

August 2009

Upcoming Events

- ✓ Spiritual Balance Retreat in Glenwood Springs, CO, Oct 18-23rd
- ✓ Tai Chi in the Grass, on Saturdays, 9-10am, until weather gets too cold. For more info, call Ellen Williams at 970.213.6331

Paula's Update

Last night, my writer's group had a reunion. We sat at the familiar table, in our usual places, and listened to each other's writing. One writer read a journal piece that described her despair with the state of the world. Another described why she took on the challenge of being a full-time nanny at the age of 84, and the joy she gives and receives with her two young charges. Yet another reflected on the origins of racism uncovered at her recent 65th high school reunion. Such amazing voices. So many choices in how we look at life. As the summer draws to an end with the start of school next week, I choose to look at and relish life's simple pleasures; a trashy novel, a ripe Colorado peach, and the full August moon.

News on Health & Wellness

I have found myself this past month, re-reading Byron Katie's book "Loving What Is". I've also been listening to one of her audio books called "The Work on Relationships." She offers a simple and practical process for questioning your thoughts. Katie is funny, compassionate and masterful in helping you discover that your painful thoughts simply aren't true. And with that realization, comes peace and freedom.

I heartily recommend the audio books because they are recordings of Katie doing "the work" with volunteers from audiences all over the world. As you listen, you can hear when the person in the hot seat gets it. Their "aha moments" become yours as you realize they're thinking the same thoughts you are...



The moon is at her full, and riding high,

Floods the calm fields with light.

The airs that hover in the summer sky

Are all asleep to-night.

- William C. Bryant