4. Resources
5. Free Offer
6. The Fine Print

~~~~~

1. Note from Rikki

Think of this as a dialogue group, where we are seated in a circle. I speak (the essay) and you think of similar, different, or tangential things, which you send back to me by email and I'll share them with others (if you want.) My heart longs to hear how my words affect you.

~~~~~

**2. Essay from the Heart: Giving and Receiving**

“Offer peace to have it yours.”

Years ago I studied *A Course in Miracles*. The lesson I remember most is “Everything I give, I give to myself.”

This was a completely new idea to me and I thought it was quite self-centered. I'd heard over and over again in church that it was better to give than to receive. So I learned to give and thought it was wrong to receive. Yes, these were my interpretations.

So I started out thinking about what happens when I stub my toe. My toe hurts and if I get really angry about my toe hurting, I become really angry. I have given myself anger in addition to a hurting toe. It wasn't much of a leap to realize that if I was angry with someone else, then I was also giving myself anger.

About the same time, I began to be aware that if I didn't receive someone's gift, then I was preventing them from giving. When I gave something, I wanted to have my offering accepted. I began to see the

connection between giving and receiving.

I also had ideas that I had to change the world. Then I read one of Krishnamurti's books, in which he says (paraphrased), as I change the world changes. I felt enormous relief; I didn't have to go out and personally change the world.

Recently I've been articulating my vision and the ultimate outcome I want for my clients. I want people to experience the beauty of life, find their contented heart, and, from that place, give without hesitation.

The words - give without hesitation - just came out of my mind AND I struggle with them. If I give without hesitation, will I become a pauper? forget to take care of myself? go without? Does it mean I have to pick up every piece of trash I see? take care of every homeless person? join more volunteer organizations until I have no time left for anything else?

I've lived with these words - give without hesitation - for several months now. I have been investigating more of my philosophy and lived in the unknown of how it all fits together. I've been exposed to new ideas, had beliefs shattered, gone back to my original thinking to incorporate my latest thinking, remembered additional ideas, thrown up my hands and started all over again.

Out of this process, I'm beginning to see that - when I am clear about who I am, my values and my vision - I am able to give without hesitation. I'm tempted to add - or act without hesitation - and am resisting because the giving, in itself, is an action. I think the giving comes from a state of being, rather than from a place of doing; that makes all the difference.

When I give from the states of being content, peaceful, and on purpose, I have either received those states of being or given them to myself. My gift, to the world, is of myself and is also the result of receiving those gifts from others. When I am peaceful, I find that those around me also become more peaceful and then I am even more peaceful. After awhile it is difficult to tell who is giving and who is receiving. Is this part of the oneness of life? We are all one; everything I give, I give to myself.

~~~~~

3. Inquiries for Fuller Living

How do you experience giving and receiving?

What allows your heart to feel contented?

How do you find or create inner peace?

Where can you offer peace to make it yours?

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

~~~~~4.

## Resources

The quote at the beginning of the essay is from *A Gift of Peace: Selections from A Course in Miracles*, edited by Frances Vaughan and Roger Walsh. It's a lovely little book of food for thought.

Check it out at:  
<http://www.amazon.com/exec/obidos/ASIN/0874778034/onpurposeco05-20>

~~~~~

5. Longing For Something?

Rikki Fowler assists people in discovering what brings contentment to their hearts and in learning to give without hesitation. 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 or call 505-265-5033.

~~~~~

## 6. The Fine Print

The List | Copyright

**BELONG:** to receive this newsletter, send an email with *Be-Longing* in the subject line, mailto:rikki@on-purpose-coaching.com.

**EXIT:** to leave this newsletter list, send an email with *exit* in the subject line, mailto:rikki@on-purpose-coaching.com.

Unless otherwise attributed, all material is written and edited by Rikki Fowler, PCC. Copyright (c) 2003. All rights reserved.

You may reprint material from "**Be-Longing**" in other electronic or print publications provided the above copyright notice and a link to [www.On-Purpose-Coaching.com](http://www.On-Purpose-Coaching.com) are included in the credits. Please send me a copy of the publication and do not forward excerpts, instead send the entire newsletter. Thanks!

Privacy Statement | Contact Info

I never sell, rent, or loan subscriber information to any third party. Ever.

On Purpose Coaching  
Rikki@on-purpose-coaching.com

505.265.5033

~~~~~