

2007 - A Year of Upheaval and Miracles

2007 was a remarkable year, full of upheaval, growth, unsteadiness, challenge, and change. It demanded of me - and my clients – powerful intent, patience, resiliency, and willingness to let go. Some discovered carefully constructed business structures or personal beliefs that were now impeding their growth. In our work together we examined and dismantled these, thereby allowing surprising and extraordinary outcomes to take place.

Following are just a few examples of how my clients* embraced change in 2007 and laid a firmer and more authentic foundation from which they can launch into 2008.

* Some names and details have been changed to protect confidentiality.

The power of intent

Sharon's mission is to bring dignity, peace and a sense of purpose to people who are dying. In less than three years she had created a thriving business in palliative care that serves centers all over the US. When she began working with me in April, she set an intention to bring her work to places where it is not done and is desperately needed. Her five year goal was to teach caregivers in Africa how to care for their dying in a way that would be genuine and appropriate for their communities. She wrote passionately about her vision, and let it go.

Within three months the universe responded: She was invited to attend a conference and to volunteer in a hospital and hospice in Kenya - She got to spend two weeks living her dream. Not only was she able to offer her expertise and love, she also received back unconditional love and recognition. Now she is in active communication with several communities in Kenya and planning the next phase of her vision.

Letting Go

John and Neil, co-founders of a thriving catering business, have been working with me since 2004. During this time they hired several full time employees, upgraded their marketing strategies, expanded their offerings to the community, tripled their client base, and doubled their income. They even explored the possibility of enlarging their workspace. Yet, even though they were experiencing steady success, something was amiss.

In our coaching sessions, through deep questioning, examining their fears and beliefs, and honest communication, they discovered that they needed to dissolve the structure of their partnership. In August, John purchased the business from Neil, who went on to create a company more in alignment with his personal and professional needs. Now, only four months later, both are happier and more successful than when they were business partners.

By letting go of a structure that no longer worked for them, they freed themselves to expand personally and professionally in ways that are surprising and life affirming. And they still are good friends!

Patience and Resiliency

Jill, a successful manager in a huge telecommunications company, supervises more than 30 employees. Although diagnosed with MS in 2003, she'd been thriving until last July, when she experienced her longest and most severe flare up yet.

Suddenly someone who excelled at taking charge, showing up for others, and juggling a full life, had to surrender. Using the support of my DreamShift coaching group and other resources in her life, Jill learned to receive help and be patient with slow, steady progress.

Some days her biggest accomplishment was to walk in a straight line. To help her get through the tough times, she created an affirmation: "When you get scared, remember that the scary times are a leap up, an opportunity."

Now, she is feeling much better and she continues to practice what she has learned. She focuses on being in the moment, trusting others, and being grateful. And she just became engaged to be married!

Telling the truth and letting go

In 2007 I had the honor to present to a variety of audiences throughout the country. The topic, "Don't Take Things Personally" was especially popular with middle management – people who often feel sandwiched between demanding bosses and unresponsive team members.

One of my participants, Joan, was a hospice nurse. In this workshop she learned how to detach herself from the demands of her boss, colleagues and clients, and uncover what she truly wanted. She found the courage to re-negotiate the terms of her job and create more time for her family and personal pursuits. In telling the truth, she not only restored balance to her life, she also set a precedent for other nurses who had been afraid to speak up.

She recently emailed me "These changes are profound and remain permanent. You have helped me go to a deep place inside so I can remember the truth of who I am. Then it becomes natural to ask for what I want." When she asked from this authentic place – and let go - she received even more than she could have imagined!

As you enter this new year, I hope that you find these stories as inspirational as I do. I am grateful that you are part of my life. Do let me know if I can ever help you live yours even more fully.

~Linda Landon, ACC (January 2008)