

Heartsong

January/February 2011

In Memory of My Beloved Parents
Burk & Shirley Taylor

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Volume 6, Issue 1

We Begin to Begin Again

Welcome to Heartsong, dedicated to supporting each of us in finding, hearing, and living our heartsong.



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Coaching Services Offered By Telephone

Except for workshops and classes I lead locally, all my personal coaching services are provided over the phone. This allows me to serve clients from all over the world! If you are interested in making an investment in yourself, give me a call. I offer a complementary 30-minute session. It's easy, convenient, and no travel time is involved.

I am surrounded these days by family and friends who are in the process of beginning to begin again in very monumental and life changing ways—following the loss of a job or career, the death of a parent or spouse, the ending of a marriage, aging and the decline of health, or the return of a loved one from Iraq or Afghanistan. The impermanence of this life requires these beginnings—over and over again—and it's easy to lose our way as we traverse the winding roads of change. Much happens on every level of our being when hit by the tsunamis of grief, trauma, and loss, and we are forever altered by the depth of the experience. It takes time to integrate and process it all and we sometimes forget who we are at our deepest core. We lose hold of the Source of our guidance and wisdom, our creativity and joy, our purpose and passion. Just when we need it the most, we seem to move out of alignment with that which can keep us on track and on purpose in our lives. Our pain, confusion, and challenge are amplified as we move out of alignment with the greater field of life, the Divine, and its desires for us. We can end up spinning our wheels for years until we reconnect to our heart center—that whispers the essence of our calling, our purpose, our Beingness—pointing the way to our true North Star.

The Song of Our Heart

Yet these times of great change, when we must begin again, offer us both the challenge and opportunity to reconnect to the song of our heart—which is the unique vibration only we can bring to the song of the universe—a song that will go unsung if we do not sing it, a song whose beauty is required if the harmony of the spheres is to be realized, a song whose joy, light, and radiance will bring our own body and mind back into integrity, wholeness and balance so we can manifest all we were created to BE in this life.

We turn to our heart for it will lead us in the direction we need to go. It will inspire us with its depth and beauty. It is not necessary to know all the answers when we begin to begin again—to know the complete layout of the land we are about to walk—it is only necessary to hear our song and to sing it. It is the unique expression of the Divine through us. It is so gloriously unique that it can never be sung or expressed by another human being on this planet.—it is Us in all our wholeness.

Do you Know Your Heartsong?

“When a woman in a certain African tribe knows she is pregnant, she goes out into the wilderness with a few friends and together they pray and meditate until they hear the song of the child. They recognize that every soul has its own vibration that expresses its unique flavor and purpose. When the women attune to the song, they sing it out loud. Then they return to the tribe and teach it to everyone else. When the child is born, the community gathers and sings the child’s song to him or her. Later when the child enters education, the village gathers and chants the child’s song. When

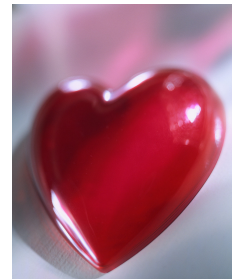
the child passes through the initiation to adulthood, the people again come together and sing. At the time of marriage, the person hears his or her song. Finally, when the soul is about to pass from this world, the family and friends gather at the person's bed, just as they did at their birth, and they sing the person to the next life.

In the African tribe there is one other occasion upon which the villagers sing to the child. If at any time during his or her life, the person commits a crime or aberrant social act, the individual is called to the center of the village and the people in the community form a circle around them. Then they sing their song to them. The tribe recognizes that the correction for antisocial behavior is not punishment; it is love and remembrance of identity. When you recognize your own song, you have no desire or need to do anything that would hurt another.

A friend is someone who knows your song and sings it to you when you have forgotten it. Those who love you are not fooled by mistakes you have made or dark images you hold about yourself. They remember your beauty when you feel ugly; your wholeness when you are broken; your innocence when you feel guilty; and your purpose when you are confused.” —by Alan Cohen

Coherence

Scientific studies show that the heart itself is an information processing center in constant communication with the mind and body. Through a variety of pathways, the heart responds to our emotions by sending signals to the brain—influencing all the body systems. When we experience positive emotions and calm, the heart synchronizes with the mind and body—leading to Coherence-- even more calm, higher performance, and improved health. And when we are in Coherence, our heart has access to a broader bandwidth of information. It becomes a channel for more intuitive information and an authentic connection with the Divine. When heart, mind and body are not aligned, all we hear is the chatter of our mind. Stress, anxiety, trauma, multitasking all lead to dys-synchronization and keep us from tapping in to the deepest knowing of our hearts.



Commitment & Practice

How do we access this intuitive knowing, this authentic alignment with our spirit and its guidance system? We begin with a 100% commitment to connect to ourselves. We slow down, we stop multitasking and attempt to be Present as often as we can so we can hear what our heart is communicating to us. We polish off the gem of our heart to hear our song again. We learn to filter out the messages coming from our ego and not our heart. We dedicate time and space to connect with ourselves and the Divine. Meditation, Prayer, Solitude, Nature, Sacred Time—all are ancient, known ways of connecting. We practice, practice, practice. We listen and we follow its guidance. We learn to play, to work, to rest, to speak, to sing, and to dance again in natural rhythms.

We protect our song, keep it clear and strong, fine tune its quality. We learn the beat of our song, its texture and color. We learn all the verses of our song and allow it to give us courage. We learn to sing our own song and not the songs of others. We choose people and communities who support our song and inspire us to sing it. We find others whose songs harmonize with our own and help us to expand its range and strength. We discover who it is calling us to support in their own song. We listen to what our song is calling us to experience, to express, to create in the world and where is it calling us to serve, to connect, and to speak. We allow it to lead us to our destiny, our purpose for being here.

It is a simple path but not an easy one. We Begin to Begin Again.

Do you know your Heartsong?

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