



the Dragon Flyer

Every door conceals a dragon blowing flames, daring you to step across the threshold and yet for those willing to ride the beast, there is strength, courage and the ability to stride into a life that you have only dreamed possible

I Will Not Die An Unlived Life by Dawna Markova

I will not die an unlived life.
I will not live in fear
of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible;
to loosen my heart
until it becomes a wing,
a torch, a promise.
I choose to risk my significance,
to live so that what came to me as
seed
goes to the next as blossom,
and that which come to me as blossom,
goes on as fruit.
I Will Not Die an Unlived Life:
Reclaiming Purpose and Passion

“Don’t rush. Give yourself the time to process your life.”

Sarah McLachlan Oct 27,
CBC interview

What would happen if we took the time to look at our lives as they happened? Taking walks, meditating or just sitting quietly listening to our insides? Would we seem busier because of the extra time we were using or would we actually slow time down, be more deliberate and live from choice and not default?

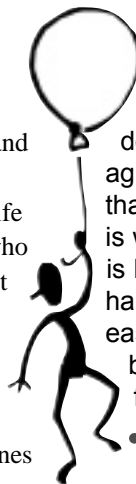
“Given a choice between two theories, take the one which is funnier.”

from Blore's Razor

Is there Magic?

A realist will tell you that there is nothing that can't be explained through science or logical thought and yet that discounts so many amazing things. Those who are looking for life will find it in all places and those who are glued to reality and logic will let it pass under their noses. Which of those are you?

“Magic is born of the land and the ones who go places in life are the ones who take the time to let magic seep inside of them: sitting all quiet, watching, listening and learning. . . Making yourself available to that magic is like leaving the door to your insides unlocked.”
(Ma from “Keeper’n Me” Richard Wagamese, 1994 p 8)



Making it easy

We are taught from an early age that life is hard. Any thing worth doing is worth doing right...OK I agree, but what is it in that statement that makes me think that anything that is worth doing has to be hard? What is hard in your life? What makes it hard? What could you do to make it easier? What do you have against it being easy? A life that is a lived from passion will be easy. Try it.

“I want to be thoroughly used up when I die. For the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It's a sort of splendid torch and I want to make it burn as brightly as possible before handing it on to future generations.”

- George Bernard Shaw

Coaches corner

Dear Champion:

*I was carved from a lump of wood but now want to be a real boy. No matter what I try my conscience gets me into trouble and the Blue Fairy tells me that I am never going to get there.
Help. - Pinocchio*

Dear Pinocchio,

It sounds like the Blue Fairy a true friend, has an agenda for you. A Whole life coach would help you find your own path to a fulfilment. Good luck! .

Dear Champion:

Lately where ever I go a flock of miniature, sparkly dragons follows me. I don't know what it means but it is somehow comforting. The real problem is, most of my friends are afraid of getting dragon droppings in their hair and have stopped inviting me to lunch. - Hungry

Dear Hungry:

What is the importance of the dragons in your life? What about your friends? What do you really want? Aren't dragon droppings magical?

Send your queries to coaches corner and let our Champion fight your dragons

“Whatever your dream is, show up. Pluck the strings, put your hands on the clay, dance even though you feel you are hopeless. Don't skip the days when everything seems confusing or your doubts are overwhelming. Show up half dead and find the part of you that is so alive that it will awaken the parts which you thought lost forever. Don't judge. Just do it and the rest will come.” - Contributed by Aprille Janes



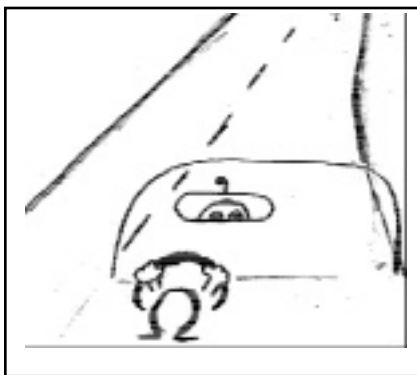
Gremlin Watch

Gremlins are whispery, little spider like creatures that crawl though your thoughts and keep the status quo by assuring you that you can't, or you must, or you should, whatever, but not usually what you would like to do. Sometimes they sound like your mother saying don = t cross the street, it is dangerous; don = t do that, someone may laugh. They cloud your thinking by pulling webs over your mind, making you forget important things and whispering that the doable is impossible. They are so smart that sometimes they make you think that their little voices are your own legitimate thoughts. Shame on the!

What do your gremlins say?
Are you listening?!



Taking your life in your hands



This afternoon I am taking my newly minted 16 year old son to the Ministry of Transportation to write his G1 test and get his beginner driving licence. He is so excited and told me as he crawled between the sheets last night that he was going to drive me all the way home. Ha! Lets get real. I have been driving him for 16 years and it will take some time for me to get used to him behind the wheel. In my minds eye I can already envision his wavy progress down the road, too close to the line here, over the ditch there. My stomach is doing acrobatics even as my imagination lurches up to a stop sign, or worse still, doesn't stop at all. Augh!

This got me thinking about my grandmother, features screwed together in disapproval, staring hard at my father as he explained that he was starting his own business. “You, are taking your life into your hands,” she accused shrilly, “You should know better.”

Even as a child I could see the slope to his shoulders as he started his new business without her blessing.

It occurs to me, that my son is about to take his life into his own hands, my life too perhaps. That leads me to wonder, WHO IS DRIVING MY LIFE? Whose hands would I rather have in control than my very own? And my son? Who should be holding his life? He is 16. He is starting to handle his own wheel. What about you? Who is driving your car? Who has your life in their hands?

When we are born, shiny and new, we are protected and eased down the roads carefully by our guardians. Now however it is time to look again. Are we passengers in our own life, viewing scenery chosen by someone else or are we driving? It is time to update our license for living and drive until we use up every last drop of gas, no regrets, just the wide open road.

Thanks for reminding us Eleanor

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.”

- Eleanor Roosevelt (1884 - 1962)

Homework

What is the thing you think you cannot do? Why can't you do it? What if you could? What if doing it would be the very thing that would release you to a the amazing life that you not only want but are meant to live? Leap and the net WILL appear. Let fear be your guide. Go for it.

Please pass your copy of the dragon flyer to a friend...and if you want your own copy or copies of back issues, contact us at lifelines@ican.net

I am Looking for your stories, ideas, poetry, cartoons, book reviews and general nourishing goodies.

“There's always something to suggest that you'll never be who you wanted to be. Your choice is to take it or keep on moving.”

- Phylcia Rashad

The Dragon Flyer is a production of LifeLines Whole Life Coaching. For information about coaching or inviting a coach to be your companion in your journey to rediscovering the joy and magic in your life call Vicki at 905-473-1284 or email lifelines@ican.net

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