

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

October 2005

Inspiration in an Unlikely Place

Recently, I had the opportunity to attend my first Renaissance Festival. How wonderful it was to go back in time!! If you have never attended a “Renn Fest,” then what you need to know is that the whole event is themed around the Renaissance era. Items sold, foods served, acts performed and costumes worn reflect the 16th century.

While at the fair, my friends and I stopped to watch one of the performances – sword swallowing. The man performing was part magician and part comedian in addition to being a sword swallower. He began his show with a few magic tricks. He was very amusing, commenting here and there about how certain optical illusions were performed. As he ended each trick to polite applause, he would mumble, “I know, I know, just swallow the sword.” The crowd would laugh but there was an air of anticipation and curiosity as we waited to witness the swords and large screwdriver on his right disappear down his throat.

At this point in the show, I observed that I was one of the people waiting for him to “get on with the real show.” Furthermore, I noticed that because I was focusing on the feature attraction, I was missing the humor, and literally, the magic of the show! My attention immediately shifted to the present, and the show became a lot more entertaining.

As part of the show, the performer explained how he actually “swallowed” the knives, swords, and other objects. He told the audience how he had learned his skills from a mentor who had worked in traveling side shows and that sword swallowing was a dying art. In addition to swallowing swords, he performed the “human blockhead” trick of driving a nail into his nose. Talk about fascinating and disturbing all at once!! However, before he demonstrated this trick, he spoke fondly of the man who created and taught him how to be a “human blockhead.” Our sword swallower spoke highly of the other man’s influence in the world of human body tricks. Although the expression of admiration seemed odd given the circumstances, the sincerity and warmth that was expressed touched me deeply.

Again, I was caught off guard and began to reflect on how special it was to hear someone give credit to a person who had shaped and influenced their life. Rarely do we hear comments like these spoken to a group of strangers, much less told to friends or the person who had such a positive effect on our life. These influential and extraordinary individuals deserve credit and should know how important and special they are to us.

I love when life's learning moments sneak up on me in unlikely places! I went to see the man who swallows swords at the Renaissance Festival for pure entertainment. Instead, I walked away with a reminder to slow down and enjoy the present. I also renewed my conviction that the centers of influence in my life will know how much I love and appreciate them. Without them, I would not be who I am today.

Consider these questions –

How often do you rush through life trying to get to “the good stuff?”
In this rush, do you miss the magic and joy in your day-to-day life?

Who inspired you, taught you an important skill, or strongly influenced who you have become?
Have you told them how important they are to you lately? Have you ever let them know?

Get It Done! Coaching Group

When: Begins Monday, October 24 at 7:30pm

How Long: 1 hour, meeting every Monday through Nov 14

Where: Big Vanilla Athletic Club Community Room, Arnold, MD

Focus: A goal or task you would like to accomplish in 4 weeks (A few examples might include create a budget, improve eating habits, create time for yourself, stop procrastinating, or increase organization skills.)

Cost: \$100 (If needed, brief 1:1 support with the coach can be provided by phone or email.)

****Register at the front desk of Big Vanilla. A registration form will be available.****

*****Space is LIMITED to 8 participants.*****

Group coaching is an effective way to achieve your goals. Groups share knowledge and energy, provide support, and increase productivity and accountability. When I have participated in coaching groups, I have achieved more personal goals in less time with the support and encouragement of my peers. It has been an amazing experience! Two minds are truly better than one.

In the near future, I look forward to building on the success of this group and expanding to tele-groups for those of you who are interested in participating in a group but do not live locally in Annapolis.

To learn more about coaching, visit my website at www.passion-for-life-coaching.com. If you found valuable information in this newsletter, please pass it along. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

Contact me at passionforlifecoaching@verizon.net or 410-757-7326 to schedule a complimentary 30-minute session. Coaching sessions are generally conducted by telephone so you do not need to reside in the same area as the coach.