



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

What Centers You?

October 2009

This week, I have been tuning into the PBS series by Ken Burns, *The National Parks: America's Best Idea*. Since childhood, I have loved parks! Being outside, going for a hike, seeing the animals - all tops on my list of favorite activities. I would trek through the woods behind my house for hours. As an adult, my most memorable getaways are to parks. Given a choice of what do on a weekend or vacation, I'll escape to a park. And, did you know, I don't run because I like running but because I like and need to be outside? True!

So what attracts me to the great outdoors? The greatness itself. No matter what is happening in my life, being outside in a space where things much greater and older than I live, shifts my perspective of what really matters. One of the park ranger's in *The National Parks* observations resonated with me - the magnificence of nature is grander than the grandest cathedrals built by man.

In nature, I rediscover my personal balance and mental clarity. I can breathe freely. My concerns melt away. When life gets crazy and hectic, nature slows me down. It brings me back to my center. My creativity starts to flow.

Nature does not have this profound effect on every person. I know people who avoid even sitting outside in their own backyards. My question is, if nature is not your thing, what is? What brings you back to center?

Given the busy lives we lead with packed schedules and high demands, we need a space to clear our minds. We need a place to slow down and gain perspective. We need a retreat that allows us to unwind.

Where is this for you? Some places I have heard of are particularly comfortable sitting areas in one's house, in the pages of a good book, over a cup of tea, with a good friend, in the car with favorite music.

Where your place is does not matter as long as you know where it is and it is accessible when you need a place to go to regain a sense of balance in your world.

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves." — John Muir, from *Our National Parks*

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to Suzette@SuzetteLangley.com. I also welcome feedback and ideas for future topics. For more information, visit www.SuzetteLangley.com or call 410-757-7326. Copyright © 2009, Suzette Langley