

A Special Newsletter:
Beyond Travel: The Joy of Being!

Returning from an astonishing, month-long journey from Bangkok to Bali (more about that, including photos, in my next Blog), including the extraordinary city-state of Singapore, and having immersed myself in new lands, new people, a new and very different culture, I come home, seeing the world with new eyes.

Covered by the dust, debris, and sometimes ravages, sometimes new Teachings, of these days and years, and wherever our lives have led us in this past while, it is time to uncover, discover, and let go of, who we are not – and take the long and rich passage, newly, into the tunnel of discovery -- of who we are and who we are committed to being, and the opportunity that the joy of BEING brings us.

That has peace. That has integrity. That has power.

While I would also be happy to work with you one-on-one inside this context, please know I am leading a special offering of The Joy of Being on February 7, 8, 9, 28, 2024. This conversation is available to Joy of Being graduates as well, with new conversations for navigating this moment in our history.

I invite you to join me and a wise and self-selected body of inner journeyers in, what I consider to be a crucial conversation for these times—

--for creating equanimity, peace, passion, and purpose as we re-imagine our future now.
including in the midst of the storm (s) in which we find ourselves
--for re-examining our lives from a sourceful place within and resourcefully befriending the new world, with its ups and downs, mountains and valleys, and weather permutations, in a way that brings us to gratefulness and delight in Being
—for relishing the certainty of Being in a time of ever-constant change (the one element that never changes is the Divine Love inside of you, that particular Essence of who-you-are in this world)
—for healing, shedding and letting go of the coverings that have, perhaps protected us in the past, though now keep us at arm's distance from the heart of our soul
—for connecting you with your courage to take action in what you find and see
--for manifesting your Vision
--for designing your life from your Essential Core, your essential Purpose for Being
—for leaning into new tools and distinctions for navigating our new world with aplomb and grace—for example,

Strengthening your muscles for leading with your heart versus your mind
Deeply tapping into your innate worth
Strengthening your commitment to say “no” where “no” is what wants to be said
And to saying “yes” to where “yes” wants to be said

Living wholeheartedly, without holding back
Exercising new muscles for falling and getting up
Tapping into the major sources for manifesting your purpose in life, now and now, and now
Exposing the difference between resignation/adaptation and authenticity/integrity
Living and working with paradox
Entering into the right relationship between Being and Doing
Creating a shift from seeing chaos to seeing all of life as an unfolding of an order we cannot as
yet comprehend
Newly discovering what is most essential, most meaningful, most real, and designing your life/
living from there

I hold this conversation for our current threshold crossing, not only as special, but also, for some of us, if not most of us, as critical at this juncture.

You have evolved. The world has changed. There is no going back.

What is in front of us is the opportunity to create, to author our life, accepting, befriending, being grateful for, whatever world we find ourselves in and to ask ourselves the question: "What makes you come Alive?"

I'd like to share with you what Howard Thurman says, a quote I found in Mark Nepo's *Book of Awakening*, on "Work and Passion"

Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive."

If you are interested in engaging this conversation, either through the course or through one one-on-one coaching, please let me know by registering (link) or creating a conversation with me to determine if working with me, or engaging The Joy of Being in a rich and profound community of heart-based wisdom thinkers, is a fit for you.

I invite you to step into creating your life, from here, from now.