



# The Bird's Eye View

Dear Friend(s),

This month's E-Letter includes...

- River Walk
- An Invitation
- Announcing My Return to Work
- Who I Coach
- Upcoming Events: Claim Your Balanced Life
- Staying Informed
- How to Subscribe/Unsubscribe



## RIVER WALK

This picture is of my son and I watching skeeter bugs dance on a river. (*Well, I don't think he saw the skeeters, but he heard some smooth, happy sounds coming out of Mom's mouth murmuring something about something.*) My husband took the photo. We were on a redwood walk at a local state park enjoying a little stop at our half-way point and the chance to put our feet in the river water.

Being new parents, we notice how we now enjoy the little things even more. A simple hour walk at a local park becomes an adventure as we see the world through our son's wide eyes (*wow!...the light really IS bright on those leaves*) and appreciate the skillfulness it took to get out of the house with the appropriate amenities. Our world seems BIGGER and even more fascinating than before.



Throughout my pregnancy, birthing and new Mom experience, I've been struck many times by the gratitude that comes through when we're temporarily limited, physically, emotionally, or mentally, from living our "usual" life. When spending day after day with your head in the toilet, feeling well enough to spend a half hour sitting in the backyard eating a small, bland lunch and watching the finches in your treetops becomes a momentary piece of heaven. As your body recovers from a physical life event, regaining the ability to vacuum the house makes cleaning a gift instead of a chore (*at least for awhile!*) And, when it takes an hour to prepare to go to the grocery store, a redwood walk at a local state park (*instead of the usual all-day hiking event*) becomes a rich and satisfying experience. What we thought we needed to feel fulfilled is no longer needed, at least temporarily, and a new world opens to us that we, perhaps, rarely noticed before. A perceived "limitation" may simultaneously become an expansive place of new discovery.



## The Bird's Eye View

### AN INVITATION

Whether or not “temporary limitation” applies to your life in this moment, what’s your river walk? What little sparkle in your life is asking to be noticed more fully? How might your life change if you were to notice? If you’re ready to explore your river walk, I’d be honored to support you in your “noticings” and to witness you living your adventures. *(Those little skeeter bugs are pretty darn cute, don’t you think?)*



### ANNOUNCING MY RETURN TO WORK

After a wonderful maternity leave and having stepped into my new life as a full-time Mom, I will return to work part-time on Fridays this September. I’m excited to return to coaching and to be inspired daily by my clients. With my home office now being my son’s room, I’m thrilled to have located a beautiful office arrangement in downtown Napa that I look forward to sharing with my in-person clients. I will continue to coach both in-person and by-phone and will limit my client load to a maximum of 10. If you or someone you know is ready for coaching, please contact me soon before the spaces fill.



### WHO I COACH

I’ve been inspired to take some time for reflection during my maternity leave and to re-clarify who I coach. Though my clients come from a wide variety of backgrounds, they tend to have some of the following qualities in common:

#### I work with individuals...

who want to become the expression of the difference they want to make in their lives and the lives of others. Women and men ready to discover or re-align with their true priorities and share their gifts. Those committed to their spiritual / life path and to being alive in the process of life in each human moment.

#### I work with community leaders...

recreation supervisors, teachers, youth program specialists, mothers and other community creators who want to take their work to a new level of authenticity and heart; co-creating and inspiring community from a greater sense of awareness, connection, balance, clarity and presence.

#### I work with groups...

wanting to create and live balanced, fulfilling lives. Those ready to re-align with their true priorities, explore the power of perspective, re-connect with their natural wisdom, and be inspired by one another along the way.

Does this describe you? Learn more about my coaching services through my website at [www.bluewatercoaching.net](http://www.bluewatercoaching.net). If this work speaks to you, I’d love to hear from you.



### UPCOMING EVENTS

Life/Work Balance Roundtable for California Parks & Recreation Society  
CPRS District I Fall Workshop, October 12th, 2007 in Mill Valley, CA

Have time to serve others but no time for you? What holds you back from living your balanced life? Join Lori for rich discussion, tools & tips. For more information, go to: <http://districti.cprs.org>



### STAYING INFORMED

Did you know you can access my columns and E-letters through the BlueWater Coaching website? Wondering whether you've missed out on something? Stay in the loop anytime by going directly to [www.bluewatercoaching.net/writing.html](http://www.bluewatercoaching.net/writing.html) or by visiting my home page at [www.bluewatercoaching.net](http://www.bluewatercoaching.net) and clicking on the "Writing" link.



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The next issue will come out in Spring 2008.