



Summer 2003 newsletter

Issue #4 Relax, Reflect, Rejuvenate

Summer: a time for relaxing, reflecting, rejuvenating. This is probably what most of us aim for but summer often gets too full trying to fit in all that we want to do or slips by so quickly that we scarcely have a chance to enjoy it. We wish for you a summer that offers leisurely moments to savor.

Reflections

Reflections on reflecting... A colleague asked me how I practice reflection. One thing that immediately came to mind is that over the past few summers, I've been sitting on my porch every moment I can. Although I know that I'm most creative and thoughtful when I have enough time to relax and reflect, I tend to keep really busy, always wanting to accomplish something. Porches have a transformative power for me. When I'm in one, I feel it's my *job* to sit, relax, think and absorb the world--to just be.

I thought you might be interested in how some of our other facilitators carve out time to reflect:

Mia Bolte- "When I reflect, I like to include my body, mind and spirit. Unstructured movement, like an aimless walk or Authentic Movement practice helps me connect with my deepest self."

Kei Gratton- "Painting, gardening, writing, practicing yoga, connecting with nature, and observing and sharing mindful expressions within my community are all reflective ways I nurture my creative spirit."

Laurel Hirt- "Beadwork is meditative and causes my mind to stop spinning, to enter a rhythm with the patterning of beads. This allows fresh thoughts and a sense of calmness to enter my mindset."

Barb Plunkett- "Jogging's rhythmic pace quiets my logical mind and lets my creative thoughts flow. When I can run by water, the rippling current gives metaphors for issues I'm trying to solve."

We know that in order to improve our work and our personal lives that we need time to reflect, assess, and try new ways of doing things. Many people, businesses and organizations highly value reflection, assessment and creativity. Yet when it comes down to it, this continually gets put to the wayside for more task-oriented work. This all leads to the beauty of Purple Crayon Factory workshops. In the workshops, reflective time is carved out making it part of the participant's job to put aside tasks, try new ways of thinking and to leave feeling empowered, inspired or refreshed.

News

Our very own facilitator and life coach, Barb Plunkett was featured in a lovely article titled, "Sanctuary, Finding Refuge In a Worried World" in the June 2003 issue of Better Nutrition, available in health food stores and via <http://www.betternutrition.com/>.

We now have the opportunity for businesses to sponsor this newsletter. If your business is interested in supporting our mission of helping people pursue their ideal lives, let me know. Healing Waters is our first newsletter sponsor; please show them your support (see their sponsorship following the mini-reflection exercise). We are also seeking additional locations to distribute print copies of the newsletter. Contact me if you have ideas or would like to help us with our distribution.

We are arranging workshops for fall. If you have an interested group or a location suggestion for an open workshop, please contact me at least a month before the intended date to allow plenty of time for planning. Thank you for helping us to build Purple Crayon Factory into a vibrant enterprise!

Five-Minute Mini-Reflection

(It may help to have a journal or paper at hand.)

Brainstorm

In what ways do you practice reflection? If you aren't regularly practicing reflection, how might you?

Imagine

What would it feel like to have plenty of opportunities for reflection? What might happen for you?

Setting a goal

Determine how you'd ideally like to practice reflection and how often.

Taking action

Try scheduling times for your reflection in your calendar or planner. Take your commitment to reflection as seriously as you would a business meeting. If it feels frivolous, consider it a meeting with yourself that will contribute to you being more effective in achieving your goals.

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[Healing Waters of White Bear Lake, Ltd](#) *A Source of Health & Wellness*

Bring your stress, your painful aching muscles, your sports injuries and your desire to learn new ways to be healthy in body and mind. Mary Jo Lohn, Director, invites you to the Grand Opening Celebration. Meet the staff, enjoy refreshments, free chair massage & MORE! Thursday, July 17, 2003, 3:00-8:00 pm. Bring this newsletter in and receive 10% off of your first massage.

"You must be the change you wish to see in the world", Mohandas Gandhi

[Healing Waters](#) is in the Oak Ridge Center, 4801 Highway 61, Suite 201, White Bear Lake, MN 55110
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We welcome and encourage you to share this newsletter with anyone you think would be interested.

Creatively yours,
Teresa

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Purple Crayon Factory facilitates hands-on creative workshops for reflection, goal-setting and action in pursuit of an ideal personal and professional life.

<http://www.purplecrayonfactory.com>

Thank you for perusing the Purple Crayon Factory newsletter. We hope that you find it useful and inspiring. If you are not subscribed but would like to receive future issues via e-mail, please send your request to mail@purplecrayonfactory.com or visit the "contact us" section of <http://www.purplecrayonfactory.com> and submit your contact information. Thank you!