

At times, our own light goes out and is rekindled by a spark from another. Each of us has cause to think with deep gratitude of those who have lighted the flame of awareness within us.

-Albert Schweitzer



photo by Simone Crayford

Comparison Causes Loss

By Samantha Bluhm, CCP

Something went very wrong with Lexi's birth. She was in the birth canal too long and those minutes changed the potential and possibilities for her life. As with most children with cerebral palsy, Lexi's development was altered – she would never walk, talk, feed or dress herself and would be lucky to live past the age of two.

Lexi grew and was nurtured by an incredibly strong, courageous and beautiful mother and grandmother who never complained about the circumstances of Lexi's life. They loved her and treated her as they would any child. They shared stories of her victories and progress and they bragged like any proud parent or

grandparent would. The condition of her body was secondary to the condition of her soul. They saw Lexi for the love she brought to their lives.

As fate would have it, Lexi defied the odds and continued to thrive. She communicated with her family in a way they understood and brought a sense of celebration to every single day. When she turned three she was put in a wheel chair because she was getting too heavy for her mom to carry.

She entered kindergarten the same year my son, Cameron did. They went to the same school and attended many of the same school functions and I got to know Lexi's mom on a friendly basis.

As I watched Cameron play with his friends or race from game to game at the school carnival, Lexi's mom would wipe drool from her face or feed her, giving Lexi a sideways smile.

In the time I spent driving around the school to drop off my son at the playground, wave goodbye from the comfort of my van, she would face weather conditions and curbside snow to haul the wheel chair out of her van, strap Lexi into the chair and load up the school bags to walk her into the school's special assistant.

As I zipped past, she always waved and smiled. I rushed to my next thing, giving thanks for Cameron's perfect health.

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In the third grade, Lexi's body began shutting down and she was admitted to the hospital. Her schoolmates rallied around her and sent personalized cards. They created a poster the length of the hallway and each student and faculty member signed a greeting. They collected hugs for Lexi in the form of monetary donations and they hoped she would return to school quickly. From home, Cameron would check her Caring Bridge website and send good vibes for healing and peace. However, her Spirit was stronger than her body and on June 4, she passed away.

I saw Lexi's mom in the school hallway on the last day of school and my eyes filled with tears of compassion. I hugged her and told her I was sorry for her loss. She responded, "I didn't expect her to live past the age of two. I was blessed by every day beyond that. I got an extra 7 years with my angel."

I've thought about the experiences of the past nine years and how different our paths had been. Lexi's mom and I had been pregnant at the same time and given birth a few weeks apart. While I was busy rushing off and giving thanks for perfect health, Lexi's mom was reveling in the time she "got to" spend with Lexi. While I watched with sympathy as she wiped drool from Lexi's face, she was happy her little girl was still alive.

The power of perspective astounded me as I began to question why I was comparing my relationship

with Cameron to her relationship with Lexi. In my sympathy, I was judging. In my gratitude for perfect health, I was judging. In my compassion for her loss, I was judging. She saw things from an entirely different perspective.

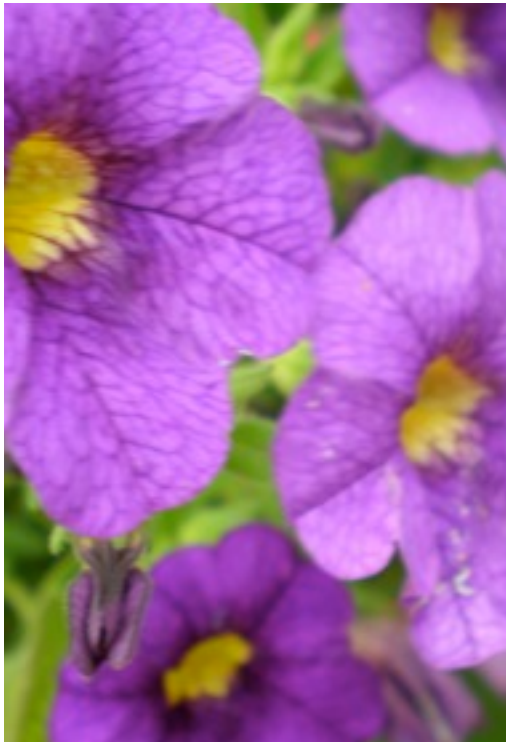
She was happy simply being in the moment with her child. Was I really the lucky one for having a son with perfect health who allowed me to rush off?

Or was she the lucky one for having a child whose presence was a constant reminder of precious time and small joys? Was I truly "compassionate" for her loss, or was I thinking that the burden had been lifted?

The answer is that we were BOTH lucky – and BOTH right. Our awareness levels were different, but anytime we are in awareness, we are in a powerful perspective. Any time we compare, we are in judgment and operating from our ego.

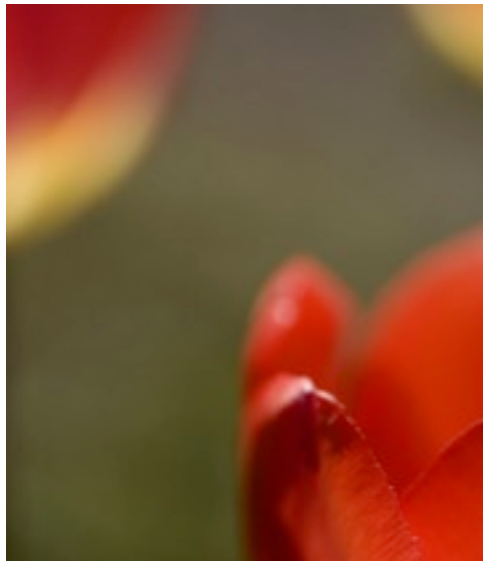
Acceptance and Appreciation are *Powerful Perspectives* -- those qualities that begin with awareness and move toward gratitude and love.

Coaching helps us become aware -- and in doing so, empowers us to choose *Powerful Perspectives* instead of our ego. Powerful perspectives can be found on page 7. ⊕



I hope my achievements in life shall be these - that I will have fought for what is right and fair, that I will have risked for that which mattered, that I will have given help to those who were in need and that I have left the world a better place for what I've done and who I've been.

-No Limits But the Sky



Attempt the Impossible!



Coaching as a Resource During Trying Times

Contributed by Jenny Antolak, Master-Certified Coach and Co-Founder of Learning Journey's International Center of Coaching. www.learningjourneys.net

Many of us find ourselves prioritizing our needs and our wants as we continue to see the economy slowing down, watch the cost of gas inching closer to \$4.00 a gallon, struggle with the ever-rising costs of health care and more.

Because of all of this some are asking, "Is there a market for coaching right now?" Although it is a valid question, I challenge those who have reservations with another question.

"What could be a better time?"

The economy is merely presenting an issue that merits a creative answer. In addition, we live in a country that thrives on inventing solutions to difficult problems. And, coaching in itself is designed to face issues head on with imaginative resolutions.

One area coaching can have a tremendous impact and is already making a difference is within health care. Currently, employers all over the country are confronted with ever-soaring insurance costs. Due to this trend, employers are being forced to find creative ways to decrease their claims on benefits.

Many have opted to implement wellness programs

within their organizations. Employers are providing incentives to get employees healthy and yet, employees still struggle with other people (work) telling them how to live their lives.

Here's where coaching can assist. Often the wellness programs designed for promoting healthy living are "expert" driven. In other words, "I'm the expert on how to live a healthy life and I'm going to *tell you* what you need to do and then you go do it."

On the other hand, coaching is "**partnership**" driven. Through this process, the employee decides what they want to focus on to enhance their life and the coach helps the employee figure out *for themselves* what would be the most effective way to make it happen.

While it is valuable to provide the expertise and success plans, it

is equally -- if not more effective -- to allow each person to choose how, what and when they will work towards what they want in their lives. When the coaching approach is taken people feel inspired and empowered to make long-term healthy life style changes.

The following are comments from employees who had the opportunity to have a coach on staff to assist them with living a healthier life:

- ⊕ The coaching gave me a greater awareness of my actions and where I could go next to align with my values.
- ⊕ It made it easier to make changes.
- ⊕ The coaching was great: it focused on the positives and not the negative in my life. I couldn't hide behind my excuses.
- ⊕ The coaching helped me recognize what I really needed to change.

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Changing the world is not our job. Changing our mind is. The choice to do so is calling us every day. Where am I being called to change?

~All We Have is All We Need by Karen Casey



Jenny Antolak (left) - Master Certified Coach and co-founder of Learning Journey's International Center of Coaching.

City Landscape Photo by Alec Johnson, www.acjohnsonphoto.com



Coaching Results in Powerful Perspectives *continued from page 3*

Outcomes speak louder than words. The following are the outcomes individuals experienced by having a coach on staff:

- ⊕ My interactions with all people are more positive.
- ⊕ I'm exercising regularly!
- ⊕ I have more energy.
- ⊕ I haven't felt the need to see my therapist as frequently.
- ⊕ I have increased my time for self and as a result I have been able to decrease my medication.

The economy, at least for a while, will continue to challenge us to respond creatively and rapidly to the

growing costs of health care and other issues that are affecting our lives.

If we continue to embrace the philosophy behind coaching -- that we are all resourceful and whole and that we have the capacity to solve our own issues -- then we will succeed in the end. Coaching is the solution to our challenging problems.

To learn more about how to become a certified or master-certified life coach, or learn more about a Coaching Wellness Program, contact www.learningjourneys.net or call 651-402-2975. ⊕

Find the Blessing Inside Gratitude

a coaching tool

By Ruth Godfrey, M CCP

Adapted from the Gratitude Tool authored by Ruth Godfrey, Master-Certified Coach and Co-Founder of Learning Journey's International Center for Coaching.

What is Gratitude? It's a state of mind and a way of life. It often is an underlying structure or innate inner gesture that helps us make sense of our lives.

What if being grateful brings order to your affairs and begins to shift your affairs into something positive?

What if there truly is Divine order inherent in the universe that is shaping each moment?

Why is gratitude important?

⊕ Gratitude will not change your circumstances; but it may change your perspectives.

⊕ When you practice the grammar of gratitude, you are more likely to see miracles and blessings in the ordinary.

⊕ Unless you pay attention to "what is" and express gratitude for it, you won't experience the fullness of life.

⊕ Gratitude is a core muscle that calls you to stretch and use it every day.

⊕ Gratitude will bring joy and laughter into your life and into the lives of those around you.

There are those who give with joy, and that joy is their reward.

Where in my life can I extend gratitude today? How can I make it bigger? What am I noticing in my world?

The Gratitude Formula: Pay Attention + Express Gratitude for What is = Opening for Possibility = Trust, Resulting in Inner Peace for Today and Tomorrow.

Tools for Strengthening Gratitude:

Daily Gratitude Journal: Write down five things each day that you are grateful for. Start with the basics such as health, children, family, home, friends or comforts of sleep. Expand on the gratitude by being specific so others truly understand how their actions touched, moved and inspired you or by being a secret gratitude giver.

Powerful Questions:

- ⊕ How can you focus your attention on the blessings in your life?
- ⊕ Where are blessings showing up in your life?
- ⊕ How well are you acknowledging your blessings?
- ⊕ What are other creative ways to show gratitude throughout you week?

Joy is one of those emotions you can't contrive.

~Bono

Simone Crayford photo



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.

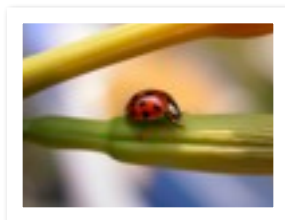


LAW OF DETACHMENT

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.



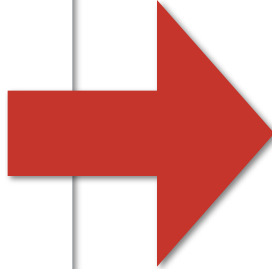
LAW OF POLARITY

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

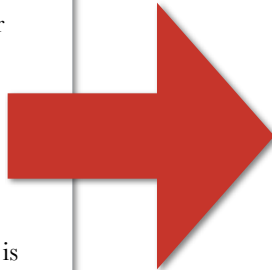


POWERFUL PERSPECTIVES	Love: The highest vibration available
	Gratitude: the state of being grateful.
	Forgiveness: excusing a mistake or an offense.
	Appreciation: to be fully conscious & aware.
	Acceptance: favorable reception.
	Awareness / (Choice): being consciously informed.
EGO	Fear: rejection/abandonment/loss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

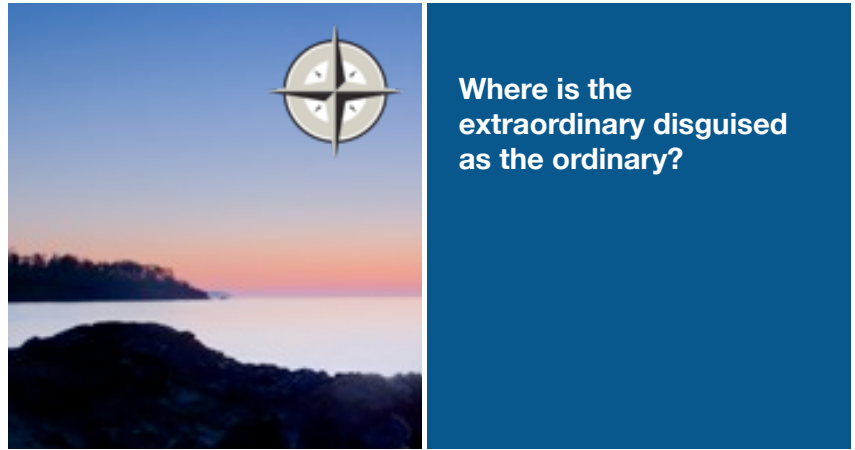
You are extraordinary and it is an honor and a privilege to serve you. Your journey is filled with opportunities and your amazing adventure awaits.

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."