

Playing with Life
Contest to Win Free 1 on 1 Coaching
July 7, 2008

Our Lives.

Last week, we attended the global gathering of facilitators of the [Awakening The Dreamer, Changing The Dream](#) symposium. And it left us with a challenge: *What Now?* I invite you to make a big promise, bigger than you know how to do. I ask again: What Will You do to help Turn this crisis around? What will you do to be useful? What will you do to support environmental sustainability, spiritual fulfillment and social justice for all of us. Please let me know.

I ask myself this question every day. Right now, I keep looking at how I can shop with no plastic and buy only local foods. But that's today. Then what?

Today I read a [NY Times magazine article](#) that asked *Can Weeds Help Solve the Climate Crisis?* So I'm going to stop mowing the lawn. (Well I might if I was the one at our house who mows the lawn.)

Coaching (Want to win free coaching – see the contest below)

Have you ever “accidentally” committed yourself right on top of a previous commitment? – I did this last week.

This is not an uncommon circumstance. We either all fall into this or we skillfully avoid it. At any rate, it's worth looking at

I have been studying how to resolve the situation. Either way I have broken my word. I need to communicate with whoever I have to so I can be responsible and renew my commitment. One of the things I know about self sabotage is to apologize to myself, too – not beat myself up with guilt or shame, or other judgments.

So how to choose.

I could choose the one that's more comfortable to take – or choose the one that's easier to resolve. Or *measure* which one would matter more to who I am, to look at how I can grow from this non-coincidence.

My deciding factor was to choose the one that was easier to re-commit to. When this happens to you, how do you choose? Is it commitment or COMMITMENT?

I am running a contest!!

Email me your answer to this question or, simply send me, what are your commitments?

- **1st Prize** Free one month coaching
- **2nd Prize** Free 2 weeks coaching
- **3rd Prize** Free week's coaching
- **4th-7th Prize** Free session To Awesome Coaching

The Coach Recommends: For Your Friends

How can you decide whether my coaching can help you get what you want? Okay. You're smart. You think, "I enjoy reading, but I ain't gonna spend *money* on you!" But suppose I'd help you get what you want faster, happier and even be more fulfilled. Can you risk missing this? Can they?

Useful Quotes

Finding myself to exist in the world, I believe I shall, in some shape or other, always exist.

Benjamin Franklin

He saw all these forms and faces in a thousand relationships... become newly born. Each one was mortal, a passionate, painful example of all that is transitory. Yet none of them died, they only changed, were always reborn, and continually had a new face: only time stood between one face and another.

Hermann Hesse

As we live through thousands of dreams in our present life, so is our present life only one of many thousands of such lives which we enter from the other more real life... and then return after death. Our life is but one of the dreams of that more real life, and so it is endlessly, until the very last one, the very real life of God.

Count Leo Tolstoy