

LANIKAI BLUE...a retreat for your soul™



Melissa Heckman,
M.S.W., Life Coach

* LANIKAIBLUE.COM monthly newsletter * Volume 8 * April 2009

INNER VOICE

The trees are in full bloom here in Berkeley and the cherry blossom tree outside the house is raining delicate white petals all over the deck. I felt playful, silly and free as I walked up the stairs earlier and held my arms out while the sweet, delicate petal shower poured over me. This is also how I feel spiritually right now. As if my soul is being gifted with natural, warm breezes of light dancing through the trees sprinkling me with love, God's sweet love.

It is so nice to wake up and feel a sense of connection to nature and to people, even those that I do not know or whom I have never met. Not only is there a profound sense of connection, I also experience a strong feeling of knowing that I am really on track with a purpose driven life and living from fullness. I am living God's purpose for me and I am serving humanity with my God-given gifts. I am also learning, growing and evolving and am very delighted at all of the mystery, challenges, awe and love that is right around the corner. I can say this because without doubt, I have lined my life up to be on purpose: from waking to walking to working and retiring...and I want to help you get this zest and zeal for creating a life that you love too.

When you are living a truly inspired life my friends, when you are really awake, you feel it and know it at every level of your being. If I can make this change, to experience a serious vibrational shift in my being, you can too. It does not matter who you are, your history, your mistakes, your "story" or your perceived inabilities. You can learn to let go of the past and of the future and rise and shine into your true self each and every day!

Believe me when I say you can have the life of your dreams. No matter what is happening in the world around you, you can have more peace and you can have it now. You can even make a difference in the lives of others which is why I think we are all here, to serve one another, to give and to be the love and inspiration that we want to see more of. Think about it, if we all gave more, we would each have more. And we wouldn't be operating from a "gimme gimme" or "I want" mentality. I hope you feel the energy emanating from the words here and that in this moment...you know deep, down, without doubt, that you are worthy and loved and that you can be the inspiration and change that you want to see in the world.

And if there is something resonating within you right now about making some life changes, and I imagine there is, since you opened this email and are reading these words, please consider attending my upcoming weekend intensive workshop in Sausalito on April 18th and 19th. See the details at the end of this newsletter. I hope to see you there sunshine.

This month's Lanikai Blue practice #4 is on "Forgiveness" (on the next page) and I offer a spiritual way to understand this subject so you can open up to more soulful, creative and inspired living where you also may feel at one with the spring light. This will be the last "clear/cleanse" section of the program and we will move into "clarity and creation" in May for better defining and connecting with your life purpose and passion.

Namaste, *Melissa*

Here are a few quotes from current clients/students (who are beautiful, wonderful, brilliant beings):

- I feel ... *"amazing. The yoga was incredible and the perfect accent to the work."*
- This was *"a wonderful class and teaching. I appreciate all that you give and your support. I look forward to your class. Thank you."*
- I feel... *"Relaxed. In addition to the readings, exercises and share outs, the yoga really adds to it. I love beginning and ending class with it. I enjoy the exercises that encourage me to explore self more deeply as well as the group share outs which I find so incredibly valuable. It helps me put a lot of things into perspective."*
- I feel... *"Much calmer; more centered."*
- I enjoyed... *"Sharing with others and hearing feedback from others about myself. The gentle yoga today was excellent. I like that you always say, "If it's available to you," reminding us that everyone has different physical limits."*
- *"I appreciate the thought, planning and energy that you put into this class. It's excellent that you love what you are doing."*
- *"I feel more calm and positive."*
- I feel... *"Liberated. Something shifted in me."*
- *"I love that this is an integrative coaching class that utilized different forms of expression to create ease and flow of consciousness."*
- *"I feel great, relaxed, safe, guided."*
- *"I thought it was perfect! Thank you."*
- *"I look forward to more! A+, Excellent."*



SOUL FOOD CAFÉ

For April's "recipe" I suggest a final cleanse or clearing of old energy so you can free your body, mind and soul for opening into the next part of the Lanikai Blue practice program.

Spring Cleaning brings Summer Healing

- *Go thru closets, your desk, the garage, your car, kitchen drawers, or any place that needs organization and refreshing.
- *Throw out old stuff or give away or donate items or have a garage sale.
- *Make sure you are well hydrated and eating enough dark, leafy greens.
- *Start replacing negative thoughts with positive thoughts.
- *Make immediate corrections when you feel negative, speak negatively or think negatively.
- *If you haven't read "A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle, take the time to begin this book.
- *Get enough down time to reflect, do some gentle yoga, meditate, pray and journal.
- *Journal on who or what you may need to forgive.

LANIKAI BLUE...a retreat for your soul™

12 PRACTICES

April: Practice #4 Forgiveness. This is the part of my life coaching where I encourage you to go in really deep so that you can free yourself up to moving forward. This can be a challenging practice for many people, so I encourage you to be gentle with yourself in the process.

Usually, in my integrative life coaching class, I take people through an experiential exercise whereby participants gaze deeply into the eyes of another. Then I follow this up with a very profound guided imagery.

You will have to take one of my classes to get this incredible experience, but for now, I invite you to consider a spiritual definition of forgiveness: the "lovingly release of a wound (or person) in order to move forward in your life." When you do this you are choosing to move beyond pain and fear. Forgiveness in this sense does not mean that any act of wrong doing or harmful act to another is ever justified. It simply means that you allow your healing to take place so you can move forward in life.

Forgiveness allows you to release living from a "victim" perspective and it releases you from suffering. It is also a work in progress and if you work at it, you can be free from the prison of hurt, pain and fear. If you can really get this, you can be free. You can set yourself free from the past and you can live more for today. Remember the past is just that, the past.

The best book that I have ever read on this subject is "Forgiveness, the Greatest Healer of All" by Gerry Jampolsky, M.D. And that is the suggested practice for Lanikai Blue #4, go find this book and read it. It is a short read and you may make some necessary shifts in your thinking and your being.

If you would like individual life coaching please give me a call. We can work in person, by phone and/or email.

Email: Melissa@LanikaiBlue.Com or Call: 415-420-4678.

Lanikai Blue...a retreat for your soul™ SERVICES

***Small group coaching** helps you connect to your soul so that you can identify and live your true purpose and passion in life. Some clients enjoy this series for stress management and personal reflection time. This is a true mind, body and soul integration experience... integrating life coaching, journaling, guided imagery, gentle yoga, art, readings, discussion and meditation. Each group is two hours and follows the format of my life coaching workbook.

***Individual coaching** helps you stay motivated and focused as you make changes toward achieving specific goals in your life. Some clients enjoy adding one individual session per week to enhance the group coaching. Via face to face, phone or email.

***Specialized Coaching and Consultation** is available for organizations.

My fees start at \$20.00 per hour for groups (2 hour minimum) and \$120.00 per hour for individual sessions.

ANNOUNCEMENTS:

-Melissa is continuing her 6 week **Integrative Life Coaching Series** titled “Living from Your Soul” at Unity Church of Berkeley. The class meets Wednesdays from 7:00 p.m. - 9:00 p.m. Visit: www.unityberkeley.org to see when the next session starts.

-Melissa will be conducting an **Integrative Life Coaching 2 day Weekend Workshop Intensive** at CorStone (formerly the International Center for Attitudinal Healing) in Sausalito on Saturday April 18 and Sunday April 19 from 9:30 a.m.-4:30 p.m. This workshop is titled “A Stimulus Package for Your Soul” and includes work on prosperity consciousness and resiliency during uncertain times. Space is still available! Visit: <http://www.corstone.org/html/index.cfm>

-Melissa is still available for some “**In Your Home**” **small group coaching**. These are incredibly transformative sessions and people have been giving great feedback. So, move back the sofa and the coffee table, round up 5-8 people and let’s go in to YOU with this inspiring, playful and deeply insightful process right in the comfort of your own home.

-Melissa is now available for **coaching in business settings** and will come to your office. These coaching classes are designed to help people de-stress, manage change and uncertainty and to function from prosperity consciousness. Please call for information.

PLEASE email or call Melissa with questions or to register for any of the above. Space is usually limited so please call or email if you are interested.

♥ Individual Life Coaching ♥ Integrative Groups ♥ Consultation ♥
Email or visit Melissa@LanikaiBlue.Com or call 415-420-4678

REFLECTION SNAPSHOTS



Forgiveness releases the past.



Forgiveness opens the heart.



Forgiveness heals.