



Pause With Purpose

...to refresh

...to grow

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and
John Rottschaefer PhD
Certified Life Coach
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Seeds of Discontent

Two young fawns, apparently orphaned, often visit a small field alongside a road nearby. They eat, provide companionship for each other, and carry on with their young life. I wonder if they complain to the other deer about their motherless plight. I doubt it.

The wild tabby cat that regularly hunts along our creekbank seems to be quite adept at catching a meal when she is hungry. I wonder if she ever thinks about other pampered cats who have their meals served to them on porcelain plates. I doubt it.

And the swan that died one cold winter night, leaving its lifeless beauty frozen to the ice - was it bitter about its situation and what it lacked? I don't think so.

How different we are from our animal neighbors! We are blessed with a conscious awareness and an ability to think and question far beyond that possessed by the rest of creation. Yet, so often, we turn that blessing into a curse. We use our mental strength to entertain and nurture "seeds of discontent" ... seeds that irritate and fester until they sprout thorns of misery.

How do we do this? Consider those seeds of discontent, those beliefs and opinions we cling to that lead us to view events, people, and general life negatively. We all have our pet seeds. Let's look at six of them.

1) My expectations must be met. - If they're not met, that's bad. What I expect from life, from others, from my efforts, from myself must be delivered or else I've been cheated, and that's unacceptable.

2) Fairness/equality must reign. - Life is an equation that must be fair and balanced. I should get what I deserve (a frightening thought to many of us), and I'll decide what I deserve.

3) I deserve better. - I'm convinced of it, yet life doesn't cooperate. There should be a bigger payoff for my effort, or maybe I just deserve more because of who I am (my status, age, intelligence, history, connections, accomplishments, etc.)

4) I want what you have. - I compare myself and what I have to you and what you have (whoever you are). I imagine myself in your place and I'm jealous. I would like it as much as you, so why can you have it and not me?

5) Enough really isn't enough. - After all, what truly is "enough"?

Whether it's consumptionism (regardless of what or how much I have, I want more), or perfectionism (regardless of how well I've done, I need to do better), there is no end point to the process, no point of completion that allows us to rest and enjoy what is.

6) It's all about me. - If it's not about me, I need to make it about me. If it is about me, I need to keep it that way. My rights, my needs, my opinions are what matter, and to put the focus or attention elsewhere is to insult and minimize me. And that's never okay.

These seeds and all others like them are seductive in their tendency to sound like truth and justice. Their ultimate function, however, is to poison our perspective while robbing us of our peace, our joy, and our thankfulness.

Yet, it need not be this way! We need not fall victim to the lies within.

In this season of Thanksgiving, lets overpower the seeds of discontent with eternal truth. What truth? Turn the page and find out!



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CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work.

You can contact me at:
John Rottschafer, PhD
Free to Be Life Coaching
12317 Verlin Dr
Gowen, MI 49326

phone - (616) 450-4615
e-mail -

john@freetobelife coaching.com
www.freetobelife coaching.com



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Break Free With Eternal Truth

It takes a humble heart and mind to embrace this truth of life:

"All that I have ...
and all that I am ...
is a gift."

Oh yes, I may have worked hard for it and invested much time and effort and money. Yet, as even the best farmer knows, plowing the field and planting the seed does not guarantee a harvest. It is a gift from the eternal Giver.

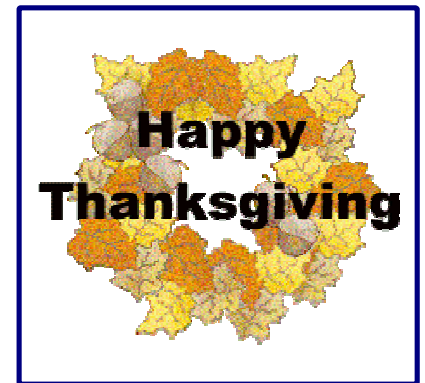
Again, it takes a humble heart and mind to live in the awareness that we are not "as big as it gets". We have, however, the privilege to serve the One who *is* that big. In our service, 1) we serve those around us and celebrate the blessings they enjoy.

2) we claim our gifts, put them to work, and move forward ... while always being thankful for who we are and what we have *today*.

3) we claim the power to grow into excellence, and offer that growth as a gift to our God, knowing that we will never be perfect, yet celebrating the love that we receive anyway from the Perfect One.

The eternal truth ... what a cause for Thanksgiving!

Let's celebrate!



"Today I know that I cannot control the ocean tides.... When I struggle and try to organize the Atlantic to my specifications, I sink. If I flail and thrash and growl and grumble, I go under. But if I let go and float, I am borne aloft."

-Marie Skilkind