

Playing with Life
How We See
September 2, 2008

Our Lives.

Sunny closed on her new home and moved in last Wednesday (that's why I've missed a week. I've started looking at these weeks as a vacation that my family spent with me... It changes my whole perspective of how these 3+ weeks have been – Wish I did it on day one.

Coaching

I've often used this Zen tale as an example of *vision*:

A man is walking down a road and he sees someone off to the side chipping away at a pile of stones. He stops and asks the man what he's doing. "Use your eyes," the man says, "I'm chipping stones." The man walks further along the road and sees another man doing the same thing. Again he asks the man what he's doing. "Thanks for asking," he says, "I'm building my cathedral."

And I've been proud of the illustration. And today I saw this quotation:
"A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral."
Antoine De Saint-Exupery

He turned it upside down --- He made me think about it differently. How we think of something shifts how it thinks of itself, shifts how it is.

Changed how I think of my coaching practice – which is *you*.

Useful Quotes

There is really nothing you must be. And there is nothing you must do.
There is really nothing you must have. And there is nothing you must
know. There is really nothing you must become. However it helps to
understand that fire burns, and when it rains the earth gets wet. --
Japanese Zen Scroll

To think is easy. To act is hard. But the hardest thing in the world is to
act in accordance with your thinking.
Johann Wolfgang Von Goethe

Life is like riding a bicycle. To keep your balance you must keep moving
Albert Einstein

“Surely it is in the mirror of relationship in which we are revealed to
ourselves.”
J. Krishnamurti

The only way to make a man trustworthy is to trust him.
Henry Stimson

Gratitude can transform common days into thanksgivings, turn routine
jobs into joy, and change ordinary opportunities into blessings.
William Arthur Ward