



## Composing A Life:

Teleclasses for the life  
you're meant to live

Are you composing your life, or are you just muddling through? Most likely, the answer is, "a little of both." Taking Composing a Life Teleclasses is a great way to get more fully on track and on purpose. What's more, they're FREE.

Composing a Life Teleclasses are held on Mondays at 1 PM Pacific Time. All participants must register by email: [life@coachladybug.com](mailto:life@coachladybug.com). Registrants will receive an email confirmation containing the phone number which you will call to connect to the class.

July 12 Multi-Level By Design: Choosing a network marketing business that fits your values and dreams. Special guest: Jacqueline Freeman of Excel. Absolutely NOT a pitch for any MLM, this is about discerning which, if any, company is right for you.

July 19: Pride & Joy, The Lives and Passions Of Women Without Children. Special guest: Terri Casey,

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**"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."**

Albert Einstein

## Connecting the Dots: Discernment

To discern: to perceive (something obscure or concealed). *The American Heritage Dictionary, Second College Edition.*

The word "discernment" showed up in my thoughts and conversation several years ago, connoting a way of perceiving the right course of action when right choices are not obvious. For me, discernment is a way of listening to my heart and taking care to hear the truth about what moves me forward or holds me back, and of getting past the distractions of fear and attachment.

As a coach I support my clients in the process of discerning what choices or commitments they are called to make. It is a creative process insofar as it taps into intuition and inspiration. It is a spiritual process insofar as it taps into trust and surrender. Discernment is a discipline insofar as it requires the patience, rigorous honesty, and thoroughness. While the context and outcome from each discernment process varies, what remains constant is the remarkable focus, peace and stamina that clients who practice discernment bring to their choices. They create for themselves a clarity that empowers them to move forward with both certainty and humility.

There are many ways to practice discernment. One of my favorite tools was developed by Scot MacLise and is reprinted here by permission.

### ***Is this an appropriate place to show up?***

- Do I feel fear? Can I identify the fear?
- How can I support walking through the fear?

### ***Is this an appropriate way to show up?***

- Am I showing up as my higher/better self?
- What are the key points to make?
- Is this who I intend to be?
- Am I meeting people where they are, not where I expect them to be?
- Does this accurately reflect my current bigger game?

Recently, I've learned that the word "discernment" has a particular meaning in the context of spiritual direction, where it refers to a process called the examen (exAYmen), developed by St. Ignatius of Loyola, founder of the Jesuits. In brief, the examen is a daily practice of asking two questions, each of which may be phrased in a variety of ways to support your personal discernment process.

Teleclasses, from page 1.

author of the book by the same name.

July 26, Superwebgirl! Special guest Jane Lindley gives us a grip on the World Wide Web and e-commerce. Check out her site, [www.superwebgirl.com](http://www.superwebgirl.com).

August 2, Passion Points. Linda Hanson, the Profitability and Passion Coach, zeros in on how to find your passion and what gets in the way. Visit Linda's website at [www.lindahanson.com](http://www.lindahanson.com)

August 9: Press Release Q and A. A full hour devoted to answering your questions around getting press coverage for your business. I've been teaching this material for eight years, and practicing it for nearly thirty. Use the power of the press to promote your practice now.

August 16: Composing a Career. Wanda Ross, Ph.D., Personal and Professional Coach will lead an eye opening and possibility-expanding course in assessing your career so you can take it to the next level.

August 23: A Newsletter-Naturally! Wonder if a newsletter is a good way to promote your business? I'll provide a four point checklist for determining if it's right for you and solid, practical answers to your how-to questions.

August 30: Get Maximum Value Working with a Virtual Assistant, with Debbie Buxton of InfoWord, [www.infoword.com](http://www.infoword.com). Learn how to enjoy the advantages of an office staff without the overhead. This is an essential session for any business owner who is crumbling under the weight of record keeping, marketing and administration.

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## The Bedside Table:

### a reading list

*The Sparrow* and *Children of God*, Mary Doria Russell. These two novels, set early in the 21<sup>st</sup> century, tell the story of Emilio Sandoz, SJ, and the first two missions to establish contact with life on another planet. The *real* story, though, is about the nature of good and evil and man's attempt to understand, love and serve a God that allows both to exist in the world. Highly recommended for good summer reads.

*Pride and Joy, The Lives and Passions of Women without Children*, Terri Casey. 20% of U.S. women are childless by choice or chance. The 25 interviews in this book paint a vivid and varied picture of the generative contributions, accomplishments and rewards that are possible for women who choose not to be mothers. An inspiring, thought provoking and affirming book with an important message for the millions of women who are choosing whether or not to have children. Author Terri Casey is my guest in the free teleclass on July 19<sup>th</sup>. (See *Composing a Life* on page 1.)

*Guerrilla PR*, Michael Levine. Without question this is the best all around handbook for waging a low cost, high impact publicity campaign. Get it, read it, and take the FREE teleclass on August 9<sup>th</sup>, a Q and A session all about press releases.

*Guerrilla Marketing*, Jay Conrad Levinson. What Michael Levine did for public relations, Jay Conrad Levinson does for marketing. Another indispensable tool for promoting your business.

*Secrets from The Red Toolbox*, Bill Hoke. If you want a simple, straightforward "How To" book written especially for the small or home-based business, start here. Order directly from the author: William Hoke, 19689 7<sup>th</sup> Ave. NE #179, Poulsbo, WA 98370, 360-697-HOKE, [whokey@grafhoke.com](mailto:whokey@grafhoke.com).

### Online Ordering

These and nearly a hundred other personally selected titles are available online through The Bookstore at [Coachladybug.com](http://Coachladybug.com) in association with Amazon.com. For your convenience, there are live links in the online edition of The Ladybug Leaf. In addition, you may search for and order any book in Amazon.com's extensive stock direct from my site. The commission I receive on your purchases helps underwrite The Ladybug Leaf, The New Leaf e-letter and the service portions of my website, [www.coachladybug.com](http://www.coachladybug.com). Thank you for your patronage.

### About The Ladybug Leaf

The Ladybug Leaf is a quarterly publication for my clients, colleagues, friends and family. We may know each other through coaching, seminars, my articles, the art world or just "from around." Subscriptions are free to interested parties.

All material in The Ladybug Leaf is protected by copyright. Please direct reprint requests to Molly Gordon, PO Box 10774, Bainbridge Island, WA 98110, [molly@coachladybug.com](mailto:molly@coachladybug.com), phone 206-842-1619, fax 206-780-3356.

Why a ladybug? The ladybug is my power animal, an emblem of reassurance, expansiveness, ease and balance. Not bad for a bug.

## Make it a Metaphor

### Sailing and the limits of control

I use a sailing metaphor to clarify the difference between the things I can change or influence and the things that are outside of my control.

A sailor is charged with controlling the boat, not the weather. It's the sailor's responsibility to respond to shifts in the wind and waves by using the most appropriate configuration of rope, canvas and tiller for the situation. No matter what the weather, the sailor is captain of the ship, and as such is accountable for being at choice about every adjustment in course.

No degree of sailing skill, however, will affect the weather. Similarly, in any life situation, there are areas in which we are called upon to exercise choice, and areas in which we are required to adjust to circumstances. In both cases, keen awareness is the foundation for effectiveness, whether in action or in surrender.

### Discernment, from page 1

- When today did I feel the most gratitude/joy/energy? When was I most able to give and receive love? When did I feel closest to God?
- When today did I feel the most ungrateful/unhappy/depleted? When was I least able to give and receive love? When did I feel furthest from God?

If the word "God" gets in your way, don't use it. The whole point of discernment is to support the love, energy and joy in your life, not to erect roadblocks.

I have only scratched the surface of discernment. I could write a book about the processes I have co-created with clients (now there's an ideal!). There *is* a book about the examen, ***Sleeping with Bread: Holding What Gives You Life***, by Dennis, Sheila Fabricant and Matthew, published by Paulist Press. It is available through The Bookstore at Coachladybug.com.

## Out on a Limb\*

### –with a phone!

I'm writing this from way out on my own personal limb where I am exploring the thrills and chills of using telebridges, the World Wide Web and email to lead classes and workshops. This particular limb is covered with blossoms and I see the potential for much fruit.

Telebridges are a telephone conferencing technology that can connect anywhere from 30 to 150 persons on a single call without a conference operator. Each participant simply dials the bridge number at the appointed time. In concert with email and the web, telebridges are powerful vehicles for creating a distance learning community.

I am enchanted with the idea of offering and experiencing real time, just-in-time learning from the comfort of my own home or office. I am jazzed about the potential for creating true learning communities, virtual seminars where committed students from anywhere in the world can come together in a collaborative quest for knowledge and interaction, not to mention fun.

As a result of my excitement I have reserved my own bridge line beginning July 1, 1999. I'll use it to lead free teleclasses (see listings beginning on page 1), affordable group coaching and conferences for the participants in my online workshops, Creativity!, Playing Your Bigger Game and Show Me the Money! Other possibilities are a monthly telebridge bookclub, a coach's round table. If this technology captures your imagination and you'd like to collaborate, give me a call. My website, [www.coachladybug.com](http://www.coachladybug.com), and the weekly email newsletter, The New Leaf, will keep you apprised of telebridge activities. For a complimentary subscription to The New Leaf, drop me a line at [subs@coachladybug.com](mailto:subs@coachladybug.com).

*\*that's where the fruit is!*

## Can we talk about ME?

My years as a full time studio artist unlocked capacities for learning and ways of knowing that I could not have accessed apart from making art. Knowing this, I do a routine creative inventory. Am I open to creative inspiration? How is my creativity being expressed? Where is creativity showing up in my life? Am I using my creativity to give back to my community? Is there a complete and renewing exchange of energy that keeps my creative juices flowing? Where am I feeling blocked, resentful or grasping?

Reflecting on these questions recently, I realized that my life and work today are the culmination of a life long wish to live my life as a work of art. Today, through coaching and the natural extensions into teleclasses and online workshops, I feel my creative abilities fully engaged and expressed. What's more, this work so energizes and supports me that I have time and space to continue my voice training, to sing in the Bainbridge Chorale, and to participate in an online art community at Café Utne.

I share this here because it was in another newsletter, three years ago, that I announced I was closing my production studio to devote more creative time to the themes of Time and The Body. I had expected those themes to be developed in traditional (well, more or less traditional!) art forms such as doll-making, fiber art and performance art. While I do have some works in progress in these media, I see my life, the way I experience Time, and the energy and information that flows through my Body, as the real work in progress. You won't find this work of art on a gallery wall, but I intend to keep revealing it in this newsletter and in all of our interactions. Namasté.

# The Ladybug Online

## Make your PC a personal conference center

You're tired of playing small but let's face it, you're already busier than you want to be. Where will you find time and space to grow into your bigger game? At my online workshops, that's where. Online workshops turn your computer into a personal conference center. Log on any time day or night, point your browser to [www.coachladybug.com](http://www.coachladybug.com), follow the links to the workshop of your choice, and dive in.

Online workshops may be the most convenient way ever to tap into new information, inspiration and motivation. In addition, you are in complete control the pace and intensity of your learning. Once you're online, you can print or download the exercises, share your experiences and read the posts of other participants. Chats and teleconferences provide additional opportunities to deepen your learning. What's more, every one of my online workshops is free.

Why free? Because I need your participation and feedback so that I can design the most engaging, flexible and customizable online learning environment on the web.

Creativity! Creativity encompasses a plethora of learning and living skills including intuition, recognition (the

"aha!" experience) and innovation.

When you make a conscious investment in your creativity, you gain knowledge, expand your skill set, and enhance your emotional and physical health. Not a bad return on investment! Loosely based on *The Artist's Way at Work* by Mark Bryan, Catherine Allen and Julia Cameron, amplified and expanded with exercises and challenges culled from my years as a studio artist and business owner.

**Playing Your Bigger Game.** Learn to coach yourself and play your bigger game with effortless grace. This workshop develops such self-coaching skills as using powerful language, naming your gremlins, clarifying your values, and developing empowering habits.

**Show Me the Money!** My newest workshop is in the developmental phase at Amazon City, a warm, hip site dedicated to empowering women online. Target launch date: September 1, 1999. Prior to the formal launch, you can join in the conversation as we design the workshop. Come to the Amazon Café, [www.amazoncity.com/cafe](http://www.amazoncity.com/cafe). Register to receive your Amazon City Passport, and head to the Hangout or Money topics. Feel free to phone or email me for help. 206-842-1619; [money@coachladybug.com](mailto:money@coachladybug.com).

## Online Privacy Policy

I respect the privacy of all of my subscribers and of the visitors to my website and online workshops. I will never rent or sell your name, your email address or any other information which you may share in the course of doing business with me online. Period.

## Free Email

Now you can get free email at Amazon City. Go to [www.amazoncity.com](http://www.amazoncity.com) and click on Free Email.

## Email Tip

Here's a tip you'll want to try right away if you send the same email message to more than one recipient. Rather than placing the addresses in the TO field, put them in the BCC field. This has two advantages: it protects the privacy of your correspondents by concealing their addresses and it saves space in the message your recipients get because all those addresses don't scroll down the screen.

## Redesign Update

Work continues on the redesign for [coachladybug.com](http://coachladybug.com). I'm delighted with the concepts that Jane Lindley of Superwebgirl ([www.superwebgirl.com](http://www.superwebgirl.com)) has come up with. I expect to launch the revised site in late fall. Meanwhile, I welcome your suggestions, requests and input.