

Signature News



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“Many years ago, but not so long ago, there were those who said, ‘Well, you have three strikes against you: You’re black, you’re blind and you’re poor’, But God said to me, ‘I will make you rich in the spirit of inspiration, to inspire others as well as create music to encourage the world to a place of oneness and hope, and positivity,’ I believed Him and not them.”

~Stevie Wonder

Believe

Anything can happen if you “believe”

Do you believe?

The universe will bring you what you need. If you pay attention to what is happening around you, you will notice a message in every moment. Just notice and observe.

Recently I had an opportunity to accompany a high school class of physically and cognitively disabled students on a field trip. We went to see the movie, “Kung Fu Panda”. It is an animated film full of colourful special effects. After the film I asked the other accompanying adults on the trip if they liked the film. Each person that I asked had either no opinion or thought it was too loud and noisy.

The first thing that comes to mind is that I would not have gone to see the movie were I not requested to go. I would have waited to watch the film on DVD. Watch what the universe brings to you.

The film is about a Panda who lives with his parents who are Geese. They own a noodle shop and use a secret ingredient, which makes their soup the best in the land. Po works at the restaurant but does not know the secret ingredient. He is destined to be a noodle maker for the rest of his life.

Through the story, Po discovers the secret to being powerful and successful and in the end is the Kung Fu Warrior.

For those of you who haven’t seen the film, Po (the panda) is not too adept at kung fu and doesn’t really have the ability to learn the art well. However, he does launch himself into the coliseum and is pronounced the Kung Fu Warrior. The other candidates who were already trained and prepared to take on this role were left to assist in Po’s training. It was a difficult task and Po was not measuring up. Still he was the one and he had to be trained and prepared to be the warrior. There are no accidents. Po is the one. The master tried and tried and when it became time, Po was given the secret scroll which when opened would provide special powers. Po opened the scroll and saw nothing. There was nothing. Only his own reflection came back to him. Still Po, as well as the others did not get the message.

A very sad Po returned to his parent’s home and spoke with his father. He was not going to be the Kung Fu Warrior after all. He just couldn’t do it. Po’s father tried to console Po by giving him the secret ingredient to his noodle soup so that Po could take over the shop. The secret was that there is no secret. You just have to “believe” that you have the best noodle soup. Then you have the best noodle soup.

Po finally understood that the secret is you. Po saw his own reflection in the scroll. Po just had to believe that he was the Kung Fu Warrior and he would be. And so the story goes. Po saves the land.

It is a beautiful message. There are no accidents. You just have to believe. To make something happen, there is no secret ingredient. You just have to believe.

To prepare for this article I decided to watch the movie again. There were a lot of distractions when I first saw the movie supervising the students, keeping the noise down, and making sure the students had what they needed.

One afternoon, I went to the theatre and purchased a ticket. I took a note pad so

that I could make some notes while watching the movie. It was too dark for me to see the note pad that I was writing on.

So, I just wrote and hoped that I could read it afterwards.

When I left the theatre and got in the car, I took a look at my notes. Thinking that I could fill in what I missed or couldn't read while it was still fresh in my mind. The page was blank. I could only see the impression on the page that the pen made. The ink in the pen didn't work.

I was looking at a blank page. I am the secret. I didn't really need to see the film again. I just had to believe.

It seems that the universe will bring you the message again and again if you don't get it the first time.

Things to look forward to

Personal Coaching Sessions: Personal coaching sessions are scheduled 30 minutes 4 times per month or 40 minutes 3 times per month. Call to arrange a complimentary consultation to see how coaching can work for you.

Next Tele Workshop: Sept. 24, 2008

Living in Success. 7:00 – 8:00 pm EST

We will explore how to live in success. How to feel successful even when you feel you are not. Where success shows up in our lives. Where it doesn't show up. Why it doesn't show up.

Participant Reaction to the 1st Tele Workshop

"The night of the workshop gave me a gift. I have finally started to connect mind, body and soul. There were three separate parts all within me. The connection has begun. I am becoming one with myself. It feels amazing and powerful. I am on my way to becoming more than I dreamed. Thank you so much."

"This was a very beneficial workshop. You selected the right topic and asked profound questions. Well-done Janet. You are tops in this field. This is truly your calling."

"The greatest impact for me was thinking about success from the inner level. I liked the spiritual approach."

To participate in the workshop, please send an email requesting a spot. You will receive the bridge line information by email closer to the date.

Sample Session Day: Sept. 10, 2008. I am offering 30-minute sessions free of charge on Sept. 10, 2008. If you would like to experience a coaching session, this is the day to do it. All sessions are by telephone. So, geography is not an issue. Call to book your time slot. Please note that coaching sessions must be reserved in advance.

Through coaching you will be able to:

- Live in high self esteem
- Breakdown barriers
- Take charge of your life
- Go beyond yourself
- Experience unlimited magic
- Widen your mind
- Gain new perspectives
- Live in a place of choice
- Build your path to happiness
- Change your life

Signature Personal Coaching

Life Coaching About You!

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