



LifeWise Learning Institute

Transform Your Life with Executive and (Mid)Life Coaching

LIFEWISE ENOTES

Spring, 2006 - NEW ECOURSE!

This e-newsletter has been on a "sabbatical" as I've been completing a book and other projects. Thanks for your inquiries. It's good to be in touch again.

* Announcement: Being at Home Within Yourself: Women's Sacred Journey Midlife E-Course

* The Whale

Links to Resources

*"Go out into the world today and love the people you meet.
Let your presence light new light in the hearts of people."*

Mother Theresa

Announcement

Being at Home Within Yourself: Women's Sacred Journey Midlife E-Course

(Note: It's about a lot more than hotflashes!)

Do you have questions about what is going on in your life?

Over the last decade, I have had the pleasure of having hundreds of hours of intimate conversations with women in the midcourse of life. These, combined with my professional background, my own life experience and appreciation for the enormous possibilities and opportunities that come with midlife, have led me to develop an online e-course on this timely and important topic.

Over six sessions, many of the important concerns, issues, spoken and unspoken questions you may have will be addressed. You'll be treated to healthy, inspiring perspectives, information, tools and practices to use in your day-to-day life.

You will

- hear what other women have had to say about their experiences

Links to Resources

I love to discover individuals who are bringing their passion into the world and organizations with a powerful purpose to make a positive difference in the world. Here are resources that are bringing their light into the world. I recommend that you check out their websites.

- **The clearing power of Feng Shui: check out**

<http://www.wcafs.net>

Welcome to the West Coast Academy of Feng Shui. This unique program focuses on developing and nurturing our internal and external sacred spaces.

- be given a context for understanding the role of midlife as a vital time in normal human and spiritual development
- have opportunities to read and reflect on some of the important emotional dimensions of midlife
- receive guidance on specific practices that will support you at this time of life
- be offered coaching recommendations, and
- be invited to honor and celebrate yourself

Discover for yourself that the essential purpose of midlife is to escort you into a new, powerful, and loving relationship with yourself. It's your life and your time to claim your inner authority.

I'm offering the course at a special introductory cost of only \$19.95.

Click here to register for the course:
<http://www.lifewisecoaching.com/athome/athome.html>

The Whale

Here's a sweet story sent to me by a friend. It is taken from a front page story of the San Francisco Chronicle.

The Whale

A humpback whale disabled by crab lines was spotted by a fisherman at 8:30 a.m. in the open water east of the Farallones, about 18 miles off the coast of San Francisco. A team of divers arrived by 2:30 to evaluate the situation. They realized the only way to save the 45-50 foot leviathan, estimated to weigh 50 tons, was to dive into the water and cut the ropes.

The divers knew it was a very risky maneuver because the mere flip of a humpback's massive tail can kill a person. The first diver in the water said his heart sank when he saw the lines from at least 12 crabpots, weighing 90 pounds each, wrapped around the whale, and didn't think it could be saved. The combined weight was pulling the whale downward, forcing it to struggle mightily to keep its blow-hole out of the water.

Four divers spent about an hour cutting the ropes with a special curved knife. The whale floated passively in the water the whole time, he said, giving off a strange kind of vibration. "When I was cutting the line going through the mouth, its eye was there winking at me, watching me," one man said. "It was an epic moment of my life."

All the marine experts said it was a rare and remarkable encounter. When the whale realized it was free, it began swimming around in circles, according to the rescuers. One of the rescuers said it swam to each diver, nuzzled him and then

Extraordinary and life-changing results often follow from making simple, practical adjustments to your surroundings. The current surge of interest in Feng Shui is a natural response to the often profound results many have experienced in areas of Prosperity, Health, Career, Relationships

Erica Sofrina, the founder of the academy and feng shui expert, is the author of a recent book and offers a practitioner's certificate in feng shui, telecourses, consultations and more.

- **Invite in love: Check out**
<http://www.soulkisses.com>
 The Soul Kisses website is a candle in the window on a cold, dark winter's night... a lighthouse in the storm... a place to help you find the light within you... your truth, peace, comfort and love... a place to begin or continue to connect with your angels, spirit guides - God. A place to discover, acknowledge and accept that you are never alone - you are indeed a crowd...

If you sometimes feel alone or overwhelmed by the demands of life, SoulKisses offers messages of love and a reminder to allow God into your life in this gentle, but powerful website. Kate offers a newsletter, e-course, readings, and gifts that support the spirit.

Wishing you many blessings,
 Roxanne

swam to the next one. "It felt like it was thanking us, knowing it was free, and that we had helped it."

"It seemed kind of affectionate, like a dog that's happy to see you. I never felt threatened. It was an amazing, unbelievable experience."

If there are times when you feel that you are tied up and you can't quite see how to become free, may you recognize the sources of support that are available to you (they often come from the most unexpected places).

Please forward this newsletter to individuals you know who might find it of value.

LifeWise Enotes is a publication presented by Roxanne Howe-Murphy, Ed.D, principal of LifeWise Learning Institute, an executive, life and spiritual coaching company. This occasional newsletter offers the growing community of readers committed to awakening and transformation some food for reflection and opportunities to learn about coaching, retreats and other sources of support. For more information, the link to the website is www.lifewisecoaching.com

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