



Let's Rise Newsletter

In This Issue

"Add Resistance..."

Quick Links

Register Now  
About Us

Join Our Mailing List!



"Add Resistance..."



*"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."*

- Charles Darwin

The best parenting advice I ever received was this - "the only thing that will stay the same is change." I look at my daughters now and feel so nostalgic that I want to simultaneously push "rewind" and "fast forward" (anyone else live with a teen?); it is that constant push/pull of living for the future and striving to be in the moment. Feel my pain?

This holiday season I instinctively walked to the holiday dress section in Target, forgetting that they have outgrown that era and sad to pass the sparkly dresses by. We played "Santa" not sure if our youngest was putting on an act or just holding onto her own yesterday where she bought into the whole fantastical myth of Father Christmas.

I work with clients who feel they are seeking change within their jobs, friends, partners, homes or lifestyles and others who have changed forced upon them unwittingly; a death, a job loss, a divorce, a move. Change is a constant for all of us and yet how do we REALLY stay "responsive" in a positive, life-affirming way that helps us achieve greater acceptance? Is that even possible? How do we keep our arms and hearts wide open to what the universe wants to throw at us when we feel safer stuck in our blocks, patterns or limiting beliefs? In sum, do we see change as resistance or assistance?

As my fellow moms may have experienced, "transition" is the most excruciating phase of childbirth. Appropriately named, your body experiences highly demanding changes, all at once, to prepare you and the baby for the pushing part. Succinctly said, and with no exaggeration - the pain is so intense that you aren't sure you will live through it. And then, as quickly as it consumed your body, it passes and you are in a new, different place of accepting that the baby is in position. Most exciting, you realize that with more effort on your part, that babe will soon be in your arms; the "transition phase" is in the past. This is the art of perspective; easier to achieve post-birth than during, no doubt - but yet a great parallel to conjure when we are in the midst of the pain and we are unable to acknowledge any possible benefit.

What transitions have you weathered in your own life? What have those changes allowed or made room for, and how they have impacted who you are today? Take inventory of how you respond to both subtle and significant changes...if your flight is cancelled, do you contract in anger or just for a second, contemplate that fate could have just derailed catastrophe or allowed for an important encounter? If your work day is shot because your kids have an unexpected snow day, do you appreciate the gift of sleeping in or curse the weather gods? If your spouse is changing jobs, do you tailspin into panic or brainstorm and dream out-loud together all of the new possibilities it could mean for both of you?

At my 5:45 a.m. spin class, my instructor friend is constantly encouraging us to "add resistance" - he says it over and over again. It is the mantra that launches my day. I'm never appreciative in the moment and don't always feel like following his direction, but when I do, I am grateful my "auto pilot" takes over and pushes me to my max. Change isn't much different. It announces itself into our lives on a consistent basis - both small and large scale - we internalize it as good change or bad - and then we keep living our lives. It is in the framing of how we see the announcement that makes all the difference.

One of my favorite bands "Everything but the Girl" has a song ("We Walk the Same Line"), and the verse says:

"If these troubles should vanish like rain at mid-day,  
Well, I've no doubt that they'll be more.  
And, we can't run and we can't cheat -  
Cause baby when we meet  
What we're afraid of,  
We find out what we're made of...."

Change - Resistance or Assistance? It's your call but how you believe it to be, so it is...

"STRAIGHT TALK" - GROUP FOR GIRLS!

Assertiveness Training for girls in grades 3 - 5 will be 4 Mondays in March. 3/7, 3/14, 3/21, 3/28 (meets 4:00 - 5:30pm) Cost: \$175  
\* learn the difference between passive, aggressive, assertive behaviors  
\* examine their own behaviors in personal situations  
\* devise a plan to change unwanted behaviors to acceptable one

"GIRL'S WORLD" - NEW GROUP FOR MIDDLE SCHOOL GIRLS!

Helps girls in grades 6-8 raise awareness, develop empathy, teach healthy conflict, explore feelings and promote a positive change in female friendships. 4 Mondays in March. 3/7, 3/14, 3/21, 3/28 meets 6:30 - 8:00pm Cost: \$175

"CONSCIOUS PARENTING" - Using the S.T.E.P program (Systematic Techniques for Effective Parenting), discussions, role plays, and a handbook help parents gain confidence.

Topics include: Understanding Beliefs and Feelings, Encouraging Your Child and Yourself, Helping Children Learn to Cooperate, Discipline that Makes Sense; 4 sessions (Fridays) - March 4, 18, 25 and April 1 12:45 - 2:15 COST: \$168 + book fee \$15

TO REGISTER FOR ANY UPCOMING GROUP: 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

Save \$10

Give the GIFT of a LIFE COACH to a friend or family member! 1st session is FREE, order 4 more sessions and save \$10 if you purchase by March 1. Go to [www.letsrise.org](http://www.letsrise.org) or call (862) 223-9054 today!

Offer Expires: 03/01/2011