

Hi there!

I wanted to give you a peek at my latest project, this free bi-weekly newsletter, *Living the Dream*, which I'm writing in support of my work as a career and personal development coach. Subscription information is available below. As a recipient of this newsletter, you're entitled to a complimentary 30 minute sample coaching session. E-mail me at CoachSoph@aol.com to learn more. If you enjoy *Living the Dream*, then share the good energy! Please forward it to five members of your family and friends. I've got lots of positivity to go around, and I'm more than happy to help anyone (homemakers, artists, CEOs, teachers) interested in living a better, more balanced life to realize their vision.

Take care, and all my best,  
Sophronia

## **Living the Dream**

**One coach's stories and tips on how to live a fulfilling, creative life**

**by Sophronia Scott**

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Welcome to *Living the Dream*, a free bi-weekly newsletter for people who are committed to living and working every moment with joy and creativity. If you enjoy this issue, SHARE IT! Forward it to your family and friends and give them the gift of learning what coaching can bring to their lives.

### QUOTE OF NOTE

"This time, like all times, is a very good one, if we but know what to do with it." --Ralph Waldo Emerson

### THE HEAT OF THE MOMENT

My hips are really talking to me right now. I've just spent the past four days attending the Omega New York Yoga Conference here in Manhattan, and with hours upon hours of doing lunges, forward bends and making countless

attempts to coax my legs into lotus position, those hip joints got quite a workout. I'm pretty tired overall, too, but I can say the whole experience was satisfying and exciting.

It didn't start out that way. For my first session, I had signed up for an all-day intensive with the power yoga instructor Baron Baptiste. I'm a big fan of his inspirational, charismatic brand of yoga and I had recently read his book, *Journey Into Power*, so I was looking forward to learning from him directly. Knowing the class would be crowded, I arrived early and happily swung open the door of the hotel meeting room and entered.

I walked into an oven. Literally. I had forgotten that Baron's yoga calls for a heated room, and this one was boiling. It had to be at least 100 degrees in there, maybe more. Think sauna, only you don't get to walk out after ten or twenty minutes. I'm talking stuffy, in your face, hard-to-breath-in-it heat. And I was about to spend 5-6 hours in there doing some intense yoga.

Immediately I started to fret. As I unpacked my yoga mat and sat on the floor, I looked around at the other students, all looking very fit and ready to slam into a headstand on command. I wondered how I was going to make it through the class. I practice yoga on a regular basis, but I knew the heat would make it harder, and I worried that I would look weak or unprepared. Then I started to feel disappointed because for the past few weeks I have been working very hard both in my work and my personal life, and the yoga conference was supposed to be my chance to let loose and have some fun. As I kept thinking about the work ahead of me in class, and getting more and more nervous by the minute, I definitely was not having fun.

Then it happened. As I tried to think of strategies to help me survive (Water? Check. Towel? Check.) I decided to lie down on my mat. That's when "my mind came to me" as my Daddy used to say, and something inside me said "You're not cold." Now I can tell you in no uncertain terms that I hate being cold. Absolutely hate it. I often exercise outside in the fall and winter, and those early moments before I warm up are just awful to me. And winter in New York leaves me pining for spring to come earlier and earlier every year.

But in that moment, in that classroom, I wasn't cold. And when I thought about it and really let myself feel what I was feeling, that heat began to feel pretty darn good. I stopped fretting and began to enjoy, even luxuriate, in the warmth. My body relaxed and I felt safe. "Right now," I thought to myself, "I'm fine. Just fine." I went on lying there like I was on a beach in the Caribbean, and loved that present moment, loved the fact that for this moment in my life, I wasn't cold. I stopped thinking about what was going to happen. And when Baron did walk in, joking, and asking if we were ready, I smiled. I laughed at his jokes and got up and slipped into the practice as easy as a bird takes flight.

That doesn't mean the practice was a walk in the park. The heat did affect me, and at times I did get dizzy. But because I had connected with the present, I was able to stay focused on how I was feeling in any given moment. That allowed me to rest when I needed to rest and push myself when I felt I could. I stayed within myself, and on top of my abilities. And I had fun! By the end of the day I was exhausted, but exhilarated.

How often do you short-circuit yourself because you are not present in the moment? How often do you let fears of what might happen keep you from enjoying where you are and what you're doing right now? The present IS perfect and in any given moment you most likely have everything you need to feel safe, satisfied and happy. You only have to honor that moment. Where else do you need to be? As Baron likes to say, you're either NOW HERE or you're NOWHERE. I'm glad I stopped being NOWHERE before he started his class.

## SOPHFRONIA'S CHALLENGE TO YOU

- Become aware, as much as you can, of how many times in the course of a day you are not in the present moment.
- When you're not in the present, notice what opportunities you're missing that are available to you in the moment.
- Pay attention to the present and recognize all of the ways you are okay RIGHT NOW, and how you don't have to wait for some unforeseen future to feel better or happy.

## ARE YOU READY FOR MORE?

A lot of people describe coaching as "scheduled present time"--precious minutes that you set aside to examine what your life is in this moment, and how you can tweak it to bring yourself to the next level of fulfillment, whether it be that promotion at work, more time for your family or the motivation to write that novel you always wanted to write. It is indeed time well spent.

Would you like to experience how coaching would benefit you? The time to find out is NOW! In honor of the launch of *Living the Dream*, I am giving free 30 minute sample sessions throughout the month of November with the goal of coaching 40 people over the next 30 days. Will you help me meet this challenge? Then tell your friends and forward this offer! E-mail me at CoachSoph@aol.com to sign up.

**Sophronia is a writer and a career and personal development coach affiliated with Coach U., the internationally renown institution of personal and professional mentorship.**

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