



All Things Blessing

July/August 2009

Newsletter for the work of Youngman and Rev. Julie Chai, M.Div.

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Reconnecting

It is always a joy to reconnect with wedding couples, their family, Inner Listening clients and friends. And that is what this newsletter is about. It is an opportunity to reconnect with those of you I have had the pleasure to work with and those of you who have contacted me by email but may not be as familiar with my work.

I hope you enjoy hearing from me and that this monthly newsletter offers some nourishment for your soul and perhaps a laugh or two. If not, this newsletter is easy to unsubscribe. Just click on unsubscribe at the top of this email and you will be taken off the list. I would also like to hear from those of you who enjoy it. Let me know what is most helpful to you!

Blessings to all,



Gracious and Loving God,

Help me to be at peace today.

Be the breath I breathe in and the breath I breathe out.

Give my day meaning and fill me with your love and grace that I may be love and grace for all those whose lives I touch today.

May your angels guide me and watch over me, keeping me centered and filled with Light.

This I pray. This I receive. For this I give thanks.

ARE YOU IN MID-LIFE CRISIS?

Are you between the ages of 43 - 44? If you were born between October 1966 - October 1967, you may be experiencing your midlife crisis. The exceptions are those born in August 1967, Sept 1967, April - July 1967; you finished your midlife crisis in January - March of this year.

Those who recently entered the midlife crisis were born Jan - Feb and Sept - Oct 1967. For more information on the midlife crisis and how to be with it, please see my website: www.juliechai.com and click under "Midlife Crisis" in the menu.

New Blessing Bowl Designs



A Saying
Worth
Remembering

"WE BECOME GOOD AT WHAT WE DO EVERY DAY"

August Rodin, 1840 - 1917

Have you ever reflected on what it is that you do every day? I don't just mean the daily tasks of life or a new skill you are developing through daily practice - but the **mind set** with which you go about your day.

What is your habitual attitude? Does it uplift your life and delight your soul or bring you and those around you down? What are you becoming good at - noticing beauty and feeling gratitude or noticing what you think you lack and feeling victimized?

To become good at something, even an attitude, we must practice it every day.

The SUTTON'S BAY ART WALK

On **June 19th**, I was sitting outside The [Happy Woman Store](#) painting pots as her featured artist at the Sutton's Bay Art Walk. I shared the porch with Lawrence and Donna Probes of the Cherry Blossom Ramblers, who were playing beautiful Irish music.

A couple hours past when to my table came the mother of a bride whose wedding I officiated in Leland years ago. We caught up on how the kids are doing - the bridal couple are now parents with two children and the woman reported that she and her husband are happy grandparents!

She reminded me that, not long after the wedding, she had asked me to officiate the funeral of her mother and how much it meant to her that I went out to the cemetery with them. I told her I remember it well and that her family has always held a special place in my heart.

These "heart connections" are why I like to do art walks and shows. They are a good opportunity to reconnect and to share love. And they remind me of what life is all about.

July 11th Art Show in Leland

Youngman and I were kept very busy by all the folks wanting to purchase a pot or two! There were often 5 people waiting in line while YM handled the finances and I wrapped up the pots. We had fun and were pooped by the end of the day! Thanks to all of you who were able to come to the show at the [Old Art Building](#) and check out the pots! We really appreciate your support and we hope that the pot you give or keep will serve as a source of inspiration and joy for years to come!

*You are the master gardener of your life! What are you growing?
What are you feeding and watering every day?*

COMMUNICATION DYNAMICS UPDATE

A Sweet, funny Story

A couple walked into their 2nd session of premarital counseling and he said, *"I never get what I want to eat! There is never anything I like in the refrigerator!"* "But," she replied, *"I ask you what you want me to buy before I go to the grocery store and you never tell me what you want!"* I could hear the frustration in her voice. And I could see how he might feel as if his needs were being neglected or discounted. Here was a typical pattern of a verbal processor (her) communicating with a person who needed some time to think about it before answering (him). I had the feeling that asking him what he wanted her to buy as she headed out the door was not giving him the time he needed to process his grocery list in his head.

By the end of the session I asked her, *"Now that you understand that he needs time to find his answer and that he does not verbally process as you do, what are you going to do about his need to have some different foods in the fridge?"* Her answer came without hesitation. *"I'm going to do what you do with your husband - give him a heads up. I'll call him at work to say, 'I'm going to the store tomorrow, let me know what you want.'"*

A few weeks later they returned to work on their vows - session 3. I could tell things were different. I barely had a chance to ask how things were going when he sang out, **"I'm getting everything I want to eat! The fridge is packed with stuff I like!"** How wonderful to see the lesson of the 2nd session put into such practical use.

Now no one would probably get divorced over what is in the fridge. But you can see how having such needs met on a daily basis contributes to feelings of being cared for and loved. Good communication dynamics lead to greater respect, openness, love and feelings of safety in the relationship.

If you need a 2nd session brush up, give me a call.

jchqi@charter.net 231-922-9699

Opportunities to Gather and to Grow

If you are interested in any of these gatherings please give me an email or a call: jchai@charter.net 231-922-9699

"The Shift"

Join me in my living room for a 4 HOUR WORKSHOP SUNDAY AUGUST 9, 1-5PM.

Cost is \$10 per person. Limit 8 people per workshop.

Are you living the purpose of your soul and enjoying life? This movie may help you to "shift" into the meaningful, fulfilling life you desire as we watch the experience of some interesting, busy characters in **Dr. Wayne Dyer's new 2 hour movie, "The Shift,"** Join us for open discussion and take time for guided personal journaling, reflection, drinks and snacks. Bring your journal. There are no prerequisites except an open mind and the desire to grow.

DREAM GROUPS

Cost: \$10/per meeting

Want to gather with others to work on your dreams and discern the messages of your soul?

Have you always wondered what your dreams are trying to tell you? Most of us take our dreams much too literally. In doing so, we miss the deeper meaning. If it is true that dreams are messengers of the soul and not just what we ate for dinner, then they are important to our well being and we might be wise to honor them.

Participants will be guided in the exploration of their dreams and in exploring the dreams of others using the "if it were my dream" technique.

Come with an open mind and bring your dreams (old or new) and a dream journal. Be ready to "follow your dreams" into a deeper connection with yourself and your life.

I am currently putting together a list of interest people and some places we might meet. Contact me if you would like to participate and if you know of a quiet place in your area where we can gather.

HOSTED WORKSHOPS AND HEALING SESSIONS

Cost: \$100/per person, the price of a room at the local Holiday Inn (if out of town) and travel.

A few years ago I had the pleasure of facilitating a workshop that was hosted by one of my wedding couples.

They lived downstate and had gathered a few of their siblings, parents, neighbors and friends to participate in a weekend workshop tailored to their needs.

We first met at their home on Friday evening when I introduced the concept of present moment awareness. We practiced basic yoga and meditation and explored our experiences. On Saturday morning, everyone gathered again for yoga, meditation, journaling and sharing. For the rest of the day into the evening, I worked with individuals doing Inner Listening Therapy and energetic healing work. This was repeated on Sunday. In all, 6 people received individual sessions.

I find working in this way to be especially powerful because of the added bonus of group intent and focus.

If this concept appeals to you and you would like to consider hosting a workshop, please contact me.

That's all for now! ☺