

BRANCHING OUT LIFE COACHING



“Embrace Change, not Fear.”

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Issue 1 Volume 8

In this newsletter: Tips for becoming more Intuitive
Special Offer on Group Coaching
My first book review: “The Middle Life”
My monthly eco-friendly tip or 2

“Living on Intuitive Time”

Did you ever just know something and not know how you knew it? Did you ever get that strange feeling that had nothing to do with recalled hamburger meat? Did you ever get a “mental memo” without benefit of email, blackberry or an actual phone call?

Did you just ignore the message only to discover that somehow the communiqué was correct?

Did you ever get offered a job and just know that it could wind up as one of the worse mistakes in your life and did you just go, “I can start on Monday?”

I did. I did! The scars are healing nicely, but I did not listen to that sweet inner voice that kept saying, “Walk out of the room, do not turn around, and just keep moving. Run for your life!!!”

Did you ever get that sickening feeling that you shouldn’t marry that person? And did you wake up and know with great clarity that it was not going to happen, not while you still had life in you?

I did. I did! I paid attention when all indicators said something different. I trusted my inner voice.

So...have no fears. We are all hearing voices!

Say hello to your intuition, inner voice, a little movie running in your head, gut feeling, hunch, Bob, “you just know” feeling. Some say it is the higher powers having a personal conversation with you.

If you’re willing to be open-minded and really learn to pay attention then that inner chatter and those physical sensations will help guide you for the rest of your life

Call it what you may, your intuitive side is here to help you navigate through the big mess we call our lives. Think of it as your best friend. It will never lie to you and the real cool part is that you both share the same birthday. We start off life with our intuition just waiting in the wings ready to help.

How many people rely on their intuition? Not many. If we did, I think our lives would be filled with more happiness, passion, peace and contentment because we would be living an authentic life. Your BFF (best friend forever – I’m hipper than Paris Hilton...ever will be. Do we still say “hipper?”) wants to see you rise above someone else’s expectations or what society tries to dictate to you. Take a listen to what your inner voice is saying about what you **want** to be doing with your life.

Some simple exercise to help you tap into your intuitive side.

1) When you have to make a decision (make it a small or medium one to start) do you get a happy, peaceful feeling or do you feel the room getting smaller and your body is starting to tremble? Well, if you are not in the middle of the flu season, it could be a very strong indicator that what you might be undertaking is or is not in your best interest.

2) Try writing down what you need an answer on. Ask your intuition questions like: “What is the best path to take” or “Am I really excited about making this move or taking the job offer or staying in this relationship?” Then find a quiet place and wait for answers to come. Write down what you hear and see what rings true for you. In some cases, you will receive a visual answer like a big “X” over the house you want to buy. Store the impressions and feelings with all the other tools you use to make a decision and see what happens.

3) Before you go off to sleep, ask your intuition a question. When you wake up, write down the first thoughts that come to you. Does it work and make sense or does it feel like your mind was taken over by aliens? Sometimes the responses we get become clearer with time. Put the initiative hunch aside but try not to abandon it. It could contain some important information.

4) Still not sure? When the phone rings, try to see if you can guess who is on the other end of the line. Like most things in life, it does take practice. Start off having fun and work your way up to the BIG questions.

5) Still not sure at all? What causes you to like or dislike someone the minute you meet them? Besides knowing them in a previous life, could it be your intuition telling you to move forward or flee?

6) Think intuition won't work at all in your life? Well, Albert Einstein said, "The only real valuable thing is intuition." I am so glad I discovered this quote because it's the first thing he said that I understand.
 $E = mc^2$. Whatever.

Ralph Waldo Emerson remarked that, "Some people only see what they are prepared to see." Try breaking out and see what else is out there to help you live your best life.

And in closing, Oprah said, "Trust your gut. It is never wrong." Too bad she never amounted to anything, eh?

Special Offer on "Awakening Your Creative Dreams" Group Coaching

Are you or someone you know going through rough times?

Everyday you hear about the problems this country is facing. Gas prices are going up and up, the home market is tanking and the job market drying up and it is enough to make even the bravest of us stay in bed and under the covers.

I hear it from my clients and friends and I want to be able to help people who are at a crossroad in their lives. As a Creative Life and Transition Coach, I am here to support and motivate people as they discover the new, exciting directions that their lives can go in. My wish is that we all feel fabulous, fearless and fall in love with their lives again.

From today until June 19, 2008, I am offering my group coaching at a 20% savings. Group coaching is a great way to be coached by me and also have the additional support and encouragement from your peers. Plus it can be done on the phone, so no need to call in your hair and makeup people.

Group Coaching consist of three 75-minute sessions a month and the price is now only \$120 for each member. (Reg. \$150). Group size is limited to 4 members. Maybe you have a friend or 2 that could benefit from group coaching? Please feel free to forward this email to them. You just might make their day and life a little better.

If you are interested in embracing change and not fear, please contact me at BranchOutLife@optonline.net or 516.629.6838.

The Middle Place by Amy Corrigan.

I have trouble finding a book that I can't put down.

The Middle Place is one of the first books I read as quickly as I could because I just loved the characters, and trust me, there are a few fine tuned characters running thru the life and times of Amy Corrigan and her family.

Life sometimes sneaks up and tries to slap the joy out of us. Amy discovers that the lump in her breast is cancerous and then finds that her father, a man who greets each day by proclaiming, "Hello, World!" has late-stage cancer. Life begins to split in half for Amy. On one hand she is the adult - the wife and mother of two and in the blink of an eye, she reverts back into the daughter that clings to her father. There is so much sheer determination and a strong belief system in the pages of this book that you can't help but think cancer does not stay a chance. Amy and her family don't just invite you to join them on their journey; you are invited to stay for dinner or listen in on the family's phone calls. If you are looking for a book that celebrates the bonds of a family with a generous portion of insight and wry humor, then find a comfortable chair or apply some sunscreen and read this true story of the Corrigan clan. P.S. you got to meet George.

Eco tips of the Month:

Buy local produce this summer...or try growing your own. Live in an apartment? Grow herbs in the window and you'll marvel at how much better your food will taste.

Put on a pair of comfortable shoes and go do your errands and leave the car in the driveway.

If we all modify our behavior a little at a time, then we just might leave a healthier planet for generations to come.

Take care.
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