

If we are aware of our life... our way of looking at things, we will know how to make peace. Right in that moment, we are alive.

-Thich Nhat Hanh



Ten Throws

By Samantha Bluhm, MCLCP

When I was eight years old, my parents signed me up for city league softball. We practiced once or twice a week and had games on Tuesday nights. My dad was the assistant coach and it turned out I had inherited athletic genes. I had a strong right arm, great hand-eye coordination and quickly took to the bat.

The faster the pitch, the further the ball would sail. My base running, however, was painfully slow. Many of my "home run" hits turned into singles or doubles because of my speed. My mother tried to focus on the strength of my bat, but I would overhear her talking to other parents about my slow motion run.

My teammates compared me to a cartoon character attempting to run through Acme glue.

During one game, I was on second base when cleanup Lori hit a home run and walked the bases to touch home plate inches behind me. Deep down, I was embarrassed by my slow speed. I compensated with my performance on the field and could feel my competitive nature rise with every play.

I hated to lose and wanted to be where the action was. In this league, it was in the infield. I started out playing third because I was one of the few who could make the throw to first. I eventually moved to short stop to cover more ground – not by running, mind you, but by diving.

I had a powerful arm, even from the ground. This fared well with my father, who was living in the same spirit of his father, a disciplinarian bent on winning.

When I was 10, my dad moved me up to a more competitive league – the ASA traveling team. We went to tournaments in St. Louis, Chicago, Memphis and Des Moines and played teams from all over the country. We would scrimmage local teams during the week for practice. My dad was one of the coaches and generally headed up practices.

We arrived no less than ten minutes early to set out the gear, run bases and get my arm warmed up. When my teammates arrived, he drilled us on the fundamentals and pushed us to run until we nearly puked. He was like an Army sergeant and fun was banned from the field. This was serious business and he would yell, scream and hit line drives at our heads to keep us on our toes.

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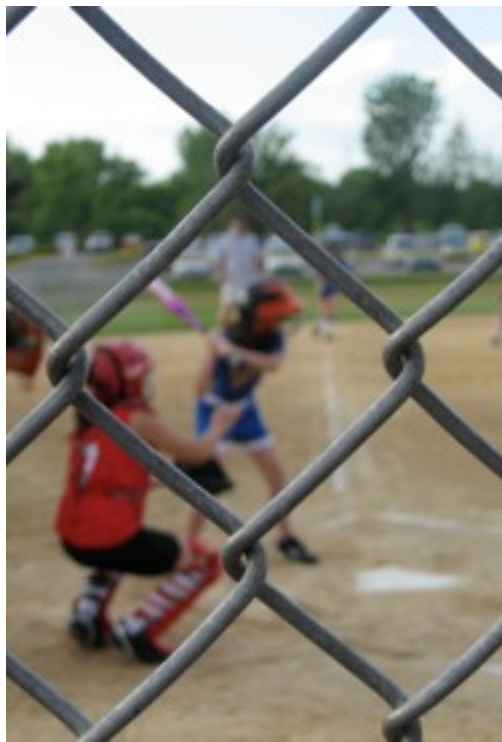
For fear I wouldn't have enough energy to excel, my dad wouldn't allow me to swim or bike the days I had a game, including the practice games. Softball became my life. My summers were no longer about having fun and hanging out with my friends. I missed countless slumber parties and sleep-overs because I was busy traveling with my team. I didn't take gymnastics during the summer because my time was spent at the ball diamonds.

At tournaments, my father would argue with the umpires on pitches and scream at us from his position as third base running coach. If we were on-deck and didn't have a practice bat in-hand before the batter in front got to the plate, there would be base running after the game as punishment.

He would scream from the dugout to "look alive" before the pitcher threw the pitch. I could see other parent's reactions and after a while, I could sense my teammates holding my father's intensity against me. I wasn't invited to ride with other kids to tournaments and we didn't go out for pizza with the team. No longer was the game about the team camaraderie or the spirit of the sport, it was about winning – and advancing to the national tournament.

Each year, my dad took me to get a new glove and spent weeks breaking it in. My dad would massage oil into it to soften it up and he made me sleep with it wrapped up tight and under my mattress to get it to fit like a glove. My dad's intensity increased with every season and I was becoming bitter by the imbalance in my life. I resented the stupid, strict schedule my father enforced. I was ashamed of my dad's temper and began to lose focus and care less and less about playing, let alone winning. I wasn't giving 100 percent and it showed up in my bat. We were facing faster pitchers with change ups and fancy wind ups and I was striking out more than I was hitting. I was playing outfield and hating every minute of every game.

Sensing this, my father did what every good father would do – drill me with more softball practice. One evening in the ally behind our house, my dad made me play catch. The drill was to throw 10 consecutive throws into his glove, without making him move an inch to catch it. If I got nine perfect throws and number 10 was too high or low, we began again at one. My shoulder was on fire from exhaustion



The finger pointing at the moon is not the moon.

~Thich Nhat Hanh

and my head and heart were on fire from spite. I could taste the bile coming up from my stomach and my veins popped with hatred. The more he made me play, the more pissed off I became. As the street lights came on, I could see the only way out was to get 10 in a row, without error.

In my mind, I pictured each ball aimed perfectly for his head, fantasizing he would miss and be knocked unconscious. Even with my arm throbbing, the speed of my throws increased in an attempt to sting his hand. Unfortunately, that never happened and I eventually threw 10 perfect throws. In bed that evening, I prayed for lightening to strike our house and kill my dad.

The next summer, I refused to play softball. I wouldn't play catch with him and I could swim and ride my bike during the day with my friends. In the evening, though, I was forced to go to the ball diamonds and watch my younger sister's team play. As much as I enjoyed my freedom, I realized I missed the sport, the action. I couldn't understand why my father wasn't as intense with my sister as he was with me. She seemed to be having fun with her teammates, which made me crazy... Sure, they lost nearly every game, but she was having a blast entertaining her teammates in the dugout.

The following summer, I went back to the city league and played for my friend's father's team. I was an instant star. The pitchers were significantly slower and the ball didn't move as quickly as the ASA

league. Most of all, I didn't have my father screaming at the umpires every five minutes, or the shame of being a lame runner. I shined on the field and at the end of the season, I won MVP.

I wasn't invited to the team pizza party and later found out it was because the coach didn't want any more advice from my father.

Regardless of my talent, I chose never to play competitive softball again. I wanted to punish my father for his cruelty and crazy personality.

Years later while I watched my son play baseball, painful memories emerged. I realized I needed to release my anger and find powerful perspectives in my father's behavior. I began by accepting what happened from a detached emotional state. Then I moved to appreciation for his involvement in my life, albeit unbalanced. Finally, I forgave the man and found I loved my dad for his intensity and perfectionism -- attributes he has clearly passed to his offspring. I realized I am no different than my dad. The same intensity that drove him to be the kind of coach he was, is the same intensity that drove me to quit. By accepting, forgiving and loving him, I accept, forgive and love me.

Forgiveness, Acceptance and Love are **Powerful Perspectives** -- qualities that begin with awareness and move toward the power of love. Coaching helps us become aware and leads us to powerful perspectives. (Powerful perspectives are found on page 7.)

Health: Self, Others & World

by Jennie Antolak, MCLCP

Goal: To assist others in living happy, healthy lives.

To achieve this goal it begins with understanding who am I in relation to...Self, Others and the World. We have profound power that often is ignored or dismissed and yet, when we begin to uncover how our actions can and do impact us, those around us, and ultimately the world, we begin to make choices that lead us to happier, healthier lives.

Wellness may be hard to define but the consequences are not. Following is a brief analysis on how our health and wellness choices impact our self, others and the world.

⊕ **Self:** Only 3% of Americans practice healthy lifestyle behaviors. Studies show that \$.60 to \$1.00 is wasted because individuals show up at work ill and are not managing their health issues. Health is affecting attendance, job satisfaction, retention, and productivity. (Side note: If this is happening at work, what is happening at home where no one is tracking their quality of life?) Since 2000 health care premiums have increased 73% compared to 15% increase in wages.

⊕ **Others:** (Organizations) - 77-89% of organizations have some sort of wellness initiative. Government is planning to provide tax incentives for companies (called Healthy People) by 2010. \$1725 is added to every GM car to cover health care costs and Starbucks spends more on health care than coffee. By 2008, less than 10% are doing "best practices" in regards to managing health, leading to the conclusion here is much opportunity to make efforts in wellness worth while.



Jennie Antolak (left) is a Master Certified Coach and Co-Founder of Learning Journey's International Center of Coaching.

⊕ **World:** In 2004, 1.9 trillion was spent on healthcare. Projected for 2009 is 2.9 trillion spent just in the United States. Healthcare spending is 4.3 times the amount spent on national defense and it is estimated that 200 to 300 billion is lost each year due to health costs.

Due to the moving parts, the Return on Investment (ROI) is tough to determine (i.e., health changes from day to day, environment changes, drugs, procedures, access, time, motivation, etc.)

What is the No Brainer Approach?

We have, for years, looked at healthcare and wellness as having a prescriptive solution. When an issue arises, a cause is determined, a resolution is established and then the person or persons affected are expected to make the necessary changes. I see this as the "No Brainer" approach. You have diabetes then you need to watch your weight. You have weight issues then you need to watch what you eat and start working out. You just had a heart attack then you need to stop smoking.

While these seem obvious to everyone -- even those affected -- making the changes are much more difficult.

Imagine for a minute, that you haven't eaten for days and then someone hands you a watermelon. Then you are told that before you can eat you have to stand there with your arms extended holding the watermelon for the next hour. Once you successfully complete the task only then can you enjoy the fruit. So you try and you try and at some point your mind or your body (you're not quite sure which) convinces you that it's too hard. So you quit. This scenario is representative of what many struggle with on a day-to-day basis. People need some sort of nourishment and yet, when a solution is provided (in spite of logic) it becomes too hard to manage and each one goes back to old habits, putting themselves further at risk.

Sadly, this internal struggle cannot be seen and those going through it cannot explain it. So they go on struggling, making no progress toward their goal.

Others see no results and begin to label

continued on page 4

Health

continued from page 3

them as “non-compliant.” This reaction leads us to the next approach to health care and wellness, which I call the “Restrictive” approach.

Restrictive Approach

The “Restrictive” approach is similar to a child being grounded.


If you can't follow the rules then we will make it easier for you by taking away the temptations or punishing you for not behaving.

For example, if you refuse to select healthy foods, then that is all we will provide you. If you chose to not workout then we will not insure you. If you chose to smoke, then we will fire you. Organizations throughout the country are taking drastic steps to ensure people become healthy citizens. It may work to a certain extent, yet, what they are successfully creating is a culture of discontent.

People don't want to be told what to do, especially when it comes to their bodies and motivations.

Collaborative Solution

We determined in the 80's that the hierarchy model did not work any more to lead an organization. People wanted leaders that were collaborative and empowered others to make their own decisions. The same is true today when

Not everything that can be counted counts and not everything that counts can be counted.

~ Albert Einstein

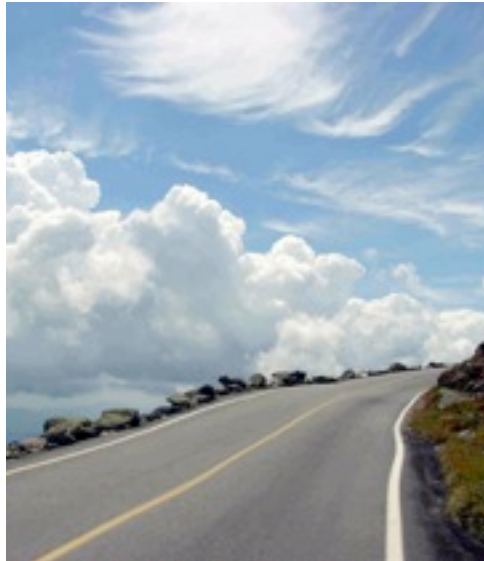
it comes to health care and wellness. We know the basics of what we should and shouldn't do to maintain a healthy life style. We also are aware when we falter from staying healthy -- we've become pretty good at beating ourselves up about it. It makes it even more challenging to get motivated when we are being further punished by our organizations.

Studies have shown that the organizations who experience success at implementing wellness programs are those with a collaborative solution.

The Collaborative Solutions Include:

- ⊕ Shared vision
- ⊕ Full corporate participation (employees need to see leader participation)
- ⊕ Incentives
- ⊕ Ontological Coaching
- ⊕ Healthy culture

To incorporate a Coaching Wellness Program in your organization, or to learn more about coach training, call 651-402-2975 or visit www.learningjourneys.net ⊕



In the new world, getting what we want is a matter of claiming what we want.

~From the book, *Thirteen Moons*, by Charles Frazier

When the Wind Stops *a coaching tool*

Created by Samantha Bluhm, from the children's book, When the Wind Stops, written by Charlotte Zolotow and illustrated by Stefano Vitale.

Our universal system is a complex matrix of energy and cycles. The ebb and flow of these cycles is natural -- not good or bad, simply what is. We are connected to the universal cycles, but as humans, often judge instead of accept, causing frustration and imbalances (the ego) that block us from our true potential of peace, power and harmony (powerful perspectives).

Underlying Beliefs:

- ⊕ The universe continually seeks balance -- peace, harmony and empowerment.
- ⊕ The universe operates with a system (the universal principles are found on page 6).
- ⊕ Our ego (our brain) tricks us and attempts to keep us below the awareness line, in fear and judgment.
- ⊕ The cycles of the universe support our greatest potential.
- ⊕ The universe conspires to give us what we want.
- ⊕ Our thoughts and emotions have power.
- ⊕ Inquiry leads us to awareness
- ⊕ Powerful perspectives begin with awareness and towards acceptance, appreciation, forgiveness, gratitude and love.
- ⊕ Once we are *aware* of the cycles, we can choose to empower ourselves (awareness is a powerful perspective).

There are cycles in everything. There are cycles in the weather, the economy, the sun, wars, geological formations, atomic vibrations, climate, the motions of the planets, populations of animals and human moods. ~Ray Tomes

To begin: Read When the Wind Stops, or recall a time when you either didn't want something "good" to end or wanted something "bad" to stop. Concentrate on that time and let it fill your memory. Write down the highlights, feelings or emotions and ask the following questions.

Powerful Questions:

- ⊕ When have you felt stuck or blocked in life?
- ⊕ What meaning are you tying to that?
- ⊕ When have you experienced a "high" or "low" emotional state -- even if it wasn't expressed?
- ⊕ What do you observe about your own cycles?
- ⊕ How typical is the cycle?
- ⊕ Draw the cycle. Where are you in the cycle?
- ⊕ Where is your soul seeking balance? What is your emotion telling you?
- ⊕ What does your internal compass communicating with you?
- ⊕ What action could you take to honor it?
- ⊕ What kind of support would be helpful as you move toward action?
- ⊕ What structure could you put into place to remind yourself that cycles are natural? (a structure is a symbol reminding us of our awareness).

Let's dare to think some bold, new thoughts, trust life a little more, unlearn some things we've been taught and spread our wings to soar.

~from the book, No Limits but the Sky.



Working with the Universal Laws to Find Powerful Perspectives

Based on universal principles and laws, *Powerful Perspectives* turn the ordinary into the extraordinary and give us the means to achieve success, peace and balance, to be optimally healthy, to make decisions that empower and motivate us, and bring us fulfillment and joy.

When we choose powerful perspectives, we make significant, meaningful and powerful contributions to our families, our communities, and our planet.

What are the universal laws/principles and the powerful perspectives that change lives? A complex explanation is the universe was designed to be in balance, sustaining life and empowering the evolution of the planet and its inhabitants. In simpler terms, the universe is like a magical genie lamp, making available to us a life of joy, peace, happiness & abundance.

The Universal Laws & Principles are:

LAW OF ATTRACTION

Whatever is broadcast out into the universe is joined by (or attracted to) energies that are of an equal frequency, resonance, or vibration.



LAW OF DELIBERATE CREATION

Knowingly using thought and emotion to create a vibration of attraction.

LAW OF ABUNDANCE

There is enough money, time and energy. You have everything within you to make your life a living dream.



LAW OF PURE POTENTIALITY

The true essence of who we are is pure consciousness. Anything and everything is possible and connected.

LAW OF DETACHMENT

When we are in a state of detachment to the "how," we trust.

LAW OF UNIVERSAL TIMING

Pieces of the puzzle fit together in Divine time and perfect order.

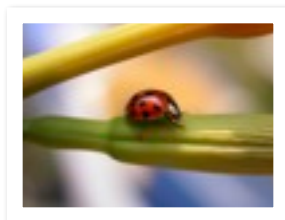
LAW OF ALLOWING

"I am who I am and who I am is worthy and deserve the riches the universe provides. And while I am who I am, you are who you are, deserving of the same riches."



LAW OF POLARITY

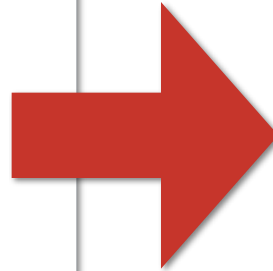
Without good, there is nothing to "gauge" bad. By choosing to change your perspective, your resulting attitude can shift your language and awareness from "bad" to "good". This becomes your new reality now.



The Universe Continually Seeks Balance & Harmony

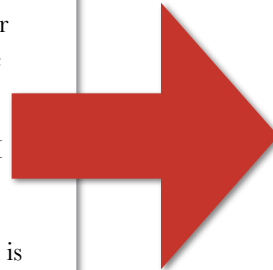


POWERFUL PERSPECTIVES	Love: The highest vibration available
	Gratitude: the state of being grateful.
	Forgiveness: excusing a mistake or an offense.
	Appreciation: to be fully conscious & aware.
	Acceptance: favorable reception.
	Awareness/(Choice): being consciously informed.
EGO	Fear: rejection/abandonment/loss of love or money/
	Judgement: projection of fear though language. (should, have to). There is no choice.
	Greed: There is not enough, I must therefore control.
	Victim Mentality: the world is "happening to me."
	Entitlement Mentality: The world owes me, because...



Powerful Perspectives lead to empowerment, peace, balance and harmony!

We are not at choice until we are **AWARE**. Coaching & inquiry lead to awareness and clarity.



Because we are creatures born with egos (brains) these elements of our existence are available to us.

These vibrations or thought patterns cause an **imbalance**.

When we become conscious of our EGO, we can begin to choose **powerful perspectives**.

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Coaching can help you move closer toward your goals; achieve balance in your life; live in a state of awareness and grace; realize your greatest gifts; find passion and energy; have fulfilling relationships; and make significant contributions to the transformation of your self, your family, your community, your organization and your world.

Contact Samantha Bluhm at
samantha@powerfulperspectives.net
 or 715-425-0003



Daniel Monroe
Photo



Samantha Bluhm, Compass Coach
 When I dare to be powerful, to use my strength in the service of my vision, it matters less and less whether I am afraid. ~Audre Lorde

Life Without Limits The Power of you!

As a Compass Coach, workshop leader and publisher of *The Compass* magazine, I help water the seeds of your highest dreams. You can be the hero of your own story and live a life without limits. I acknowledge and admire you for having the courage and power to seize the day and breathe life into your passions.

You are empowered and can have a blast living in greater harmony while pursuing your greatest destiny.

As a coach, I honor you at your soul, often recognizing your unlimited potential before you do.

I believe in the power of possibility, the power of thought and the passion of purpose. I believe in powerful perspectives -- and I believe in you!

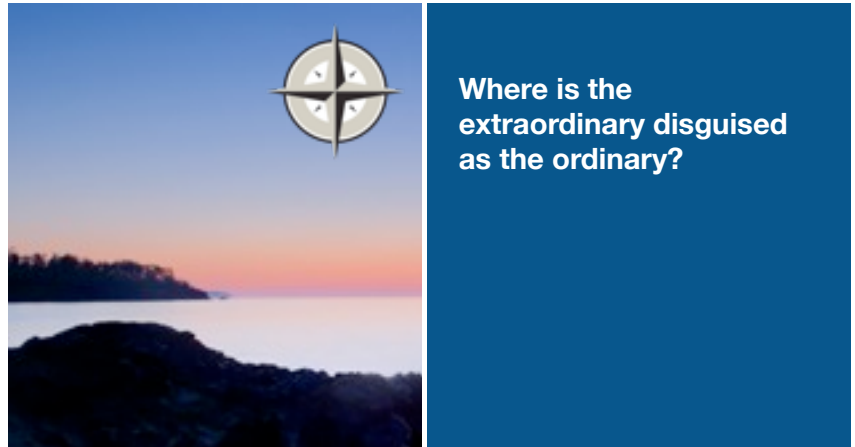
You are extraordinary and it is an honor and a privilege to serve you. Your journey is filled with opportunities and your amazing adventure awaits.

Coaches are agents of transformation and help you achieve what you thought was impossible.

I am Samantha Bluhm and I want to be your life coach. Email Samantha@powerfulperspectives.net or call 715-425-0003 to begin the journey today. ☯

The Compass Magazine

The Compass Monthly is published by The Navigator Group and is distributed electronically every month. *The Compass* magazine is printed quarterly. Watch your mailboxes for the inaugural issue to be delivered soon. Kindly forward the electronic version to friends, family and colleagues or anyone who would benefit from *powerful perspectives*. ☯



Where is the
extraordinary disguised
as the ordinary?



COMPASS COACHING

If your search is for a new level of success and achievement in your life, whether it's financial, physical, mental, emotional or spiritual, you will gain clarity, focus and powerful perspectives through life coaching! Contact Samantha@powerfulperspectives.net



OLIVE JUICE: MY PATH FROM PITIFUL TO POWERFUL PERSPECTIVES

I've learned that bipolar is not a disease, rather a condition of being able to experience a wide range of emotions. I've learned the use of prescription pharmaceuticals is out of balance and that what some call attention deficit is actually a response to being "in tune" with the imbalances in our society. I've learned that my gut is my soul speaking and will never steer me wrong. I've learned to listen to my intuition...



NO MISTAKES JOURNAL

Everything that Happens is Simply Perfect! Borne out of an experiment with a newly divorced mother and her son, The No Mistakes Philosophy has helped individuals and families move forward in a way that empowers them to turn the ordinary into the extraordinary and look at "what is," instead of what "should be."