



The Bird's Eye View

Dear Friend(s),

This month's E-Letter includes...

- Fall Musings
- Announcing... my new monthly on-line column on "Recreation & Play" featured in the September issue of "A Balanced Life" (a new on-line magazine)
- Upcoming Events: Fall 2006 Classes



FALL MUSINGS

It's the eve of my self-imposed BlueWater Coaching E-Letter deadline and what seems to be ringing in my mind is, Wow. Tomorrow is already September 1st! Although, technically speaking, the fall solstice won't be here for a few weeks, I can't help but feel fall beginning to enter my bones. Perhaps it's the kids walking with backpacks and the sudden emergence of yellow school buses at (seemingly) every stoplight. Maybe it's the mild weather we've had this past month or the tree in my backyard that's already dropping its yellow-green leaves.

What comes to mind for you when you think of fall? I think of memories of the excitement of a new school year—the crackle of the opening of a new book, new shoes, maybe some new fall clothes, the smell of newly sharpened #2 pencils, classrooms, teachers, professors, a new group of middle school students busting through the front door of my teen center ready to play.

Most of us spend so many years in school, I wonder if we ever lose that back-to-school feeling of fall. Seems to me it's in our cells. And yet, from this place of adulthood, I taste more than the back-to-school excitement. There's also a quieting, the subtle promise of the dropping of leaves to come, a bitter-sweet letting go of summer, slow steps toward winter preparations. This makes me wonder... So what do you get when you mix back-to-school excitement with that leaf that quietly lets go of its branch, floats on the wind with a whisper, and settles silently on the earth?



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FALL MUSINGS (continued)

I'll let you answer that one for yourself and make it your own. For me, it feels like an invitation—to look the excitement of the new and the dropping away of the old right in the eye, to honor the cycles of birth and death, and to remember that whether running through my school yard or floating on the wind, I can always take a moment to breathe, to exhale, and to settle in.

Wishing you a tea sipping, rolling-in-the-leaves, quiet, vibrant fall season!



ANNOUNCING...

“An Invitation to Play” (or, 4-year-old Wisdom) – my first monthly column featured in the September issue of “A Balanced Life” (a new on-line magazine). This free, on-line publication is dedicated to ordinary people living extraordinary lives. It provides an invitation to join a growing community of people dedicated to creating and sustaining a balanced, quality life. The magazine is an awesome resource, with tips and inspirations for your body, mind, and soul. To read my column, go to the website www.abalancedlifemag.com and click on “An Invitation to Play.” In future months, you will find my article under “Body” and “Recreation & Play”.



UPCOMING EVENTS

Fall 2006 Classes – Don't miss my fun, experiential Fall Life Balance Series! This 3-class series includes “What Do You Really Want?”, “The Power of Perspective” and “The Wisdom of the Body.” Participants are invited to re-align with their true priorities, re-connect with their natural wisdom and be inspired by one another along the way. Download the full flyer and registration information at www.bluewatercoaching.net. Dates and locations are listed below:

Women's Wisdom - A Life Balance Series
St. Helena Recreation Department
9:30am - 11:00am
Saturdays – 9/23, 10/7, 10/28

Personal Wisdom - A Life Balance Series
Napa Valley Yoga
6:00pm - 7:30pm
Sundays – 9/24, 10/8, 10/29



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