

This September 2011 Good News letter is packed with the following goodies...

- **Wisdom unearthed – Get off the sidelines and onto the field**
- **A Divine Night of Inspiration to Step Up –Who better to have there than the legendary Allison Roe!**
- **Cross Pollination – Reinvent Yourself with a great sleep! www.naturalsleepshop.com**
- **Bucket List versus Possibility Bowl**
- **Recommended reading for your growth - Nothing is Impossible...by the inspirational Christopher Reeve**

Wisdom Unearthed – Get off the sidelines and onto the field

Two messages for this month, which run along a similar theme are:

1. **Get off the sidelines and onto the field** – The Rugby World Cup is here in NZ! No, you may not be an All Black, but in life do you do you tend to be a spectator and/or non participant hoping and wishing for things but not being an active participant in creating that, or are you well and truly on the playing field, enjoying the highs and lows of the game of life and making good use of every opportunity to play the best game you can?
2. **Run your own race and run it the best you can.** At the closing of my recent fundraiser event I shared this story from the book “A Race like no other. 26.2 miles through the streets of New York” by Liz Robbins 2008. It brings me to tears every time I read it!

“Monday morning, the fastest woman on 2 feet and the slowest women on two feet will meet at the finish line for a photo opportunity. Zoe Koplowitz, 59, crosses the line in front of the waiting camera and in front of Paula Radcliffe. (the winner) Koplowitz, who has diabetes and multiple schlerosis, completes her 20th New York City Marathon in 27 hours and 45 minutes. She has help from her annual Hell’s Angels escort through Upper Manhattan and the Bronx in the middle of the night to become the last – though unofficial runner.”

A beautiful example of running one’s own race and doing that in the best way possible!

A Divine Night of Inspiration to Step Up

(Magazine article)

Girls were knocking down the door to get into Janelle Fletcher’s Reinvent Yourself and What’s Possible fundraiser for her New York marathon Charity CatWalk Spinal Cord Injury Trust at the New Brew on Monday 5th Sept. Women came in with a buzz and left with inspiration and the challenge to “step up” and “step out”.

Inspiration was overflowing with real gals from Addu Hair Design on the CatWalk modelling fashion from Divine, but also “role-modelling” how they had personally stepped up through adversities in their lives and come out stronger and more confident.

Welcomed in with a rendition from Nick Jones of “New York, New York” to a cheering and upstanding crowd of women, Janelle invited Allison Roe, celebrating her 30th anniversary of winning the New York marathon, to run a few victory laps of the bar! Allison reminded the crowd that crossing the finishing line is often built from many failures. [Photo here!](#)

The opportunity for North Shore businesses to step up into the limelight was given in exchange for silent auction items. Wow, so many inspirational people offered an array of products and services to help people reinvent themselves – from beauty to fitness, fashion to leisure and adventure to pleasure.

“Run your own race and run it the best you can. Walk your own CatWalk like only you know how” were the reminders by Janelle, the event organiser, speaker and MC, who within weeks will be stepping up to her first marathon in New York to help people “step up” out of wheelchairs.

It is not too late to donate to my charity CatWalk Spinal Cord Injury Trust! www.fundraiseonline.co.nz/JanelleFletcher

Cross Pollination – Reinvent Yourself with a great sleep! www.naturalsleepshop.com

Hayley Fraser-MacKenzie from Natural Sleep Shop is passionate about helping people of all ages have a naturally better sleep. She has fabulous products in her online store (now that makes it easy!) including pillows, bedware, natural remedies and supplements, jetlag remedies, products for babies, children and adults, sleep teas and tonics and loads of sleep knowledge.

Buy from www.naturalsleepshop.com and Hayley will donate 10% from any orders received between now and the end of September to CatWalk Spinal Cord Injury Trust. Simply type 'Catwalk' in the 'Additional Information' screen at the online checkout. The end of September is fast approaching so be in now for a GREAT NIGHT'S SLEEP and help CatWalk at the same time. Sweet dreams!

PS. The winner of clairvoyant Beverley D'Anvers book "Simply Soul" was Jacqui and Peter Geerings. Thanks Beverley for being so generous.

Bucket List versus Possibility Bowl

Many people I know talk about a **bucket list** – essentially a list of great desires, wishes and hopes for the future to gradually tick off before they die! In my observation, a bucket list is more often than not about DOING something and often it has an air of PROVING oneself. I notice too that people tend to logically plan how they will tick off that bucket list item. eg. save for months / years, work out the preparation needed, find out the best company to deal with...etc. The achievement of the end goal is paramount. Nothing wrong with this and a bucket list can certainly add excitement in your life, but can I suggest we could look at things differently?

I prefer to focus on a **possibility bowl** – which to me feels more expansive than a bucket list, and one that comes from a place of BEING and from a space of self-APPROVAL. Possibilities come from our intentions and intuitive way of operating, rather than necessarily working out how they can happen. The meetings, synchronicities, opportunities and self-expansion that occur as part of the process are paramount.

My New York experience over the last year of lead-up has been borne from my possibility bowl. With zero dollars in the bank account a year ago, with no running experience under my belt and no longer the pushing drive to have to prove myself, I set the intention of completing this year long journey of preparing for New York – using the lead-up phase as an opening to possibilities in many areas of my life, not just a race to complete. Wow, what an exciting year long marathon it has been with some extraordinary meetings, opportunities and results which don't stop once the marathon is over.

Recommended Reading for your growth – Nothing is Impossible. Reflections on a New Life

Christopher Reeve ("Superman" to many of you!) stepped up and stepped out, despite being bound to a wheelchair and highly dependent on others for his day to day living. He ran rings around many of us when it came to playing the game of life to his best! He ventured distances when it came to his passion and purpose. He walked miles, not only in spreading the word about the latest research and technology for spinal cord injuries, but in inspiring people to choose courage and hope. He shares this with us...

"The vast majority of people live within a comfort zone that is relatively small. The comfort zone is defined by fear and our perception of our limitations. We are occasionally willing to take small steps outside it, but few of us dare to expand it. Those who dare sometimes fail and retreat, but many experience the satisfaction of moving into a larger comfort zone and the joyful anticipation of more success. A person living with a disability may find the courage to leave the comfort zone of his own house for the first time. An able-bodied individual might decide to face claustrophobia by taking up scuba diving." Christopher Reeve

I believe one of the greatest disabilities today is lack of self belief, self love and self confidence. Imagine what the playing field of life would look like if we, moment by moment, chose self belief over self doubt, self love over self loathing, self confidence and magnificence over insignificance. It is a choice in every moment that creates a very different result in the game of life!

Go well and grow well in the month of September

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