

~~~~~

## **Be-Coming: Integrity**

The wonders and joys of being human

Vol. 2, No. 5 ----- September 2006

Rikki Fowler, Professional Certified Coach

~~~~~

Please pass **Be-Coming** along to others whom you think will enjoy reading it. To subscribe, put **Be-Coming** in the subject and email <mailto:rikki@onpurposecoaching.com>

~~~~~

## **Contents**

1. Note from Rikki
2. Essay for the Heart
3. Mastermind Group forming  
The Fine Print

~~~~~

1. Note from Rikki

Turning 60 and being ordained were quite an adventure. All summer I have felt discombobulated, my mind didn't seem to be processing anything, or at least not consciously. It seemed like my body was doing the work. In August, I began to have new insights:

~~~~~

### **2. Essay for the Heart: Integrity**

In the middle of all the above happenings, I returned to some lessons I'd been doing. The next one was about integrity, especially in my business. At first I thought I was totally out of integrity; I hadn't done things that I had told myself I was going to do.

I sat with that for a few days and then remembered an experience, when I was told to do everything wrong at a workshop. The first question of the workshop was how had we been spending our time since the last workshop.

There were 8 options to choose from. I picked one and then remembered the advice to do everything wrong. Looking at the options again, I decided that living my values was the least accurate answer. However after I thought about what I had been doing, I realized that in fact I had lived my values. [The workshop was about perspective.]

So I rethought whether I was in or out of integrity. Who's perspective was I using to make this determination? My ego's first choice is always that I've done it wrong. What if my ego was wrong?

That sentence sent chills through me. My ego says, "How could I be wrong?"

There are other perspectives. From a self-caring perspective, I was expecting too much from myself during a tumultuous time. Last Saturday, I woke up tired, took 3 naps during the day and went to bed early. On Sunday, I could look back and see how 'out of it' I had been.

Yesterday, I concluded that my ego was too quick to conclude I was out of integrity. I have been pretty conscious of the befuddlement and had chosen not to distract myself. One of the hardest things is to stay with the feeling, especially when I think I shouldn't be feeling that way. I should be 'getting on with it.'

I'd made a list of things to do before leaving for the retreat in early June. My mind kept saying, "You're not doing anything on that list!" The list was under a few papers and a cat. When I excavated it last night, I crossed off a few items and decided to write the required email about why I want to be ordained.

My writing rambled about, I couldn't come up with any logical reason and after sitting with the question, concluded my heart would hurt if I didn't allow myself this opportunity. Then I felt in integrity.

Of all the items on my list, that email was probably the most difficult and I chose to do it. It was like a dam burst and energy came flowing into me. I think that when I procrastinate that I'm avoiding something. Often I discover that something has been gestating in me and I didn't have all the pieces to take action.

When I'm in integrity, my heart feels good. When my ego gets control: I suffer, I feel bad, I don't like myself. I think I'll give my heart the steering wheel.

~~~~~

The Fine Print

The List | Copyright

Be-Coming: to receive this newsletter, send an email with *Be-Coming* in the subject line, <mailto:rikki@onpurposecoaching.com>.

EXIT: to leave this newsletter list, send an e-mail with *exit* in the subject line, <mailto:rikki@onpurposecoaching.com>.

Unless otherwise attributed, all material is written and edited by Rikki Fowler, PCC. Copyright (c) 2006. All rights reserved.

You may reprint material from "**Be-Coming**" in other electronic or print publications provided the above copyright notice and a link to <http://www.OnPurposeCoaching.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 do not sell, rent, or loan subscriber information to any third party. Ever.

6101 Imperata NE, Suite 2626, Albuquerque, NM 87111

~~~~~