

Many times we wait to attempt to change, clinging to the past rather than planning for the future that inevitably awaits us. High achievers, conversely, continuously look forward, changing before we must, knowing that the best way to transform is from a position of strength.

Changing Ahead of the Curve

October, 2009

Hi ladies ... October... I cannot believe that we're ¾ through 2009. It's just mind-boggling. But here we are.

There's so much going on here at Jaynyk...First of all, obviously, the newsletter is going out by email. I guess that's a good sign; the distribution list has grown to a point where it's no longer economically reasonable to send it by postal. The other change is that it's going to one-page and will be sent monthly rather than quarterly...Please, please, please let me know if you want to "unsubscribe." I'm happy to remove you from the list.

The other big news is that I'm opening up my coaching to include personal, business and golf coaching. Yup...I said golf. Sometime in the past few months, I began to see how much I was limiting myself by calling myself a "financial" coach, and as I started to open things up, they really opened. I realized how much I enjoy talking with women about their businesses and began to do some business coaching and consulting. Then, after spending the summer on the golf course with a new group of ladies, I began to see how much experience I have to share. It's certainly not an optimal time of year to begin to promote golf coaching, but I'm totally excited about spending more time on the golf course next summer. And I'm also very much looking forward to working with women on topics other than money. If you are struggling or want to make some changes or progress in any area of your life, please reach out. Alternatively, if you know of someone who you think would benefit from coaching, I'd greatly appreciate the referral...

Ok... on to the good stuff. I got so much great feedback on last quarter's newsletter regarding *The Untethered Soul*. The book was recommended to me by Judy Copp of A Higher Balance Healing Center (www.ahigherbalance.com), and I've been told that book study groups are forming all over the country as a result of my sending a copy of it to my own coach. Consider putting it on your reading list.

What I'd like to share with you this month is from last month's Oprah magazine. It is from a small piece about Pema Chödrön, a Buddhist nun and former elementary school teacher. The following passage is adapted from her 11th book, *Taking the Leap*:

"If right now our emotional reaction to seeing a certain person or hearing certain news is to fly into a rage or to get despondent or something equally extreme, it's because we have been cultivating that

particular habit for a very long time. But as my teacher Chögyam Trungpa Rinpoche used to say, we can approach our lives as an experiment. In the next moment, in the next hour, we could choose to stop, to slow down, to be still for a few seconds. We could experiment with interrupting the usual chain reaction, and not spin off in the usual way. We don't need to blame someone else, and we don't need to blame ourselves.

Pausing is very helpful in this process. It creates a momentary contrast between being completely self-absorbed and being awake and present. You just stop for a few seconds, breathe deeply, and move on. Chögyam Trungpa used to refer to this as the gap. In the middle of just living, which is usually a pretty caught-up experience characterized by a lot of internal discussion, you just pause. And once you start doing it, pausing nurtures you; you begin to prefer it to being all caught up."

I think this is the best advice I've gotten in a long time, and I've been using it over the past month or so. It's such an amazing practice. Stop and think about how you want to behave or react before you do it. Don't hit the "send key" until you've had a chance to consider both the relevant facts and the ramifications of your response. Or simply don't respond at all. There was something about this idea that just made such a huge impact on me ... Pause... What a concept...

As we leave the summer behind and head into the season that many people consider their favorite, I wish you much peace and happiness. Happy October, j



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My mission is to provide guidance, encouragement and support to women as they look beyond the internal dialog that limits their success.