



the Dragon Flyer

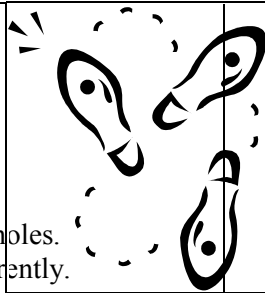
Every door conceals a dragon blowing flames, daring you to step across the threshold and yet for those willing to ride the beast, there is strength, courage and the ability to stride into a life that you have only dreamed possible

Choose To Dance with Life: We all have choices even if we choose not to choose. We can decide to be angry, proactive, reactive, to smile, or to laugh. Life gives us many avenues. The direction we take is for us to decide. Our biggest obstacle is thinking we have no choice. That is a myth. Test my theory. Choose to dance with your life.

Here's to the crazy ones.

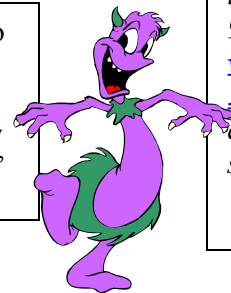
Here's to the crazy ones.
The misfits.
The rebels.
The troublemakers.
The round pegs in the square holes.
The ones who see things differently.
They're not fond of rules.
And they have no respect for the status quo.
You can praise them, disagree with them,
quote them, disbelieve them, glorify
or vilify them.
About the only thing you can't do
is ignore them.
Because they change things.
They invent. They imagine. They heal.
They explore. They create. They inspire.
They push the human race forward.
Maybe they have to be crazy.
How else can you stare at an empty canvas and
see a work of art?
Or sit in silence and hear a song that's never
been written?
Or gaze at a red planet
and see a laboratory on wheels?
While some see them as the crazy ones,
we see genius.
Because the people who are crazy enough
to think they can change the world,
are the ones who do.

(from an ad for Apple computers)
www.apple.com/thinkdifferent



Food Wisdom: A wise cook knows that when subjected to boiling water, a carrot, strong and hard, softens and becomes weak. An egg, fragile and fluid, deals with adversity by hardening it's interior and becoming inflexible. Coffee beans on the other hand are unique. When subjected stress, they change the water around them. Which are you when adversity knocks, a carrot, an egg or a coffee bean?

"It is important to remember that at first flush, going sane feels exactly like going crazy."
Julia Cameron



A Gremlin Moment: Gremlins are in the business of pointing out our fences, the limits of our yards. Remember, the grass IS always greener on the other side so stretch your life, past your fences, across the field, through the river, up the hill and down the other side to what ever exists in that adventure.

Pessimist: One who, when he has the choice of two evils, chooses both. *Oscar Wilde*



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"The most regretful people on earth are those who felt the call to creative work, who felt their own creative power restive and uprising, and gave to it neither power nor time." *Mary Oliver*
BLUE PASTURES





If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise. *Robert Fritz*

What is your perspective? Do you believe that life is hard? Do you feel safe? Happy? Deserving? How is your point of view different from that of your children, your dog, your gold fish, or even your old sofa? Does that sound silly? I guess it does but sometimes, spending some time in a different perspective can shift life. Could you sleep better if you invited a different perspective to be part of your life? I often have my clients play the perspective game. Let me walk you through it here.



The Perspective Playground: Here is an exercise that will help you play in new perspectives. Be creative. Remember, we have been trained since birth to be logical and thoughtful when making choices. If you find yourself in a rut, unfulfilled or on the proverbial treadmill, keep in mind that you have planned, logicked and thought yourself into this position. To make real change, perhaps it is time to follow your gut, your heart and your creative imagination to a new way of thinking.



- 1) Identify your issue as a perspective and give it a name. (*I am in the exhausted perspective*)
- 2) Brainstorm other perspectives without judgement. (*brainstorming is always the fun part, go crazy...Rich, Ballerina, Stone house, Hot red Porsche, Hot air balloon, Celebrity, collie dog, or butterfly perspective....it just doesn't matter. Find 6 or 8.*)
- 3) Try each on. How does it fit? Here it would help if you change your body's position while you try on each point of view. (*If you were in the rich perspective, how would things change? What would be the biggest change? What would you enjoy? Play with this idea*)
- 4) Choose the one that seems to resonate for you. (*The Porsche perspective may hold freedom, speed, zest, ability, generous spirit and more for you. Picture your life if you handled it from this perspective. Decide what would have to be changed in your life to assume the Hot Red Porsche perspective. Perhaps you would need to exercise more to fit the picture of a HRP driver*)
- 5) Make a plan for a life in that perspective.
- 6) Commit fully to that perspective for a do-able time frame, usually one week. You can do anything for one week. (*In committing to the perspective it is much more powerful if you move your body into it. Stand one side of a doorway. In a firm voice say, "I am laying down my exhausted perspective and stepping into the HRP perspective until next Friday. Step purposefully through the doorway and then do it!*)
- 7) When the week is over re-evaluate your experience. (*Did you really need to get up every morning and put on fresh red nail polish to live in the HRP perspective? Was it effective to exercise twice a week, maybe 3 times a week would have been better. How did the HRP point of view change the way you viewed and then reacted to your life situation? Would you like to drop this way of looking at things and try the stone house perspective for a week.*)



Note: Although this game can be played at home without the aid of trained professionals, the presence of a certified whole life coach will take some of the guesswork out of it and perhaps expand the experience. Commit to dancing in all of the corners of your life! Hire a skilled life coach

"Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming -- "WOW--What a Ride!"
Author Unknown

*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*