

"Friends ... they cherish each other's hopes. They are kind to each other's dreams."

-Henry David Thoreau



Energy of an Owl

by Samantha Bluhm, MCLCP

When I woke that March morning, it wasn't immediately apparent to me what was wrong, but my body and mind were unusually heavy and I was unable to bring myself to shove the covers off and put my feet on the floor, an attribute not typical of this early-morning and enthusiastic riser.

While I waited for my body to inch to life and my eyes to adjust to the 5 a.m. darkness, I realized tears were pouring down my cheeks, wetting my pillowcase and sheets. The tears were not discriminatory; they were hot and constant and embodied sadness, pain, suffering, fear, rage and contempt. The emerging emotion my tears represented gripped my heart and soul and forced my body to sob with grief so dark and deep I wondered if I had died and gone to hell.

The overwhelming sadness filled every cell of my

being and imprisoned me inside my mind.

I had felt emotional darkness in my life, but those times had been typical human response to an injustice or tragic abuse of the mind, body or spirit. This morning however, I didn't know what triggered it and I was perplexed by its force and timing.

My head throbbed, my body ached and experience told me this day was going to be a challenge to navigate alone. I grabbed the phone from my bedside table and dialed the number of one of my dearest and closest friends who has walked with me through previous days like this.

Her initial response to my cracked voice was concern coupled with the wisdom to let me sob without judgment or fear. She didn't move to fix or question anything, she simply sat with me on the phone and held me gently in her energy of

caring compassion. When my tears subsided, she advised me to go back to sleep. As we hung up, she said she would check in on me in a few hours.

I fell into a fitful sleep with the intellectual knowledge I had people who cared about me, but the emotional presence of isolation and abandonment.

When I woke for the second time that morning, the heaviness in my heart made it difficult to breathe. This time I forced myself to get out of bed and walk to the shower. I soaked in the hot streams of water until it ran cold. Dried off and dressed, I called my friend and asked her what to do next. We made plans to meet for coffee and would take it one step at a time.

At the coffee shop, I handed her my calendar to review and cancel my appointments when the reason this particular March day was

continued on page 2

continued from page 1

so dark was instantly illuminated.

March 24 was the anniversary of the day my divorce was finalized and coincidentally, the same date three years later when a man I considered a great love exited my life.

My intellectual mind had processed the stories and the patterns and drew logical conclusions about the myriad reasons the relationships were destined to end; but the subconscious and spiritual elements of my being had not yet found the grace and wisdom to release the negative self judgments left behind by the "failed" relationships.

I sat in the coffee shop with my friend and let the sobs jar loose the pathetic and cultural imagery of who I am supposed to be; what I am supposed to want.

Through the tears, the story that I am somehow less than deserving of joy, peace, pleasure, fulfillment, adoration and love because of where I've been, what I've known or what I've lacked emerged.

I acknowledged the story and then called it what it was - the great lie I had been telling myself for years. I recognized this reality no longer had a place in my life and I decided it was time to set the story free to invent something new.

I wiped my face, gathered myself, hugged and thanked my friend and left the coffee shop. With newfound awareness and strength, I had chosen to let my schedule stand and meet with two potential clients.

I stopped at my home office to gather materials and contracts and center myself before my appointments. I sat in quiet meditation and asked the universe for strength and a sign of hope.

As I drove out of my development, an enormous and unusual bird caught my eye. It was flying low and close to my window and seemed out of place in that time and place. I didn't recognize the species but watched it curiously flop its wings, thrusting itself forward in an awkward movement. I pulled my vehicle to the side of the road as the bird flew upward to land on a low branch in a tree.

I got out of my vehicle and walked toward the tree where the giant bird was perched. As I inched closer, the bird's head turned 120 degrees and its eyes were now fixed on mine. It was a human-to-owl connection that cannot be explained except through the power of a story. As we stared into each others eyes, the darkness of the day melted away. My heart lightened, my mind cleared and the song in my soul found its voice.

I knew this beautiful owl was a messenger of peace and promise and I returned to my office curious about the



If you miss the magnificence in this moment, you are not paying attention.

significance of its presence in my life. I learned the following:

"... An owl teaches us how to embrace our personal darkness without fear. Active at dawn and dusk, owls are sometimes referred to as the night eagle, a messenger from the darkness and a guide through all the mysteries that it contains.

Owls are sometimes thought to come to those that are about to die. This does not mean a physical death as much as it means the letting go of some part of yourself that is not serving you.

Owls guide us through the dark tunnels of fear, change and uncertainty to the brilliant light shining at the other end.

If the owl appears in your life thank it for its willingness to guide you through its shadowy realm to the other side of promise and joy." (www.sayahda.com)

I honored my commitments for the day, managed my appointments and both meetings resulted in signed contracts. One of those clients later became the bearer of a magical and mysterious pumpkin that makes this story more meaningful and profound ([see October 2008 edition of The Compass Monthly](#)).

When I returned home later that day, I wrote in my journal over and over that I was lovable and worthy of great love. I must have written it a million times before it finally sunk in that I am not a piece of property; I am no more or no less than any other human; nor am I crazy because I have an opinion or an idea and can see and understand things others might not notice.

I wrote that I am not a contaminated by-product of failed relationships and will never again allow myself to be labeled according to the people in my life or defined by the things I do or do not own.

I shifted the part of my story that made me believe ending a relationship meant I was a quitter and incapable of commitment - the message I had been sending my unconscious for years.

The truth is that recognizing and speaking our truth is what makes us powerful and honorable, even when it goes against the grain of what our churches, families or society tell us is appropriate.

I now viewed the end of those relationships as powerful new beginnings. I laid to rest the judgment of my experiences and embraced the **powerful perspectives** of acceptance, forgiveness and gratitude.

I declared March 24 would no longer mark the demise of relationships, but would instead serve to remind me of my commitment to learning, living out loud and unbridled freedom and creativity.

I vowed to live fully, love passionately, give generously and allow the universal power that placed the stars in the sky and put the planets into orbit to guide my path, with no attachment to the outcome.

The darkness of that day led me to a powerful awareness of limiting beliefs and stories that ultimately allowed me to find another way.

Awareness, acceptance, forgiveness and gratitude are **powerful perspectives** that lead to balance, harmony and peace. ☸



The power of imagination makes us infinite.

~John Muir

Living Powerful Perspectives Tips & Thoughts

Today I will....

- ⊕ Be thankful for this beautiful day
- ⊕ Know that I am a whole human being and not a statistic
- ⊕ Live with passion, give with kindness and love completely
- ⊕ Find strength in the things that bring me joy
- ⊕ Express how I feel with honesty
- ⊕ Rest when I am tired
- ⊕ Eat when I am hungry
- ⊕ Know that I am exactly where I need to be on my journey

Today I commit to...

- ⊕ View the world as a magical place
- ⊕ Life long learning and adventure
- ⊕ Facing the day with an open mind and a courageous heart
- ⊕ Feeling proud of my effort and attitude
- ⊕ Recognizing the beauty in today
- ⊕ Being grateful
- ⊕ Helping somebody see their greatness
- ⊕ Using my imagination
- ⊕ Doing my best
- ⊕ Accepting other opinions as valuable and unique

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.

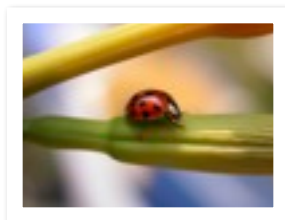
LAW OF ALLOWING

"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

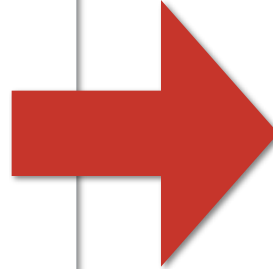
Without good, there is nothing to "gauge" bad. By choosing to change your perspective, your resulting attitude can shift your language and awareness from "bad" to "good". This becomes your new reality now.



The Universe Continually Seeks Balance & Harmony

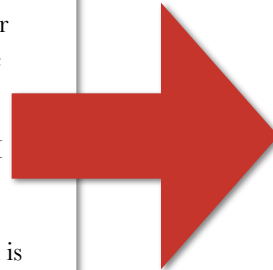


POWERFUL PERSPECTIVES	Love: The highest vibration available
	Gratitude: the state of being grateful.
	Forgiveness: excusing a mistake or an offense.
	Appreciation: to be fully conscious & aware.
	Acceptance: favorable reception.
	Awareness / (Choice): being consciously informed.
EGO	Fear: rejection/abandonment/loss of love or money/
	Judgement: projection of fear through 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!

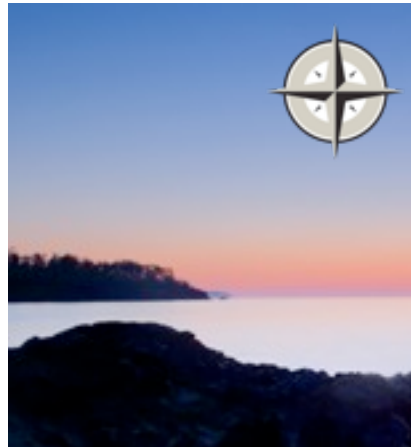
You are extraordinary and it is an honor and a privilege to serve you. Your journey is filled with opportunities and your amazing adventure awaits.

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*. ☯



The willingness to create a new vision is a statement of your belief in your potential.

~David McNally



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."