



Patterns (Nov/Dec 2008)

My intent, when creating this extra page on our website, was to write a message for you on alternate months. The Sept/Oct 08 message didn't make it onto the website because I noticed a "pattern" in my writing I wasn't happy with. So I pressed the "pause button" until I could work it out. Two months later, I'm still no clearer, but I here I am, writing anyway! There are two reasons for this: 1. my coach suggested that instead of stopping writing, I might write about "patterns" (thanks Joan!) and 2. my other coach (yes, I have two coaches!) kindly held up a mirror to me some months back that reflected back my "high need for *knowing* – for being certain; understanding the reasons behind things. She reminded me that sometimes I might just trust the journey and that I will *know* what I need to when the time is right. Thank you Frances!

So I'm writing to you today about patterns. How have patterns featured in my life in recent weeks? Mmmm ... what comes to mind are four key areas:

- o People
- o Buses
- o Books
- o Options

People

Last week brought a whole range of people from my past back into my life. An ex-boss got in touch and gave me useful information for a client. I spoke with a former client from many years ago, who will now be working with my husband. At different times and in different places during the week I bumped into two people from the same organisation I worked with around 9 years ago, and who I hadn't seen since. Despite the significant passage of time we all enthusiastically told our stories and quickly discovered new things that connect us again. It's strange to think we have connected so well again after all that time. It's like we have all come from different directions and met at a roundabout called "this week". I find it really energising to re-connect, and it makes me wonder "who is next?!"



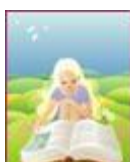
Buses

Some of the "Team Journeys" I have been supporting at work are now coming to a close for me. The end of the road is seldom officially declared ... we just all know, and can feel it approach. The team will stay on the bus after I get off at the next stop. I'll stand there waving them on with a big smile of joy, edged with a little sadness at the farewell. As I look from that bus stop to the next I can see some other buses approaching. I have met some of the bus drivers already. These are the buses I'll be on in 2009, and I very much look forward to meeting my fellow travellers. The pattern that is the project cycle reveals itself again. As in all things, one cycle completes, and another starts.



Books

If you have read the "Seasons for Change" message from earlier this year, you will already know that I go into a very reflective space in Spring, and even more so in Autumn. I headed off for a mini-sabbatical on my own in October (well ... me and the delightful company of 20 books, plus my ever-present Journal). I knew that I would never manage to read 20 books in a week, so I chose the ones I was most drawn to each day. The themes (...patterns) that evolved were amazing. Two friends gave me books, and those books were the most meaningful to me. They are:



- o Life's Companion- Journal Writing as a Spiritual Quest - Christina Baldwin
- o The Dark Side of the Light Chasers - Debbie Ford

I believe that the "right" books find us at just the right time in our personal development – at least that's what happens to me, time after time. Thanks to Dani and Steve for lending me

these two in particular.

Options

I created a mind map recently of all the areas I am interested in, for my own personal development. There are 13 of them! A few weeks ago I was putting myself under pressure to choose - asking "What will be my development focus for 2009?" (it's that need to *know* again!) My first fear was that there are so many options, but without *commitment* to one or two of those, I'll end up doing nothing. My second fear was that if I don't know now, I'll end up completely filling my diary with business and not leaving any time to pursue my development. My "demand" was - "I need to know this by year end, and right *now* would be good!" (and, whilst you are at it, can I please discover my "life purpose", by the end of 2008 also!). I can laugh as I write this now, but it all felt pretty urgent to me then.



Luckily I got to a place of accepting that the answers aren't quite ready to appear yet. Where I am at now on this is that I am enjoying being a "serene seeker"; exploring, talking with people about my interests, reading, and discovering themes. The path *will* become clearer; there is no rush. I can already see one theme developing, around "relationship" work.

This personal journey makes me think of a quote for Rainer Maria Rilke

"Be patient toward all that is unsolved in your heart and try to love the questions themselves... Do not now seek the answers which cannot be given to you because you would not be able to live them and the point is to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer."

I hope the patterns in your life are bringing you what you seek right now.

There will be more messages for you in 2009. As a special treat, I have invited some of my great colleagues to write to you as well, so watch this space!

With warm regards
Alison


PS Please feel free to send me a message back

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