

Dive Right In! ©  
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I've discovered through my own Self care that life offers a multitude of chances to dive into the greatness of life. When we live consciously, we're able to peel away those layers of conditioning that camouflage our authentic Self.

In last month's newsletter I shared that my concept of New Year's Liberations was going to be an article featured in the holiday issue of Yellowstone Valley Women's Magazine. The process of being interviewed for the article, going through the photo shoot, and telling people about it ended up being an exciting opportunity for Self exploration and growth.

Yellowstone Valley Women's Magazine (YVW) is a local publication my family has been encouraging me to pursue as a means to introduce my coaching practice to my community. Like many, I sometimes struggle with self promotion and didn't feel ready to make that leap – that is, until Laura Tode, a writer for YVW contacted me for an interview about coaching. I accepted her “out of the blue” call as a gift and made the choice to embrace the butterflies in my stomach. Challenging my inner Self to dive right into my life and shine without hiding my light became an exciting prospect.

Laura's objective was to inform her readers about Life Coaching and its benefits. She was also looking for tips to offer women who ride the rollercoaster called New Year's resolutions. So I prepared for the interview by centering my Self through meditation. I chose the mantra “How may I serve” and thought about the audience of women who read the magazine as well as the clients I have coached and the tools I have given them to dive into their lives.

Doing my own diving in got me excited for the chance to talk about my passion for coaching. The interview process was a blast; I recognized and experienced the joy in each moment of the interview; and I found a new and delightful friend in Laura.

Next came the photo shoot that accompanied the article. As a little girl, I was painfully shy and used to dread getting my picture taken. As an adult, I have consciously worked to overcome this reaction. Now, I enjoy seeing photographs of me with my loved ones especially since there are a few stages of my life that were never captured in a photo. I was surprised that a little tinge of this old shyness popped up when I found out about this photo shoot! Since the idea of having my picture taken brought up traces of my old conditioning, I decided I would use the opportunity to dive head first into my life and allow my authentic Self to shine. I bought a new outfit, went to the photo shoot and had a great time being present and having fun.

Incidentally, I highly recommend the book "Something More" by Sarah Ban Breathnach. Her premise is that each of us is the archeologist of our own life. She offers a dynamic process for “looking back” to embrace the past and learn ways of creating a new and

loving perspective. Her techniques helped me reframe my conditioned response that cropped up again rather unexpectedly.

And now, on to telling people about the article being published in the holiday issue of the YVW....

Throughout portions of my life I've felt like I should "play small". For me, that meant trying to blend in and dim myself so others could shine. I used to believe it was wrong to be "too big," because it somehow took something away from someone else. I could not give myself permission to have my own desires because I did not believe there was enough to go around. I see now that my framework was based on scarcity, rather than abundance. Knowing that I am not alone in those unconscious patterns is part of what drew me into coaching. Giving my Self and other people the permission to achieve their dreams and to SHINE is my passion.

And wouldn't you know, during my coaching certification program, a facilitator once asked, "Are you living large, or playing small!" This was a much needed kick in the patooty for me. There I was, knowing my purpose was to be a coach and help others learn to live excellent lives by shining as their authentic Selves – and I wasn't even sure if I should tell anyone about the article! To tell people about the article and its release date was my chance to live large. So, I did it.

As December 1<sup>st</sup> got closer, I could hardly wait to see the article in print. The fabulous people in my life were equally excited. I drove to the store, picked up an issue, flipped through it cover to cover, and discovered that the article had not been printed. No words can express my sadness and disappointment. Without missing a beat, my "play small" self was embarrassed and launched into her "I told you not to tell people about this!" lecture. And for a short time, I actually believed her.

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I love the adventure that life offers toward our transformation. Every lesson I learn is another amazing opportunity to relate to my clients in new and powerful ways. It's with much gratitude that I can finish telling you about this experience and the many rewards it offered.

During the course of the interview, the photo shoot, my announcement that the article would be published, the wait for the December 1<sup>st</sup> issue to come out, and the discovery that the article had been cut, I experienced some wonderful morning meditation sessions and felt confident and strong in my Self care. Because of this, my authentic Self's voice was solid when traces of my old conditioning brought me into my disappointment, sadness and subsequent embarrassment.

I dove in and faced my emotions through the eyes of my authentic Self. I accepted the embrace of my support people while I processed the situation. And I moved through the

spectrum of emotions quickly, rather than attaching to the negativity of old unconscious patterns of thinking that can be so unkind to Self.

I called Laura the next day. She was as surprised as me, and disappointed in her own right by the omission of the article. She contacted the magazine and was told they pulled the article to run at a later date.

So, now I ask myself, what did I learn?

I learned that:

- Life offers opportunity around every corner.
- Conscious living and self care are the foundation we lay to step into our authentic success.
- When we dive into our lives, amazing and wonderful things happen.

May 2010 be your year to prosper with Self care, powerful lessons and soulful blessings.