

COMPASS MONTHLY

July 5, 2008

I can't control my destiny. I trust my soul, my only goal is just to be.

There is only now. There is only here. Give in to love, or live in fear. No other path. No other way.

No day but today.

-From RENT



Spirit of the Game

By Samantha Bluhm, CCP

I'm a bit of a competitor. The higher the stakes, the greater the reward. Some call it an "entrepreneurial spirit," others call it "intense insanity." Whatever the definition, I love a great game -- on and off the field.

I recently joined an ultimate frisbee team to stretch myself and learn a new sport. I had never played Ultimate but thought it would be a great way to meet new people and get some fresh air and exercise. I didn't consider my competitive nature might show up. To be honest, I didn't really think it was a sport. I mean, it was throwing and catching a frisbee -- how hard could it be, right? I went into the season committed to demonstrating sportsmanship and a positive attitude. I wanted to model for

my eight-year-old son what it meant to be part of a team, regardless of skill and knowledge.

I learned quickly that Ultimate was not simply a game of throwing a disc around a field. It took skill, strategy and endurance. Many of my team mates and opponents turned out to be exceptional athletes with skills I didn't know I lacked. After the first game, it became very clear I had a lot to learn before I could fully contribute to this team. I studied the Ultimate handbook and surfed the internet for additional information about the rules. I talked to people who had played the sport for a while and learned as much as I could about the "rules of the game." Yes, RULES -- lots of them! Rules about self regulating and fouls. Other rules addressed

what it meant to yell things like "brick" and "stall 1, stall 2." This was a new world and language I never knew existed.

The warrior and competitor in me felt compelled to practice throwing a light weight disc into tornado-strength winds.

I reminded myself to run toward the disc instead of waiting for it to land perfectly in my hands. I learned the pancake catch and practiced the forearm toss. I never did master, let alone attempt, the advanced throw they call, "the hammer." As if that wasn't pressure enough, I had to learn to do all of these things while an opponent guarded me and counted to ten. You mean, you're timing me, too?

The way I figured it, I would never be a superstar Ultimate athlete, but vowed to contribute

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to the morale of the team and make the games fun. I'm a life coach, for pete's sake. I can do that much. So I did.

My favorite thing about this league was the written intention to include athletes of all skill levels and encourage the spirit of the game. After each game, team members voted for one male and one female from the opposing team who exemplified effort and character and sportsmanship-like qualities on and off the field. This was not about athleticism, but rather, the "spirit of the game." At the end of the season, the players with the most votes would receive free registration for the next Ultimate season.

In seven of the eight-games scheduled, I had a blast. I cheered loudly for both teams and acknowledged great plays and sportsmanship on and off the field. I helped set up the field markers and cones and stayed after to help clean up. I laughed and joked and gave my best. I chatted with my opponents and met interesting individuals.

I listened to one opponent share how this sport was "her time away from the pressure of her life." She was the mother of five, working full time and pursuing her nursing degree. I was impressed with her awareness about her needs and how she refueled her energy by participating in this sport.

Despite being outside my comfort zone, I was proud that I put my competitive nature to the side and having a ton of fun. I was dwelling in the powerful perspective of acceptance and awareness and I felt liberated and powerful despite my Ultimate abilities. That was until the "seventh game" when the ugly, not-so-friendly and chatty, competitive green-eyed beast showed up.

The game was evenly matched, both teams focused on winning. I can't explain why we were so intense that game, but the more we battled, the more our energy spiraled. Where we would have applauded the other team for their skill, we found ourselves bent on scoring. We attempted professional quarterback-style passes to score and when I dropped the frisbee during a critical opportunity, I cursed loudly and beat myself up for being so clumsy. When the person I was guarding scored, I stomped off the field like a three year old whose blocks had been pushed over by another toddler. I was pissed at myself and decided I needed to re-group.



Dwell as near as possible to the channel in which your life flows.

~Henry David Thoreau

I revisited my commitment to this team - and to myself. With the help of my teammates, I brought myself back to center and apologized to everyone on the field - even the tall guy who pushed me over and landed on top of me in a pathetic attempt to steal the disc. I felt terrible about my attitude and fought myself to finish out the game. In the end, we lost by one point. A bitter disappointment, until you realize it was a game of Ultimate. Attitude in check, I congratulated our opponents and proceeded to help pick up the field cones.

I'm not proud of my attitude or behavior and I can't say I'll never be competitive again because the drive that makes me compete serves me in many ways. It makes me uniquely human. The difference, however, is how that emotion serves or distracts from powerful perspectives.

Our season ended with a league pizza party, courtesy of one of the player's restaurants. At the closing party, they presented beautiful medallions engraved with the "Spirit of the Game." I was one of the recipients and accepted it with ten percent humility, 90 percent remorse. The "seventh game" was ringing in my head and I was haunted by the thought that one person didn't see powerful perspectives.

At home, I couldn't stand to look at the medallion. It was a constant reminder of my competitor. I tossed the medallion in the garbage. My son retrieved it with

curiosity and asked why it was in the garbage. I told him I didn't feel worthy of the honor and didn't want to be reminded of my competitive and driven display.

"Somebody must have thought you deserved it," he said. "You don't have to be perfect, just happy to be part of the team."

I took the medallion and sat with the question of perfectionism. Turns out I was focusing on "what was wrong" instead of "what was working" -- a principle of coaching.

My coach took me through an exercise that expanded my view of the medallion and the Ultimate season. It helped me accept my tendency toward perfectionism -- a form of judgment. I left the coaching session with homework to find a symbol that reminds me to accept myself. In essence, how to move from judgment (below the awareness line) to acceptance (above the awareness line.)

Acceptance is a **Powerful Perspective** -- those qualities that begin with awareness and move toward love. Coaching helps us become aware and -- and in doing so, empowers us to choose **Powerful Perspectives** instead of our ego. (Powerful perspectives can be found on page 7.)

The reminder to accept is a silver medallion prominently displayed on my fireplace mantel that simply reads: "Spirit of the Game."

See page 6 for a coaching tool that helps turn negative energy (ego) into powerful perspectives. ⊕

Breath In Affirmation

by Marilyn Robach,
Master-Certified Coach

Lisa was a 10th grader when I first met her. It was the late 70s and I was teaching a class on the relevance of religion in the wave of social change -- pretty heady stuff for a group of young teens. When I noticed her, she was sitting at the table across and down from me. Her dark brown hair hung in her eyes and she was concentrating on the piece of paper in front of her. She didn't make eye contact and sketched on a blank page while the rest of us were engaged in discussion. It was early in the semester and I wanted to know my students on a personal level and decided to approach her after class.

As Lisa and I fumbled for words in the getting to know you way, I became mesmerized by the most detailed, beauty-driven sketch of an old woman. The lines on her face spoke of countless years of love and endurance; of exhausting, back-breaking work; and the joyful laughter that intermingles with the sorrows of living life to the fullest. Each wrinkle and deep etch on her face was celebrated with clarity and honor and I was moved and humbled by the passionate picture drawn by the talented young artist at my side.

I didn't know her story that day. I just knew I'd stumbled onto a talented young woman who, with lead on white paper, had produced a work of art that communicated to me on a spiritual level. I felt my soul stir gently as I acknowledged the wonderful contribution she had made by gently touching her on the arm and shoulder and thanking her for the opportunity to share in her extraordinary work. I wasn't aware that my enthusiasm over the drawing was new for Lisa and ignited a spark that would eventually become a flame; that the small gesture



Marilyn Robach (left) is a Master Certified Life Coach whose service matches who she is called to be on this planet. As a life coach, she walks into coaching situations and feels at home.

of appreciation would change her life forever.

Lisa was not "pretty", or outgoing, she was not well-liked or confident. She was sad, lonely and disconnected from people; the result of a family environment too cruel and closed to allow her the freedom to blossom. No one in her life thought she was worthy enough to nurture and her parents never touched her -- in gentleness or in anger. They didn't connect that way. Physical contact was avoided, a rare and random occurrence. There were no conversations, no inquiry into what went on in her life, no connection with another human being. Lisa was alone in the world without comfort, care or connection, but she used the pain she was swallowed up in as creative fuel to accentuate beautiful lines on portraits of aging women.

It hadn't occurred to me that nobody had noticed her depth, her talent, or her essence. I had no idea she questioned her worth and her existence, until years later when she joined the youth group I was leading. She opened up and shared that until I had touched her arm, she didn't know

she was human flesh. She had never felt the genuine connection of the spirit in her heart and she didn't understand that her existence contributed to mankind. I did nothing unusual, I simply reached out and touched her shoulder. One silent gesture, no more.

Her need was boundless yet so easily filled that when the connection happened, the docile, broken child inside leapt in faith and gave her the hope and courage to continue along her path. As she shared her story, my arms enfolded her again and again. I learned that a simple, quiet touch had honored her soul and had been the gift that brought recognition of God's presence in her life. As this awareness awakened, she slowly reached out and accepted the care of others in our group.

Lisa learned to breathe in the affirmation and bathe in the love of others. She learned the power of calling forth the best in each one of us. She realized that sharing her story helped build others up, especially when others couldn't find their own footing or their own value.

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Affirmation

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Lisa turned her experience in that youth group into her calling. She became a youth minister and has passed on the gift of affirmation in word and gesture to hundreds of others. She says her paintings of elders have much to contribute to our world because they speak to the wisdom and experience elders offer humanity.

As my soul touched hers, her soul touched mine and her acceptance of my love deepened my call to ministry. Her portraits of elders speak to me on a spiritual level and I now aspire to be one of those wrinkled elders whose wisdom is shared with others. I want to have a full life and have every wrinkle tell a story of where I've been. The more wrinkles the better. (I think a bit differently now that they are showing up on my face!). I no longer take lightly the power of love and am humbled when I think about the impact one tiny gesture, one simple word of hope and acknowledgment had on another human being.

The gifts and talents, skills and adventures of my life have been built on that experience with Lisa. She helped form me as a human being, as a teacher, as a minister and as a life

Risk more than others think safe. **Care** more than others think wise. **Dream** more than others think practical. **Expect** more than others think possible.

~Cadet Maxim

coach. I have come to believe that what I do with those I serve, though seemingly simple and small, could change them and impact the world around me.

The random connection happened years ago. I have moved on in ministry to include another dimension of service, but often share the story of Lisa and the connection that changed her path.

Stories are at the root of coaching and are used as tools to help build a sense of

belonging in a family, community or organization. Sharing stories provides the safety to connect in our own time and in our own way. Stories connect generation to generation.

Lisa continues to inspire my vision for life coaching and I am now focusing on elder coaching. I plan day retreats on spiritual issues; have Life Celebration Gatherings where family and friends share how the elder impacts them; and we capture stories that will be packaged and passed along to the next generation. ⊕



A good indignation brings out one's powers.

~Ralph Waldo Emerson

Shift Negative Energy to Positive *a coaching tool*

Adapted from the a Coaching Tool originally authored by Ruth Godfrey & Jennie Antolak, Master-Certified Coaches and Co-Founders of Learning Journey's International Center for Coaching: www.learningjourneys.net

What is Energy? Our universal system is a complex matrix of energy. Energy is a fuel that shapes our power and motivations and can keep us stuck in fear, frustration and imbalance (our ego), or move us toward *powerful perspectives* of acceptance, appreciation, forgiveness, gratitude and love.

How does Anger and Frustration Serve me?

- ⊕ Anger is a trigger that alerts us to imbalances.
- ⊕ Anger gives us the energy to seek balance.
- ⊕ Once we are *aware* of the imbalance, we can choose to empower ourselves (awareness is a powerful perspective).

To begin: Remember a time when you were told to be quiet, that your voice should not be heard. Or recall when you were frustrated and felt powerless. Write or tell your story and ask the following questions.

Powerful Questions:

- ⊕ What were you told not to do, say or think?
- ⊕ What sound or movement would represent what you were told not to do, say or think? Do this now and exaggerate it. Let it express what it wants to express.

It is yours, the challenge of life... with your heart, hand and mind you hold the power to mold each golden moment, each shining hour into new designs, infinite possibilities.

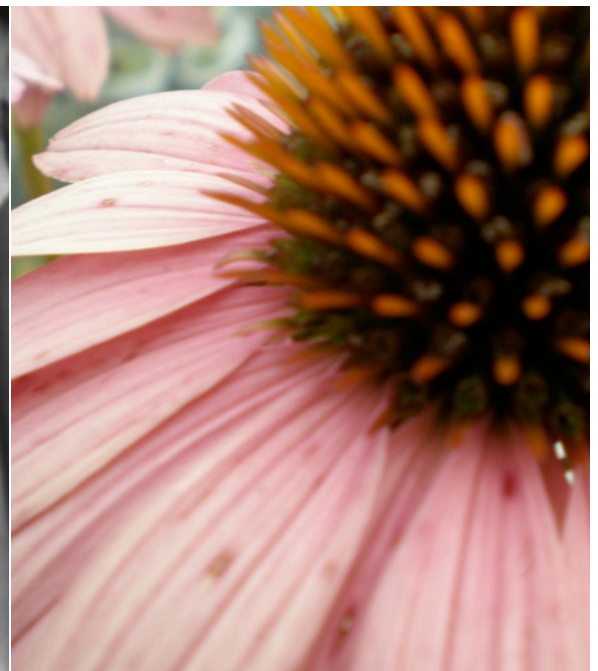
- ⊕ How did you react?
- ⊕ What feelings or emotions surfaced?
- ⊕ What sound or movement would describe your feelings or emotions?
- ⊕ Get in that energy without the specific words that angered you.
- ⊕ Once you fully feel the energy, think about how you could harness that energy and use it today.
- ⊕ How can this energy help in your self expression?
- ⊕ How can you use this energy when a critical figure or conversation enters your life?
- ⊕ Welcome the expressiveness back into your life.
- ⊕ What symbol would remind you to use the negative energy in a positive way?

Additional Questions to Stay in the Positive:

- ⊕ Where is your energy being drained?
- ⊕ What fuels your energy in a positive way?
- ⊕ What one small change could you make to eliminate or remove energy drains?
- ⊕ What is one small change you could make to add fuel to your life?

Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

-Lao TZU



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.

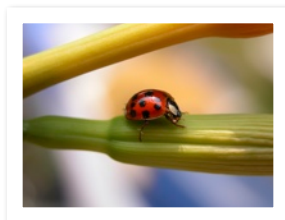


LAW OF DETACHMENT

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

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 PURE POTENTIALITY

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

LAW OF UNIVERSAL TIMING

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



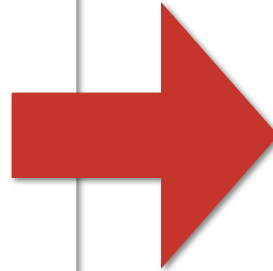
LAW OF POLARITY

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

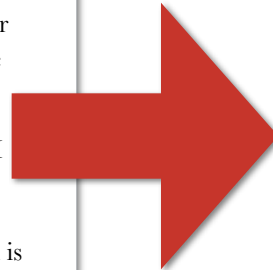


POWERFUL PERSPECTIVES	<p>Love: The highest vibration available</p>
	<p>Gratitude: the state of being grateful.</p>
	<p>Forgiveness: excusing a mistake or an offense.</p>
	<p>Appreciation: to be fully conscious & aware.</p>
	<p>Acceptance: favorable reception.</p>
	<p>Awareness / (Choice): being consciously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



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
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 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!

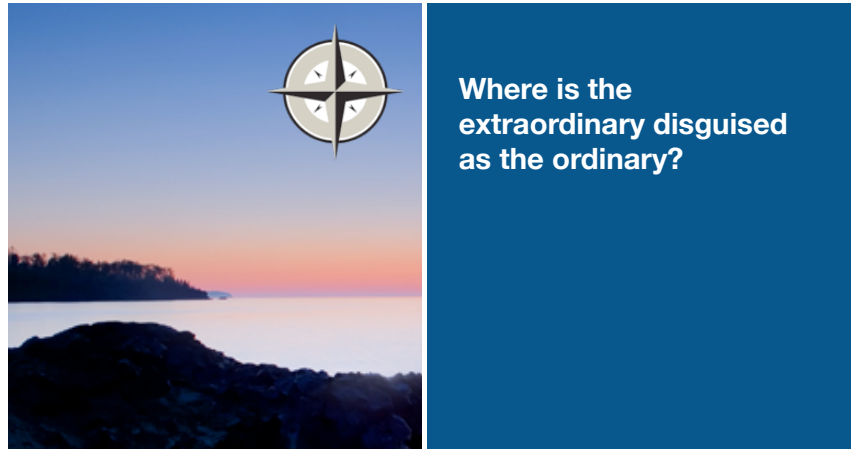
You are extraordinary and it is an honor and a privilege to serve you. Your journey is filled with opportunities and your amazing adventure awaits.

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."