

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“Rejoice in the things that are present; all else is beyond thee.”

~Montaigne

In this issue...

Finding My Being

Making Every Moment Count

What's new?

Stories –

Inspiring Images (Artist);
In the Spirit of Service
and Support
(Community);
Developing Destinations
(Business).

Events –

Small Business Success
Secrets.

The Dreaming Festival

‘Real Conversations’

The Medium, the
Psychic and the Oracle

An Amazing Discovery
of Self

Learn the strategies and
secrets to expand your
business.

Being Present – June Edition 2009

Now this is something that I know makes such a difference in my life but that I also find hard to accomplish on a regular basis. My days are so full, I am always thinking about the next thing to do. But I can vouch for the beauty and quality of spending time in the present moment – it changes your whole energy and perspective. When I walk through the day being present, everything seems ok, even when I am in difficult circumstances. I wonder how much I am missing out on in my life right now when consistently have my sights facing into the future. This is one of my goals, to embrace the gift of being present. I pass that gift to you also.

Natalie

Finding My Being

By Amanda Candy.

I was feeling somewhat overwhelmed the other day too many things to do not enough time. You know the feeling.

I couldn't quite put my finger on precisely what the problem was. In actual fact I had plenty of time to manage the things on my "to do" list it was balanced and I was looking forward to working through them.

If I will admit there wasn't even a pending deadline on some of the things other than me wanting to get them done.

So why was I feeling so overwhelmed? Two reasons I discovered reared their ugly head.

First one. I hadn't had any real me time for a while.

You may remember that - time where you actually did whatever you liked, when ever you liked. That's right not something for the kids, the husband, the dog, the business, the family, the accountant, the lawyer, the real estate guy, the garden, the cooking, cleaning, car service, shopping, (you get the picture).

Time for you, uninterrupted (mobiles off people!), self indulgent - purely because you enjoy it - time.

I don't know about you but I actually trick myself into thinking that I have me time quite often. But do I really, because more often than not when I am in that bubble bath or at the movies or on that walk or taking that swim what am I actually thinking about? You got it in one. The bills, the house, the family, the dog the business, it seems to go on and on and I don't actually really truly get into the self indulgent me time that is so important for us to tune into the real us. To understand our needs, wants, desires and dreams. To really feel the kinds of things that make us shine and glow and be happy.

Whilst we are thinking other things and not being fully present it is almost impossible to create any kind of actual awareness into what we are currently doing and what we want with our lives.

So I intentionally took myself to somewhere quiet and tranquil. A place that I could connect to my core.

For me, that's in nature. I did not plan a hike or take a bike ride, picnic or read a book - something I would usually do. I did not include any activities in my outing. My plan was to purely be. Not something that comes easily to me.

Recovery of the whole self- for people who have been affected by physical and sexual abuse.

(For more details on these workshops see the events calendar)

Competition –

Congratulations to our five lucky winners of the kinesiology session with Bronwyn at Innate Kinesiology – Enjoy.

This Month's Recipe

Chocolate Mousse Present

Ingredients

- 3 8 oz. packages semisweet
- 3/4 c Sugar
- 1 c Strong brewed coffee
- 1/2 c Bourbon
- 1 c Butter or margarine
- 2 c Whipping cream, whipped

Instructions

Cook first 5 ingredients in a heavy saucepan over low heat, stirring until smooth. Cool. Fold chocolate mixture into whipped cream. Spoon mousse into a plastic wrap-lined 9x5 inch loaf-pan. Freeze 8 hours. Invert onto a plate; remove plastic wrap. Decorate with ribbon and a rose to resemble a wrapped package. Store in refrigerator; serve with additional whipped cream, if desired. Yield: 10 servings
Prep: 20 min. Cook: 5 min.

When I arrived at the spot I had chosen it was immediately clear to me that this is exactly what I had needed to do. The moment I left the car, locked it and turned toward the sounds of the birds, watched the butterflies bounce on the air and spotted glimpses of the sun trickling through the green leaves, a sense of calm that I had not felt for the longest time, melted me into a space that was pure and joyous.

Sitting, I endeavoured to take in my atmosphere and to become one with it. Ok, Ok a bit too new age but you get the idea. But I wanted it now so I tried really hard to be in the moment. Big mistake – trying not being!

So I walked around a little and slowly I began to relax more, unwind and really feel the environment I was in. Sitting still is not one of my strong points and my mind persisted on wondering off but after a short while something happened. I began to see the trees and the flowers and the grass, the birds and the butterflies more clearly, my senses felt open and I felt relaxed, calm, clear and very happy.

It didn't take long it didn't cost anything and it wasn't hard to do, go figure! When you get a chance take some time to do something for yourself its not selfish, it is absolutely necessary.

When I returned home I noticed how cluttered my desk had become from not taking enough time to file things away when they arrived (too busy I said!). I hadn't noticed the clutter before.....

That's number Two - I'm working on that next.

Have an exquisite day...

Amanda is a Sunshine Coast personnel development consultant and the director of Destination 108. The name comes from the number 108 which is the number of japa mala prayer beads and 108 breaks down to 3 which is pure balance. She aims for this with her clients. It's not about the destination it's about the journey.

Making Every Moment Count - Being Present in the Here and Now

By Cathy McCann

We live in a very fast-paced society. Everyone has somewhere to go and they're in a hurry. We are all in a rush to succeed, improve, surpass, achieve, acquire... always looking for the next best thing. Ironically, our overwhelming desire for improvement is one of the things that prevents us from growing.

When you are constantly thinking about the future, you are not living in the present moment - or in the "now" as we like to say. The same problem occurs if you are always thinking about the past.

Living in the present moment, or practicing mindfulness, does not mean that you can't plan ahead or look forward to your future. It simply means that you give your full attention to what you are doing right now and take the time to enjoy and be grateful for the experience. As the Buddhist monk Thich Nhat Hanh has written, "Imagine the power of our actions if each one contained one hundred percent of our attention." Mindfulness not only serves to improve our relationships, but improves our productivity and leads to greater success in all areas of our lives. As you read this, take a moment to be aware of the thoughts going through your mind. Are you thinking about what you're going to do tomorrow? about the dishes in the sink? about the unread emails in your in-box? These thoughts are preventing you from being present in THIS moment and giving your full attention to what you are doing right now.

Just before I sat down to write this, my little dog was begging me to play. He loves me to chase him around the house while he plays keep away with his favourite toy. As I was chasing him, I became aware of my thoughts. I was thinking that I could "only do this for a minute," and that I had to "get back to writing." I realized that I was not taking any joy in the act of playing with my dog and that by not giving my full attention to what I was doing I was cheating both of us out of the happiness of that moment.

How many times a day do we have similar experiences, particularly with our children? Sometimes it's very hard to focus on child's play when there are so many things on our minds, so many things to be done. Our inability to be present in the moment is detrimental to our relationships with our children. Children know

This Month's Poem

The Play

Conny Jasper

The year, the day, or the time, it is not important,
Yesterday is gone,
Tomorrow does not yet exist.

Only now do you have the chance to be whoever you are.

Only now can you live with the passion of spirit and the spark of inspiration.

This is where everything ends, And where everything begins, right here, right now
In the flow of what is.

This is all that you have.
Hold on, but let go.
Connect, but be separate.

Unite with the trust of the seed that grows in the earth, the child that grows in the womb.

There is pain in growth, but there is also wisdom. To know is to know not.

Every movement, every transition is a risk, It is an opportunity to transform.

It does not matter what it all means, It is a play that exists in eternity.

To help get you into the moment take the time to go to -

www.sandfantasy.com and click on video clips. Ilana Yahav is a genius and her work is exquisite!

when you aren't really paying attention to them, when your mind is on other things. They are so much more intuitive than adults. We are all born with the ability to experience happiness in the present moment, but this vital trait is suppressed as we age and become affected by the world around us. Mindfulness is not an easy concept to understand or to master. We are a society of multi-taskers. But all of this multi-tasking has caused even greater dissatisfaction with our lives. We are busier than ever, and more unfulfilled than ever. Often, we are doing many, many things but failing to any of them really well. If we are not able to take the time to appreciate what we have right now, in this very moment, we will be perpetually dissatisfied with our lives, always seeking something better and never finding it.

So, how do you practice mindfulness? Simply recognizing the need for mindfulness is the first step. Once you are aware, you will catch yourself having those racing thoughts and remember to slow down. Try giving your full attention to every action, whether it's washing the dishes, mowing the lawn or hugging your child. Think only of what you are doing at that moment, how it feels, the sights, sounds and smells. Take time to feel the joy in the ordinary.

Have you ever seen a tea ceremony performed? Did you notice how the person pouring the tea does it slowly, always using two hands to pick up the tea pot and the cups? A tea ceremony is a practice in mindfulness. By taking time and using both hands to perform every task, the mind is focused one hundred percent on the act of having tea.

Finally, remember to breathe. It sounds simple, but we have a tendency to hold our breath for a moment during times of stress or anxiety, and breathe fast and shallow the rest of the time. Breathe deeply, with long exhales, to calm your mind and quiet racing thoughts. With control of the breath, we can control the mind. Wishing you peace, love and happiness.

Cathy McCann is a life and career coach for people wanting to get more out of their lives. A life coaching program can help you to see things in a new perspective, discover your life purpose, identify and define your goals, establish a systematic process for achievement of those goals, and provide support and encouragement. For more tools to help you live your best life or to subscribe to my newsletter, visit <http://CreatingYourPerfectLife.com>

Books to Embrace the Present...

Now!: The Art of Being Truly Present

By Jean Smith

The Book of Awakening: Having the Life You Want by Being Present to the Life You Have

By Mark Nepo