

Coffee Cup Nov 08

CARROT, EGG, OR COFFEE BEAN

A young woman went to her mother telling her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved and then a new one arose.

Her mother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second eggs, and the last she placed ground coffee beans. She let them sit and boil without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and put them in a bowl. Then she ladled the coffee out and placed some in a cup. Turning to her daughter, she asked "What do you see?"

The daughter's reply was "carrots, eggs and coffee". The mother brought her closer and asked her to feel the carrots. When she felt them she noticed that they had gotten soft. Then she was asked to take an egg and break it. After peeling off the shell she observed the hard-boiled egg.

Finally, she was asked to sip the coffee. The daughter smiled as she tasted and smelled its rich aroma. The daughter then asked, "What's the point mother?"

Her mother explained that each of these objects had faced the same adversity - boiling water- but each reacted differently. The carrot had gone in strong, hard and unrelenting. However after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its tin outer shell had protected its liquid interior. But after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

How will you handle the challenges of the current economic climate? Are you a carrot, an egg, or a coffee bean?

Try this at home – tip for getting your finances in order.

1. Be aware of your Money Habits. What are your current spending patterns? Start a money diary – note everything you spend your money on no matter how large or small.
2. What Does Money Mean To You? What are your beliefs and behaviors about money? Understanding where did they come from so that you can address the underlying reasons for your current spending habits.
3. Get Organised! Develop a clear picture of your income and expenses. Know how and where it goes.
4. Reduce Your Outgoings. Identify ways you can use to reduce your outgoings, and start saving your money right away.
5. Dealing With Debt. Get clear on what your current debts are.
6. Savings. Develop a savings plan. Make your money work for you!
7. Moving On – Good Habits. Keep yourself on track with your new money habits.



Buried dreams.

Patrick Nunn talks about some ideas and concepts behind the **Creative Prospecting** course.

All human beings are fundamentally creative. What prevents us from attaining our dreams can be as simple as just a thought.

Ask yourself about who you wanted to be as a child and you may recall a vague or indeed vivid recollection of wanting to be a fireman, dancer, spaceman, teacher, singer or bus driver. Whether you followed those childhood aspirations later in life or not, the very essence within every childhood fantasy provides us with vital clues to possible quests that are waiting to be acted out in reality. That's not to say that a childhood aspiration to be a spaceman demands a booking on the next NASA space voyage but probably that the underlying, imagined "quality" – perhaps adventure, fame or even the act of "dressing up" could signal a long forgotten yearning that's waiting to be fulfilled.

Consider the subjects you were naturally drawn to as a child and the chances are that behind the scenes was an environment or even a teacher that possessed some fundamental attributes or qualities that permitted a framework for you to play, explore and reach your full potential. With twenty years of teaching experience, I'd hedge a bet that the keywords that best describe the experience of your most fruitful lessons included, amongst others, play, fun, inspiration, energy, attentiveness, encouragement, creativity and ease.

Excerpt taken from a full article by Patrick Nunn please see website.

Creative Prospecting is an educational and experiential weekend course that provides a framework for accelerated learning, self-inquiry and personal development by using creative methods.

Through the exploration of personal dreams and aspirations, the course provides inspirational tools and solutions that will assist you in gaining more of what you want.

This course is designed for anyone to explore in a fun and safe environment regardless of their creative skill or ability.

See www.xtraordinary-life.com/creative_ws.htm

COST

Date: 31 Jan – 1 Feb 2009
Venue: 37 Hackney Road, London, E2 7NX
Price: Early Bird offer by 30 Nov 2008 £95
 Full Price After 1 Jan 2009 £195

The course times are 10am - 6.30pm for both days. (Please be aware these may change)

"Many of us wish we were more creative. Many of us sense we ARE more creative, but unable to effectively tap that creativity. Our dreams elude us...." Rediscovering your creativity will allow you to rediscover your dreams. - Anon



The Chalice – a weekend workshop for women.

All women are filled with power, passion, creativity & ageless knowing - yet sometimes we lose touch with all we are & hold back our true expression. Designed in the female tradition as a vessel in which awareness, healing & empowerment can take place. Tap into the well of wisdom, strength & joy you have inside. It is a nurturing & fun environment to discover & be more of who you really are.

"I'm delighted with this new design for the Chalice workshop. The more spiritual and personal growth work I do, the more I realize that keeping our focus on the positive is what brings us upliftment and happiness. Healing and rebalancing will take place automatically when we choose to walk the path of love and joy. I have also been excited by the Riane Eisler book, The Chalice and the Blade, and have been re-inspired to work for women's empowerment so that we can work in partnership with our wonderful men to create a society that is more "win/win" for everyone. – Janet Parker

See http://www.xtraordinary-life.com/women_ws.htm

COST

Date: 24-25 Jan 2009
Venue: 37 Hackney Road, London, E2 7NX
Price: Early Bird offer by 30 Nov 2008 £150
 Full Price After 1 Jan 2009 £295

The course times are 10am - 6.30pm for both days. (Please be aware these may change)

What's New?

With only 8 weeks to Christmas why not get a gift voucher for one of our service.

Our website has been update - including a members section:



Be the First to Know What's Going On

Get inside access to forthcoming events and happenings around the globe.

Exclusive Articles and Interviews

Get the latest word from experts on their thoughts, tools and techniques in the field of personal development.

Resources

Browse through our free collection of inspirational materials, for the journey.

Offers and discounts

Take advantage of special members-only deals on a range of courses, products and services.

Community

Become involved in the wider community with regular news, contributions and features from members and course participants.

"Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present." – Bill Keane

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www.xtraordinary-life.com www.creativedreaming.co.uk