



February News

INSPIRATION....

"When you are inspired... dormant forces, faculties, and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be."

~ Patanjali ~

Wayne Dyer recently wrote a book entitled "Inspiration, Your Ultimate Calling". For those of you who have read the book, you will recall his amazing story about a butterfly in Maui. For those of you who haven't read the book, I will summarize it briefly for you...

Wayne's friend and minister, Jack, loved the Monarch Butterfly and was known to marvel at the beauty and intelligence of these little creatures. Jack was also known for his continual expression of gratitude; he always ended each and every one of his services with the words, "thank you, thank you, thank you." After Jack passed away, for Wayne, the butterfly became a reminder of Jack and a symbol of gratitude. Hence whenever he saw a butterfly he would repeat Jack's words to himself: "thank you, thank you, thank you." On three occasions since Jack's death, a butterfly had landed on Wayne. This of course only served to *inspire* even more gratitude in Wayne as he knew it was a rare occurrence for this timid creature to seek out human companionship.

Then one day Wayne was taking a walk along the beach near his home in Maui. He was thinking of his friend Jack and feeling grateful for having just completed the second to last chapter for his book, "Inspiration". As he was heading back home, he decided to take a slight detour and instead travel along a grassy area adjacent to the beach. Still thinking of Jack as he walked, a butterfly suddenly landed not three feet in front of him. As he approached the butterfly it flew off; Wayne smiled and said, "thank you, thank you, thank you." At that very moment the butterfly did a u-turn in the sky and came back and landed right smack on Wayne's finger.





Now this wasn't so strange given that he had had the experience of a butterfly landing on him three times previously (and he is Wayne Dyer after all!), but to make a longer story short, this particular butterfly subsequently became Wayne's constant companion for the next 2 ½ hours!

If you want to read the full story (and it goes on to be even more synchronicitous), I invite you to read Chapter 18 of his book. The cover of the book is a picture of Wayne with the little butterfly perched on his finger.

Anyway, I have taken the time to share this story because it highlights the importance of symbols in our lives as a source of *inspiration*. And in fact, the 'butterfly' just happens to be a symbol of *inspiration* for me! (Note the butterfly logo for Hina Coaching & Seminars and also that Hina is the *butterfly* goddess of the Pacific Islanders.) For me, however, the butterfly symbolizes strength, courage, transformation and new beginnings. And I also share with Wayne the belief that the spirit of a loved one lives on in every butterfly that I see.

What about you? Do you have a symbol that *inspires* you? Is there a symbol that you turn towards when you are in need of a dose of *inspiration*?

Of course, in the month of February and on Valentine's Day in particular, we can't help but be reminded that the symbol of the heart is meant to inspire *love*. If you are single, do you feel a renewed interest in seeking out a romantic partner during the 'month of love'? If part of a couple, do you feel *inspired* to express your appreciation and love for your partner more than you do at other times of the year?

And what of the *inspiration* itself... *LOVE*. Why do we continue to pursue it, even when it can cause us such pain? The experts say that we unconsciously know that love and an intimate relationship hold the key to our growth. They say that we all have a deep understanding that true love can and will *inspire* us to reach our fullest potential. So maybe dedicating a whole month of the year to love is not such a bad idea. In fact, perhaps we should carry the symbol of the heart forward to all of the other months of the year as well, to continually *inspire* us to pursue the desire of love?

In any event, whether it's a butterfly, a heart or something else, I am thinking that symbols serve to *inspire* us to pursue our dreams. That when we are detoured by life's difficulties or when our 'gremlins' are getting in the way of our success, these inspirational symbols act as beacons to help guide us toward our destination; they lift us up and keep us connected with our higher purpose or, if need be, ground us and give us the courage to keep taking one step at a time here on earth. So, I'm curious, what is your symbol? Do you have one yet?

P.S. I hope that you are *inspired* by something special this Valentine's Day. xo



UPCOMING SEMINARS & EVENTS



STAY RIGHT, STAY CONNECTED

Stay Right, Stay Connected is a one-day seminar specifically developed for...
Couples (old and young) that want to take their relationship to a new level, Engaged Couples and/or Newlyweds

Date: Saturday, March 7th, 2009 ~ 9:00 to 5:00 p.m.
Held @ Ravenswood Studio, North Vancouver

Cost: Winter Promotion \$150.00 per couple
Regular Price: \$250.00

By attending this seminar you can expect to:

- Learn and practice a powerful technique to transform how you resolve conflict
- Create a lasting and meaningful vision of your relationship
- Learn how to keep passion and romance alive as you grow old together
- Understand and anticipate the challenges all couples face
- Deepen your commitment and connection
- Walk away with a greater understanding of yourself and your partner

This seminar is limited to 8 couples... so register early.

To Register call Katie at 778-772-9066 or register on-line: www.hinacoaching.com

NOTE: Additional seminar dates have been scheduled for Saturday ~ April 4, May 2 and June 6, 2009

FREE IMAGO INFORMATION EVENINGS

HELD THE LAST WEDNESDAY OF EVERY MONTH

Next Session: Wednesday, February 25th 7:00 to 8:30 p.m.
@ Ravenswood Studio, North Vancouver

NOW ALSO OFFERED AS A TELECLASS
Next Session: Monday, March 2, 2009
7:00 – 8:00 p.m.

Please Register On-Line
www.hinacoaching.com
Click on "Personal", "FREE Imago Intro Evening"
and then "Register"

THE BUTTERFLY EFFECT

"A little change can have a big result"



This month's *Butterfly Effect* contributors were chosen by me because they are an *inspiration* to us all... they had a dream to own property in Maui and they made it come true....

Please visit: http://web.me.com/deansmith3/Maui_House/Welcome.html and enjoy a virtual tour of their property. To find out what *inspired* them to pursue their dream, read below....

"2 years ago, Peter felt like he needed to change his busy life....

"The minute I got off the plane, I knew that I had landed at a very special place. The balmy warm breeze, the soothing light gently penetrating every inch of my body, the incredible smell of flowers..... It felt like the rhythm of the waves of the deep blue Pacific slowed everything down, washing away the stress of my busy life back in Vancouver. I felt like I had arrived home.

The Secret of getting what you want...

A few months later, we decided to go on dreaming and created a computer folder called *Maui Living Plan*. This was soon after we read "The Secret" - a book that says that you can have anything you imagine - you just have to believe it. "Oh yeah, just dream on, our bratty inner voices said, you can't afford a house in Maui..."



Well, we didn't listen and went for our dream - not knowing how the it was going to happen. We just wanted see if the power of intention really works. There was nothing to lose! As a part of the Secret, one is supposed to practice "the future reality." Almost like in a dream, we walked into a real estate office and met Laurelee Blanchard, our real estate agent, animal advocate and now our very dear friend.



A year later, in April 2008, we found our home and 2 incredible friends to share the purchase with. In fact we bought the house for Skai and Peggy - our dogs. The thing is we promised them that they will run on the beaches there....and how could we break this promise (or lose such an excellent excuse)!

We hope that you too will be able to experience the incredible island of Maui, recharge, regenerate, have the time of your life..... and just be.

Our house is a place of gathering, friendship and harmony and we hope that you will be able to come and enjoy it too....”

For Rental inquiries contact peterdobias@mac.com

Cheers,

Katie



P.S. If you are curious, like me, about the reoccurring Maui theme in this Newsletter, it was not intentional ~ it just seems to have unfolded that way.... Hmmmm ☺