



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

Creativity is not something that you sew, splash on canvas or even dance across the stage. Or maybe it is that too but creativity, at least the way I see it, is a way to live your life. It is getting up in the morning and deciding on the way your day will be. Do you allow the weather to create your life for you...it is a sunny day so I will be energized and happy, or, it is a cloudy day so I will storm through the hours...or do you let other people create it? Do you let your moods be swayed by the cheeriness or lack of it in family members or colleges?

What would happen if you took out your own box of crayons and coloured the day the way you would like it to be? "How to use a box of crayons": A title like that would make you think that there is a right and a wrong way to put down colour. Remember that kindergarten teacher insisting that Easter chicks had to be yellow? She pointed relentlessly at the yellow crayon with a



look of disgust on her face as you tried to make the fuzz a soft purple. "There is no such thing as a purple chick." She stormed. You believed her and tried to cover the offending colour with yellow, which only made a mess. How did she know that in your 5-year-old mind purple chicks didn't swoop through green skies? How could she hold you back that way? If that teacher was holding the instructions to laying down the colour of your life, you would probably colour it safe and easy but what colour is passion, truth or life's grand adventure? Don't forget, you hold the crayons. The paper is yours and you get to streak it to your taste, till it tickles your fancy. You are not here to make that teacher happy

"Creative minds have always been known to survive any kind of bad training." Anna Freud

Workshops:

In the fall of 2006 I am offering workshops designed to help you move towards "sliding in sideways." Email for locations or to set up a group or mini retreat.

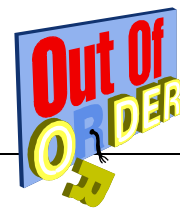
"Those who wish to sing, always find a song."
Swedish Proverb

Pull Yourself Together:

Fragmentation is what happens when we clone ourselves, separating our lives into, work, home and life. It is from this scattered position that we begin to wait for real life to happen. We wait for the kids to grow up, the debts to be paid, to have a job where we can express ourselves or for retirement. In severing all of our parts we sometimes miss the fact that life is what happens when we are making other plans. It is not surprising to find yourself longing for something in this situation. You are longing for yourself to be whole and experience life as it happens, not in frames like a sit-com or in pieces. In light of that, "pull yourself together," becomes better advice than I first thought.



Vicki Pinkerton is a Certified Professional Coactive Coach and is dedicated to helping those who are seeking extraordinary personal and professional lives, create them. Vicki is a workshop leader and speaker. For workshop titles and locations email lifelines@ican.net or leave a message at 905-473-1284. www.lifelinescoaching.org



Book an evening of Fun and Fulfilment with Vicki. Invite your fiends. Discover ways to overcome your uncertainties and plot a course to a more fulfilling life. Evenings usually start at 7 and end at 10. Call to book your time soon.



Sliding in Sideways:

Sliding in sideways implies a journey through life, filled with joy and adventure. The road may be long and rough but the ride is to be savoured, allowing the richness sink into us moment by moment. We are born to live....so why do some days, months or years feel like we are just surviving?

“Sliding in Sideways” will help you pull the fragments of your life together so that you will not be a division of hats (worker, parent, chauffeur, child, friend, spouse...) You will investigate the things that fuel your core and learn to identify the gremlins and roadblocks that keep you from living from that core. You will laugh, perhaps share a story or two and leave having made commitments that will shift your life so that you too can “slide in sideways.”

Writing from the core: As readers we are moved by authors who seem to know our secret longings and motivations. Those writers appear to pull their words from the depths of human and emotional understanding. As writers we are not content with writing from the surface. We want our words to touch others. We want to write from the core.

This workshop will help you do just that through a series of meditations, writing exercises and games that pull us into the mysteries of ourselves. Participants will also examine roadblocks and barriers that we put in the way of our writing. In the universe only your voice can say what you are meant to say. Don't silence it. Write from the core.

“The role of the writer is not to say what all can say but what we are unable to say.” --Anais Nin

“**Are We There Yet?**” You are motivated, you know what you want, and yet, it isn't happening. What is standing between you and the life you yearn for? In this workshop, participants will explore the life they want and then, the reasons and roadblocks that prevent them from getting there.

All workshops can be tailored to a weekend retreat, a daylong workshop, a keynote address or a 2-hour presentation. What do YOU want? Get out your crayons and let me know.

Are We Humans Being or Doing?

We went for our first vacation in years this summer. A borrowed cottage on the edge of Golden Lake in the Ottawa valley was our home for a week. I relaxed, read, relaxed, caught up on lost sleep, read, relaxed, swam, canoed and relaxed. I spent a lot of time on the dock thinking about nothing and watching the reflection of the sky in the water. One day, as I dangled my feet in the water the weathered, worn legs of the dock caught my attention. A light breeze blew the water into them causing concentric circles to move back into the lake. I was struck by the idea that the dock, standing firm in the water, not moving had the power to effect its environment. In the same moment, I was surprised to see that my feet and ankles dangling unmoving in the clear water were having the same result.



It has been a long time since I have been totally still without a project in my mind. I stayed there watching the water with the sun dancing upon it letting my thoughts form around what I was seeing. I thought about my life. I am always ‘doing’ and busy making an impact on my world. At that moment, I sat on a dock quietly just being and the space around me was affected. Is it possible that I can simply “be” and make an impact on my environment? Perhaps I have been trying too hard to be a human ‘doing.’ What about you?

*“There is a vitality, a life force, an energy that is translated through you into action. Because there is only one you in all time, the expression is unique. If you block it, it will **never** exist through any other medium. The world will not have it. It is not your business to determine how good it is, nor how valuable, or how it compares with other expressions. It is your business to keep it yours clearly and directly – to keep the channel open” Martha Graham*

The Dragon Flyer is a production of muse and passion, not necessarily perfection. If you are at all offended by the grammar, spelling or content, please join the team and offer, your thoughts and editorial perspective. To contribute or comment email lifelines@ican.net My thanks to those who contributed quotations, many of which I used and some of which kept me dancing and smiling.

Please pass this along to your friends. *Thanks Vicki P*