



May 5, 2011



Let's Rise Newsletter

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How does your garden grow?...



Frequently, I challenge my clients to make a

decision to "change their mind". It is oftentimes easier said than done but I like to plant the seed of possibility. As SPRING is the season for growth, change and new beginnings...metaphorically, it could be time to weed your garden and do some planting. Think of your belief system as a garden and let's explore some basic principles and strategies that could give you a fresh perspective.

YOU MAY HAVE SOME "STRAY" WEEDS - Luke is petrified of public speaking or socially engaging with others but admits he would like to have friends, go on more dates, lose his inhibitions. As we peel back the layers, Luke realizes that a lot of his fears were "inherited" and in truth, are more of a parental voice than his own. Specifically, his mother conditioned Luke with a bit of a victim mentality whose messages say things like "You aren't as smart as those people...", "That group has better upbringing than you...", or "Don't risk making yourself look bad." It was a great "a-ha" moment when I asked Luke if he WANTS to believe or even does believe those messages or if he could instead think of healthier, more positive ones that resonate more in tune with his essence.

CHANGE THE MIND, THE BODY CAN FOLLOW
My husband and I just trained to run the relay 1/2 marathon at the shore. With my uncooperative knees, training for even just 6 miles takes more of a toll these days. As we approached mile 6, we were noticing the weather was perfect, our adrenaline was in full swing and we weren't suffering as much as we had anticipated. We didn't want to stop but we weren't sure of our new goal. Since my new favorite phrase is "I wonder...", I put it out there to myself. "I wonder how it would feel to choose to believe (just for today) that distance running feels great and gives me more satisfaction than the pain." Joe then

reminded me of something very true about running, and life in general - "If we say we'll re-assess at mile 8, our bodies will be done and it's over - let's just finish it all." And so we did....I had so much excitement pumping through my body that my last 2 miles of the 13.2 were the fastest. I embraced the runner's high to a strong finish. My body cooperated with my mind's determination in spite of my own skepticism.

So...how can anyone apply these principles to their own life and limiting beliefs?

1) Stage 1 - WEEDING

What limiting beliefs do you hold onto about yourself? How much of your essence do these weeds cover up and absorb nutrients (or energy) that would be better served moving towards a healthier plant?

Spend a few minutes in May thinking, meditating or keeping a journal and identify such weeds. Ask yourself if they serve you in any way and if it is time to yank them out of the ground. Maybe this is the season for that cleansing diet you've wanted to try or having the garage sale to physically "clear the clutter" externally as well.

2) Stage 2 - PREPARING THE GROUND

Now there is some good soil that needs loving attention. What are some healthy replacement wonderings you could explore? What are things you'd like to achieve, learn or accomplish and how could you schedule some time and energy in that direction? Maybe you don't learn a second language in a month but maybe you order the DVD to learn simple phrases or schedule a time to sign up for the class. What seeds of possibility are pulling you into healthy exploration? This is the "wonder move" where you shift from doubt to possibility.

3) Stage 3 - RESPECTING THE PROCESS

I plant 500 tomatoes and only about 10 actually make it to our table. I don't stop planting them because I'm fascinated by the process. Much of our garden works this way but we plant one every year. The adventure of all of our family being outside, trying to grow healthy food just feels good - in spite of the actual results. Respect that changing your mind is also a process - it's a journey and not a destination kind of thing. Also make room for the unexpected - it will always happen so stay in a place of adaptability. Lastly, recognize GUILT - the familiar energy vampire (maybe like that super common weed that grows everywhere) that we all have to constantly monitor) - don't let it talk you out of a new commitment or experience.

4) Stage 4 - APPRECIATE THE RESULTS

Whatever is in your "garden" it has purpose and beauty. If you acknowledge and get to know all of your "inner voices" they can and will change over time - we are all works in progress. Celebrate the victories and make friends with the critics who are more stubborn. Try to laugh with them instead of engaging them in conflict or surrendering to their limits.

I am understanding the phrase "get out of your own way" now more than ever in my work as a coach. I lovingly encourage you to spend some time in your garden this spring...plant what has depth, meaning and excitement for YOU.

Note: If you enjoyed reading this newsletter, please pass it onto a friend! If you have an experience you'd like to share, email me@ letsrise@yahoo.com

Sincerely,
Sydney



"GO WITHIN AND FIND YOUR ZEN "

A Yoga/Life Coaching Workshop

A guided journey to melt away stress and access your zen
within

WHEN: May 12 7 - 9pm

WHERE: Summit YMCA

\$45 to register - email Laura Donath @lobyoga@yahoo.com

Last chance to join... Coaching Group for Women

Overwhelmed? Exhausted? Meeting everyone's needs but your own? Wish you had time to focus on your goals, but think you can't possibly add one more thing to your schedule?

Then this is the group for you!!

What is a coaching group?

A mix of coaching exercises with discussion, and finish with a short guided meditation. This allows you to make discoveries and have time to reflect on them and deepen the experience.

Why join a coaching group?

Support, support, support! You give it, and you get lots of it in return. Each group member will choose some aspect of her life to 'work' on. We will check our progress month to month, and maintain a focus on creating what you want.

How much does it cost?

Cost is \$50/month, minimum commitment of three months.

When do the groups meet?

Groups meet once per month for 2 hours.

TO REGISTER: email Sydney letsrise@yahoo.com
or call (862) 223 9054

"Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each."

- Henry David Thoreau

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