

# Heartsong

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Dedicated to  
The People of Japan

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

*“Everything in life responds to the song of the heart.”*  
~Ernest Holmes



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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 have a dream of doing something new and different with your life, if you are going through a major life transition, or want to strengthen your personal foundation and want the support of a life coach, give me a call. I offer a complementary 30-minute session. It's easy, convenient, and no travel time is involved.

## Choosing to Align With The Goodness of Life

On Japan's northeast coast, lies Hadenya, a small fishing village. When the recent tsunami swept away their community and half its inhabitants, the survivors immediately went to work, organizing themselves into “committees” to rescue other survivors, build a large tent shelter, scavenge fuel from vehicles and boats for heating and cooking, collect safe drinking water and food supplies, tend to the sick and injured—and organize a small team to go in search of help from the outside world. It took the Japanese military 12 days to cross the rubble and debris and finally reach them. This small tightly knit group of people is only one example of many isolated groups of survivors in Japan who are now providing a model for other evacuation centers and for disaster response studies worldwide.

Like all of you, I have been overwhelmed by the terrible disasters that continue to unfold in Japan. I have also been deeply moved by the response of the people of Japan to this tragedy. The dignity and grace with which they are bearing the shock, trauma, pain, and losses they are enduring, the many acts of kindness, generosity, sacrifice, compassion, goodness and strength of young and old alike as they support each other and organize to work together to survive the immediate challenges and look forward to rebuilding their country is inspiring.

*“Let us learn to skillfully draw good out of what would otherwise cause us harm.”*  
~St. Mary Euphrasia Pelletier

My heart and hope have also been lifted up by the visionaries in Japan who are already looking forward to the kind of Japan they envision rebuilding—and their focus on the strengths and qualities of the Japanese cultural tradition that will facilitate that unfolding. The luminaries at the Goi Peace Foundation are already calling for assistance from experts and thinkers worldwide as they begin to rebuild a country built solidly on the principles of science, spirituality, and sustainability—as a possible model for the rest of the world as we too evolve into an unknown future.

[www.goipeace.or.jp](http://www.goipeace.or.jp)

## Generativity and Creativity

What we're all witnessing are a people who, in spite of their pain, trauma, and loss, are choosing to align themselves with the goodness of life—stepping into their own powers of co-creation to not only survive, but evolve forward their own lives and that of their country, working toward the flourishing of life in an active and

generative way. They are reminding and teaching us that we each have a choice, we each have a role, and we each have the power to make a difference in our own lives and that of the whole world no matter what we are enduring.

### [The Hero's Journey](#)

From the upheavals in the Middle East to planetary and climate changes, we are moving into an era of great significance in the history of mankind. We are living in a time of unprecedented growth, change, and great challenge—and amazing possibilities. Indeed, it is an exciting and potentially transformative time to be alive. As we transition into our future and what it may bring, it is critical for each of us, as individuals and cultures, to know and recognize at a deep level that we do have choices to make and we can make a difference. But we must make the commitment—to lean into our own futures with hope, to envision and make a stand for what is good in the world, to step out of our pain and victimization and into our own power to plant seeds that will contribute to the beauty and flourishing of all life—to see ourselves as generators, as co-creators of life on this planet.

We will always have wounds and pain and sorrow that we must experience and make our way through. But on the other side of those wounds, and in spite of and because of those wounds, we have the choice—to be generative in the face of tragedy and heartache, to evolve our life in the direction of all that is good and possible, and to be forces for good in this world. We are each on a hero's journey.

#### ***I Choose To Align Myself With the Goodness of Life***

*(in spite of my fears, anxiety, overwhelm, & pain)*

#### ***I Choose:***

***To align myself with the goodness of life.***

***To be a force for good in the world.***

***To show up for my life, to stop waiting for life to happen to me, to have no regrets at the end.***

***To plant seeds that will contribute to the flourishing of my own life and the world's.***

***To show up as my most true and radiant self.***

***To look at what is working in my life, to my gifts and strengths.***

***To act as if my visions for my life and the world are possible even if I'm not 100% sure they are.***

***To see myself as a co-creator with life and to express my creativity in ever-expanding ways.***

***To ask for guidance—to align myself with the field of life—with Spirit. To ask what I am here to experience, express, create, and contribute.***

***To be generative in my life—to be conscious of what my thoughts and actions are generating. To bring new ideas, love and energy to life around me. To align myself with the energies of creation, hope, and flourishing.***

***To find the gifts and opportunities in each challenge I face.***

***To evolve beyond the pain and trauma of my own life and the world's. To create something heartfelt and beautiful in its place, no matter what has happened.***

***To be a blessing to the world.***

*I made a footprint: it is sacred.*



*“Do not go where the path may lead, go instead where there is no path and leave a trail.”*

*~ Ralph Waldo Emerson*

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