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NOTES FROM THE SELF-CARE COACH

Dear Friend,

Welcome to our new subscribers! As always, thank you for forwarding this newsletter to the people in your life - giving them the gift of self-care and helping us to grow as a community.

TOOT! That's me blowing my own horn. In April I became a CPCC - "Certified Professional Co-Active Coach", by completing the exam process at the Coaches Training Institute. What a wonderful sense of achievement!

The Performance Wellness training in New York was fantastic, and now I'm geared up to attend "Level 2" in August.

Thanks to all of you who responded to the email announcing my new book, "The Everyday Self-Care Workbook". If you missed it, please click [here](#) or visit the "Resources" section of the website.

Please visit www.genuinecoaching.com often over the next month, because lots is about to change! I'd love to hear what you think - linda@genuinecoaching.com.

Also, for any creative artist who'd like to receive a self-care newsletter that's specifically geared to your unique issues, you can subscribe to the Everyday Artist newsletter by clicking [here](#).

If you don't see a link there, subscribe by sending an

Contents

Notes from the Self-Care Coach
Stop and Listen
Reader Feedback
Resources
Aphasia Awareness Month

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THE EVERYDAY SELF-CARE WORKBOOK

The Everyday Self-Care Workbook, a new book by Linda Dessau, the Self-Care Coach, is now available. Click [here](#) for more information, or visit the "Resources" section of the website.

NEWSLETTER ARCHIVES

View past issues of the Genuine Self-Care newsletter at:
www.genuinecoaching.com/newsletter.html

email to subscribearchivist@genuinecoaching.com. Please forward this information to anyone who might be interested in this brand new resource.

This week I was in Hamilton to speak about "Self-Care and Healthy Habits" at the annual conference of the Ontario Occupational Health Nurses Association. I met many wonderful people, and had lively discussions about self-care!

This month's article is about meditation. With the busy month I'm having it's been a very timely message for me!

Enjoy the article, keep in touch and be well!

STOP AND LISTEN

As a co-active coach, one of the underlying principles that I subscribe to is that everyone has their own answers within. Most of what I do as a coach is to give people the time, space and permission to find these answers (and sometimes I provide a question or two to steer them in the right direction).

So, outside of a coaching session, how can we learn to access these answers that we all have? One thing that I'm learning is that the answers can't come to me if my head is always busy figuring things out, working, talking, or reading. If I'm doing those things, I'm actually blocking myself from hearing my own wise answers.

One sure way to get an answer to a question is to ask the question and listen for an answer. We're all quite well-versed at this practice, "Have you seen my briefcase?", "What would you like to do for dinner tonight?", "When is that report due?".

And what I've noticed for myself is that I forget this logic when it comes to listening for my own answers. Rarely do I sit quietly and listen. Rarer still do I actually intentionally *ask* myself a question.

I'm working at increasing my practice of asking and listening for answers from within. Since I'm still a beginner, I thought I'd ask someone with more experience to speak further on this topic with us.

Karen Kofman, who co-led the "Gratitude" workshop with me in November 2003, has a background in corporate training. She currently gives workshops of a spiritual nature involving inner serenity. Karen practices reiki, aromatherapy, yoga and meditation.

Linda: What is your definition of meditation?

Karen: Meditation is a process to empty and calm the mind, which results in a sense of peace, serenity and calmness and eventually opening yourself to new insights and a sense of overall well being.

Linda: How has your life changed since you've been practicing meditation regularly?

Karen: Meditation has come into my life very slowly, when I first started I didn't notice much change, but over time, there have been major spiritual and emotional awakenings. I am more settled, less anxious, have more energy and am less judgmental of those around me.

Linda: What's the best way for someone to start meditating?

Karen: The first thing I want to make clear is that meditation is not complicated, doesn't take a lot of time, and can be done by anyone. Most of us have dabbled in meditation by participating in conscious relaxation, perhaps during an exercise class or sport activity.

Here is a meditation exercise you can try for yourself.

Start by paying attention to your breathing. The practical effect of focusing completely on your breathing leads to a sense of calmness, as it takes your mind away from the "clutter" that constantly tries to invade.

Take a few deep breaths to relax your body and mind. Begin to breath again and with each exhalation feel your body relax into a peaceful state. Let go of thoughts, worries. Feel the presence of stillness within you. Feel a softness around your heart. If thoughts emerge, acknowledge them and go back to your breath. Continue this process for 3-10 minutes to begin and you may increase the time as you feel necessary.

With repeated efforts, the goal of clearing your mind to think of nothing will come more easily. You will have the ability to be clear and open and to welcome spaces for fresh and clean thoughts to emerge. The process of meditation will begin to take on its own energies.

Thanks so much to Karen Kofman for sharing her wisdom with us this month! It's certainly inspired me to "stop and listen" more often.

SUBSCRIPTION INFORMATION

If you received this newsletter from a friend and would like your own copy delivered on the second Friday of every month, [click here](#) and add your name to my mailing list. You will automatically receive an email asking you to confirm your subscription, and you **MUST** reply to that email in order to be subscribed.

RESOURCES

The Everyday Self-Care Workbook, a new book by Linda Dessau, the Self-Care Coach, is now available. Click [here](#) for more information, or visit the "Resources" section of the website.

Also coming soon to the "Resources" page at www.genuinecoaching.com, you'll find free downloads of worksheets from the book, and a free Self-Care Quiz.

Debbie Danbrook plays the shakuhachi flute, a traditional instrument from Japan. She has a series of CD's that are designed for meditation, deep listening and relaxation. Find out more and order CD's at <http://www.healingmusic.com>.

PASS IT ON

Please feel free to share this newsletter with people who might find it useful. You can

use the "forward" function in your email program and I ask that you please send the entire newsletter and not just a section of it.

READER FEEDBACK

Rosalind Belitsky writes: "This week's newsletter is inspiring to me. I just retired & vowed to clear the clutter. The four points you made keep going through my head whenever I look at a questionable item. I find that the less clutter in a room the clearer my thought process. Thanks for the help."

Thanks for writing, Rosalind!

Friend, I'd love to hear from YOU. What do you enjoy about reading Genuine Self-Care every month? What else would you like to see? Do you have a question about self-care that I could answer in this section? Email me at linda@genuinecoaching.com

JUNE IS APHASIA AWARENESS MONTH

Imagine waking up in a foreign country – you cannot communicate or make yourself understood, but your intelligence has not been affected. Aphasia, the loss of language following a brain injury, is very similar to that experience.

I have been leading a music therapy program at the Aphasia Institute in Toronto since May 1996. The vision of the Aphasia Institute is to give hope and make a difference to the quality of life and well being of individuals with aphasia and their families, wherever they may be.

Music is a wonderful medium for adults with aphasia, since many of them can still sing - whether they are humming, mouthing the words or singing to one syllable. For some, even though their aphasia is so severe that they cannot speak words, when they sing the words come out.

Since there are over 30,000 people in Ontario, 100,000 in Canada and over 1,000,000 in the U.S. who have been affected by aphasia, it may have already touched someone close to you, or may still at some point in time. Aphasia is part of the diagnosis for 1/3 of those surviving a stroke.

To find out more about aphasia and how you can help, visit <http://www.aphasia.ca>.

GENUINE COACHING SERVICES

Self-care workshops. Everyday Self-Care Workbook Success Group. Self-care consultations. Self-care coaching for creative artists. Music therapy for musicians. **COMING SOON!** - Performance Wellness Seminars. The Soul Song Workshop.

Specializing in helping people develop healthy habits and make self-care a TOP priority.

To read what clients are saying, click [here](#).

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