

Spark*

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Online Newsletter by
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Catch the SPARK to honor your values, envision your success and tap into your creativity.

BEGINNER'S MIND – Beauty and Power in the Present Moment

Have you ever watched a child who is just learning to walk? Their sheer joy is contagious! The sense of amazement and accomplishment in their eyes reflects a special state of mind. In martial arts and many Eastern traditions, this is known as “beginner’s mind” - being fully engaged in the experience, fully present in the moment, without expectation or comparison. This is where true learning happens.

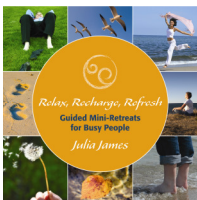
Years ago, I practiced a martial art called Aikido. My sensei (teacher) was a very quiet Japanese man who taught primarily through demonstration, not words. But if he saw someone “going through the motions,” he would gently remind us to move back into beginner’s mind, where we could be fully attentive and apply the best of ourselves.

This simple concept can enhance our experience of any aspect of life. It brings joy to even the most mundane tasks, and it helps us develop a stronger sense of awareness in everyday life.

If you find that your life or current activity is feeling a little boring, here are some tips to help shift your perspective.

Practise Beginner's Mind

- Do something new at least once a week. Whether it's trying a new restaurant or talking to a stranger, experiences that are out of the ordinary will shift your mindset.
- Do an ordinary task in a different way. Try taking a new route to work or even brushing your teeth with the opposite hand.
- Pause in the middle of an activity and ask yourself: how would it feel if I was doing this for the first time in my life?



Remember to give your mind a break! Take a Mini-Vacation on a daily basis with Guided Mini-Retreats. 10 minutes of sheer bliss!
Visit www.juliajames.ca Visit www.juliajames.ca to order Guided Mini-Retreat CDs.

JuliaJames 

Julia James is a Certified Life Coach. She partners with busy professionals to help them achieve balance in their lives.

Julia creates a safe space for clients and group participants to explore their passion.

For more information visit: www.JuliaJames.ca

If you find this newsletter valuable, please forward it to someone who will benefit.