



Coaching for Change, LLC

Houma, LA 70360



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“Reflections from the 1st Year”

As this year ends I celebrate my first year of self-employment. I have to say this was one of the best decisions I’ve made during my life. I say this only because it has been a year of living from my Soul. The work that I have the opportunity to do is work that brings all the gifts given to me by God to the Universe. This is a place of peace, joy and love. I would love to see this as the goal for each person on this earth.

The work I’m doing has many levels, but all of it stems from the spirit. The spirit of a person ranges from external spirit, which some may call “attitude” to internal Spirit, which many consider to be religion – I think of it as lifestyle – a life of living from the center – from the Soul – in union with the Creator, and it is this Spirit I want to reflect upon today.

I can honestly say that if I had not had the experiences of my life I would not be in this place at this time. It’s a real journey to get to the “7th Mansion”, as Teresa of Avila states. It takes all of life’s trials, pain, and suffering to get to a place of Peace.

As we go through our life journey if we take the time to reflect and learn the lessons God is offering in the midst of the pain we get closer to the Soul and closer to living from the Center, living from God’s Spirit. This, the mystics would call Purgation. We are purging ourselves of all of the “stuff” that distracts us from hearing God’s voice. Purging doesn’t just happen once, but, I am sorry to say it happens on a regular basis, all through life.

As we realize the lesson from the pain we can then

bask in the “illumination” or enlightenment on how to live our life from God’s will. With illumination we are preparing for the ultimate union with our Creator. Sacrifice, self-discipline and effort are all part of the journey to the center.

In this Universe there will be moments where we feel union with God and the reality is the only time we will live in constant union is when we move into eternity. However, I must tell you that living from the center, living from a place where your giftedness is at the center is as close as I will ever come to Heaven on Earth.

There are many journeys a person can choose to move towards living a life from the soul, purgation, illumination, and union, just happens to be the one that I choose – or should I say

“As we realize the lesson from the pain we can then bask in the “illumination. . . ”

was chosen for me. Other paths might be, St. John of the Cross’ journey of ascent or the “Dark night of the Soul”, Augustine’s journey and pilgrimage, or perhaps your journey might be the battle of spiritual warfare, and we also have the choice of the nuptial and marriage

image of St. Bernard of Clairvaux.

Whatever path you choose may I suggest finding a spiritual director to walk with you on the journey.

Scroll down to page 3 for upcoming events:

Also look for dates for:

Fall – Sunset Labyrinth walks. & Evenings of Reflection & Meditation

- Masters of Pastoral Studies Focus in Christian Spirituality & BLS with Minor in Women’s Studies Loyola University, N.O.
- Certified Circle of Life Wellness Coach
- Certified in Spiritual Direction with Haden Institute
- National Wellness Institute Member
- LA Business Group on Health Wellness Work Group Member/Co-Chair
- 32 Years in Human Resources with Diocese of Houma-Thibodaux
- Coaching For Change, LLC established in 2002
- National Association of Church Personnel Administrators - (NACPA) Past President & Board Member 1996-2000



“Love thy neighbor as thyself”

Lev. 19:18

How well do you love yourself?

How do you love others?

WELLNESS

ADMINISTRATIVE

SPIRITUAL LIFE

COACHING

COACHING

COACHING

- *Do you desire more balance in your life?*
- *Do you feel like life is passing you by?*
- *Are you having trouble finding time for YOU?*
- *Does everyone else come first?*
- *Have you found yourself asking “Is this all there is to life”?*
- *Do you even remember how to play?*
- *Are you using your gifts, talents, & skills?*
- *Would you like to have Peace, Joy & Harmony in your life?*
- *Are you willing to take on the challenge of looking inward?*
- *Are you ready to Change?*

Put yourself on the road to recovery with the Circle of Life Process – Learn an intention, challenge, affirmation, action, accountability, and support process that will take you from where you are to where you want to be!

So many times as we supervise staff members we spend our time managing instead of empowering and leading.

We can learn ways of transforming our time from management to leadership and empowerment.

Through administrative coaching an individual will learn to spend time motivating employees and building the organizational community.

- Do you have an employee who has not adopted the philosophy of your organization?
- Do you have a manager who is not sure of their management style?
- Are you overstressed and looking for balance in your life?
- Are personnel issues causing you to dread going into the office?
- Are you thinking about changing careers?

Each of us is capable of loving others, but only to the extent that we love ourselves.

We cannot give to others what we don't first experience within our self.

As we journey within discovering our true self we will find our Creator.

The wisdom, that voice within, is our Creator ready to be our friend, companion, our love.

**Journey within to the Divine
answering the questions of
life in
private sessions:**

In person ~ By phone ~ Group sessions

UPCOMING EVENTS

WOMEN'S WELLNESS RETREAT

- Learn the skills to balance life – in the midst of all the chaos.
- Learn to take care of yourself – so you can be for others without losing yourself.
- Learn how our thoughts become our realities and affect our physical health and well-being.
- Have fun with movement exercises that connect the body, mind, and soul.
- Using the “Healthy Mind Platter” by Dan Seigel, MD learn daily activities to create well-being.
- Rest & Relax while walking on the beach sands
- Dine on a sunset ride upon a Sailboat in the Gulf and
- Just for fun walk the nature conservancy trail and climb to the top of the State Park Observation Tower.

OCTOBER 24, 25, & 26, 2011

**METHODIST RETREAT CAMP
135 Oak Street
GRAND ISLE, LA 70358**

**For more information
And
Registration
Visit
www.asthyself.com**

RETREAT

DREAMS OF THE BIBLE

OCTOBER 27, 28, 29, 2011

Dreams have long been known as messages from God. Using just a few examples from the Bible the group will discover the meaning of these messages and how they can be used to understand their own dreams as messages from God.

Participants will:

- Understand the meaning of Dreams.
- Unlock the symbolism of your dreams, and
- Experience the dream group process
- Relax along the beaches of the Island
- Take a sunset Sailboat Cruise
- Visit the Butterfly Dome

**Methodist Retreat
Camp
Grand Isle, LA**

“The church has long known of somnia a Deo (dreams sent from God).”

C.G. Jung

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Registration
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