

Berwyn Times

Spring Has Sprung... For Real!



It's springtime in Berwyn, PA and even with the overnight cold snap, so much is in bloom for March. Soon it will be summer and we will welcome the warmer weather - maybe. I am excited to be alive during this wonderful time of year. Spring reminds me of re-birth, nurturing and change... and of course, with change - you shape your future. I bring you this newsletter as an update on my own life, my business and my offerings. I'm thrilled to be teaching the topics that bring me the most joy and working from home with a great office and an even greater view of trees, grass, a walking path and benches. My bird feeders draw a few surprises throughout the day as I sit at my computer and write. So take a few moments, and enjoy my words. In this newsletter, I address personal, professional and spiritual growth along with an update on Ziggy and Zack (they turn 7 in May!) and a list of classes and individual instruction. Skype is becoming a new friend for one-on-one clients and I continue to post on FaceBook, Twitter and my Blog. I'm pretty technology oriented, yet some days it does feel overwhelming. I take it in stride and know that whatever I do today, it's all good!

Enjoy today as you take a breath, soak in the sunshine, the fragrant flowers and trees, and sit with me for a few minutes of information that just may change your life. Enjoy the journey - with me.

Personal Growth ...

Personal growth includes my daily journaling practice as it continues to be a grounding source for me. Some days pearls of wisdom appear and other days it's just a "To Do" list. Regardless, it is a chance to get the day started with no outside influence for the moment I am writing. Often I refer back to my journal for lists and ideas. And, often my newsletters and blog originally start in my journal. May I suggest you consider a daily practice. It does wonders for the mind, body and spirit. You don't know what to write about? There are lots of ideas and prompts at my website under the Tab: 365. And, remember I offer group classes and individual instruction / coaching using various forms of journal writing with prompts, shapes, colors, stories and sometimes bullets. I'll leave it to your imagination, and know I'm a phone call away.

Some Websites that you may find of interest:

www.RosemaryAugustine.com

Centers For Spiritual Living: www.CSL.org -- Locally: www.cslphilly.org

www.GodIsAm.net - a Spiritual Blog

www.ArtHonoringLife.com

www.CareerAdvice.com

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Professional Growth ...

This is the Big One! When I left the corporate outplacement firm Lee Hecht Harrison in 2005, I began a deeper journey into art and creativity. Although I continued to work full time until 2011 - Frontier Airlines and more recently PA Land Title Institute - I expanded my creativity with the addition of watercolors, beads and hand-crafted journals. My career coaching has taken a new direction for my clients with deep soul searching, clearing and clarity with a variety of journaling exercises as the format. A regular or daily journaling practice is a requirement in working with me on your career because of the new format I follow when providing individual coaching. It's fun! It's powerful! And you start to see results pretty quickly. A spiritual practice should accompany my coaching since we do address God (Good Orderly Direction or whatever higher power you realize and work with). Some clients also are in regular therapy and the journal coaching accompanies this process with significant changes as a result. Therapy isn't necessary for my journal coaching, however, if you are already in therapy, check with your therapist for their blessing.

Whether you call it career coaching or journal coaching... my license plates with the word "Journal" has finally paid off in visibility.



Ziggy & Zack

Ahhhh! My precious little kitties - Ziggy and Zack. Well, they aren't little any more. They turn 7 this spring and Ziggy is topping out at 22 lbs. Zack still a svelte 20 lbs. That's because of all the good food they eat - Blue Buffalo dry kibble and Trader Joe's wet food. They continue to be spoiled and love me for it unconditionally.

They are stars on my website with both photos and art drawings, subjects of an eBook I wrote - "Secrets I Learned From Ordinary House Cats" and still masters of the second floor balcony at Main Line Berwyn Apartments. Annually, they are voted as "The Best Furry Companions" by both visitors and me. If you've been following them since their arrival in 2005, they went from cute little kittens to very cute big cats... A recent photo is on the left. Stay tuned for more *Ziggy and Zack Tales From the Second Floor*. ☺

There are many classes that I offer at various locations. I'll list some here. Remember to check my website for updates, locations and cost.

If you can't attend one of my classes, most are offered individually. If you are not in the Berwyn area, then we use Skype for one-on-one classes.

Creative Writing - A chance to stretch your imagination using simple writing techniques with items that build on your imagination and in the process your inner child comes out to play.

A Different Kind of Journaling - Through various prompts and discussion, you are guided to create shapes, colors and words to envelop the page while using both the dominant and non-dominant hand.

Creating a Travel Journal - Life's journey captured in pictures, words and collected items provide memories as well as healing whether you are on vacation or wanting to clear out unwanted thoughts and beliefs.

Dining Room Table Arts - a group gathers to play, color and draw at a large table - preferable that holds all attendees. Markers, watercolor crayons and brushes are often provided.

The Artist's Way - following the book *The Artist's Way* by Julia Cameron for the entire 12 weeks, the group comes together for weekly support and creative bonding while each individual works through the weekly chapters including daily morning pages, Artist's Dates and guaranteed personal growth.



New Class

Journal Bindings and Finishings - learn how to bind journals like the one pictured above or using open or closed methods.

Career Advice

For those who continue to know me through my [careeradvice.com](http://www.careeradvice.com) website, the world of work has changed dramatically. If you haven't already done so, I strongly suggest you get in touch with something you love to do and be doing it - after work or on weekends. It is obvious that those who have such a "hobby" in place later consider doing something with it for part time income. So when the Big Guns decide to lay-off or better yet, increase your work load with no additional time off or money, you have something to fall back on... to either move into full time with it, or use it as your "re-charging" mechanism to cope with the job you really don't love.

So much emphasis today is on doing what you love, finding your passion or finding work that feeds your heart and soul. And for obvious reasons! When you follow this advice, the financial rewards become part of it - enmeshed in the fibers of your being. Eventually, generating more than you imagined. Hopefully you are following me on this. I've been writing about this topic for the last 15 -20 years both in my books and newsletters. This is where my new style of career coaching comes into play, with required journaling, a spiritual practice and additional exercises to have you move into the direction that brings you daily joy. More at www.careeradvice.com

Find Me online: <http://www.RosemaryAugustine.com>... <http://www.CareerAdvice.com>... and

[FaceBook](#) ... [Twitter](#) ... [LinkedIn](#) ... [MeetUp](#) ... [Journaling Circles](#) ... [Etsy](#)

The Power of Thought...

If you are devoted to your religion or a spiritual practice, I applaud you for your commitment to a greater power. If not, some of the things I'm writing about throughout my newsletter may seem foreign or maybe even intriguing. The writings of the founder of Science of Mind® Ernest Holmes still rings true today with the power of positive thinking, affirmative prayer and manifesting what you want. Very much along the lines of Julia Cameron's "The Artist's Way", Wayne Dyer's new book "Wishes Fulfilled" or any New Thought materials you may be reading. Over the years I've written much about changing your thoughts (and shaping your future as a result). However, the bottom line is your thoughts dictate your life. If you think you can... you will, and if you think you can't, you won't. It's as simple as that! The saying "Be careful what you wish for" draws life to us or pushes it away ... and, if a thought can make us blush... what else can our thoughts do? Something to think about when it comes to the power of your thoughts... so choose the right ones!

Rosemary Augustine is the Author of *Facing Changes In Employment* and *How To Live and Work Your Passion*

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