

THE BUTTERFLY EFFECT

"A little change can have a big result"



JANUARY 2010 NEWS

~ Happy Belated New Year ~

I don't normally contribute to The Butterfly Effect section of our newsletter ~ nor is The Butterfly Effect usually the only section of our news ~ but I wanted to take this opportunity to update you all personally on the direction of Hina Coaching & Seminars for 2010. Until now, I have been answering your queries regarding the availability of coaching services and workshops one-by-one. The intention of this newsletter is to share with you all where I have been and to let you know what you can expect from me in 2010.

After an exciting but demanding year launching my coaching practice, as many of you know I suddenly and unexpectedly lost my mom in April 2009. Within weeks of her passing Pat and I got married in our home. The wedding was followed by the challenges of wrapping up my mom's estate, trying to make sense of her absence and, at the same time, attempting to fully embrace the joys of newly married life.

As a result, I decided to take a sabbatical over the summer. I told all of you that I would be back in September and I was. However, after only a few months it became clear to me that I needed much more. The summer break had been taken up 'doing' all of the things that needed to get done and now I needed to just 'Be'. I realized I remained physically, emotionally and spiritually depleted and that I wasn't going to be able to show up for my clients in the ways that I wanted to.

So I decided to reinstate my sabbatical. After a beautiful honeymoon in Costa Rica over the Christmas holiday, I came home and re-directed my focus inward ~ towards greater healing of mind, body and spirit. The workshops scheduled for the first part of 2010 were cancelled and I made a clear decision not to take on any new clients.

In this present moment, I am not sure for how long I will be on sabbatical. But what I am sure of is that I remain as passionate as ever about coaching, my work in Imago and with wanting to share with you what I learn about relationships every day.

So the newsletters will continue. I promise to provide ongoing tips and techniques for you to try, to see if they enhance your relationships with your partners, children, family, friends and/or co-workers. You will also receive updates as to the availability of workshops and coaching services, as they become known.

But most importantly, I promise to continue to be there for you by phone or email; to hear your relationship concerns and to refer you to my colleagues as appropriate.

Finally, I want to thank you for your unwavering support throughout the challenges of the past year and, from the bottom of my heart, wish you peace, joy and happiness in 2010 and beyond.

Namaste ~ 'the light in me sees the light in you' ~

“Mindfulness is about an attitude of mind, about letting go of the project of creating ourselves and instead paying gentle, firm attention to whatever presents itself. One moment after another.”

Katie



Photo: Arenal Volcano, Costa Rica, December 2009

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