



Spring Newsletter - May 2008

Whew - 2007 flew by, and I find myself well into 2008 without having written my annual letter. I've been working this past year on lots of different projects, I'm creating programs I never thought I'd create and I am, once again, getting ready to again travel in ways I never thought I would. Life is full of surprises.

Most important in all my adventures is my connection to the hearts of loved ones. For the past two years I have had a serious practice of gratitude. Each night (at least MOST nights) I write a list of things I am grateful for from the day. It doesn't matter if it was a crappy day, or a happy day, there is always something I can find appreciation and gratitude for. It's a practice that has absolutely changed the way I look at the world. I practice this "end of day remembering" with two dear friends, Lisa and Beth. Each night we compile our gratitudes from the day and email them to one another. Our lists are sometimes short, sometimes long, sometimes easy to write and sometimes challenging, but regardless of my attitude when I write my list, I notice that there is always beauty, even among the "ugly." Writing the list keeps me "on the look out" for more joy, more beauty, more gentleness, more blessings. And in receiving their lists, mine is expanded even more! If you are receiving this letter, you have, in some way, been involved in my deepest place of gratitude. Today my list includes you. Thank you for in my life.

I'd like to ask each of you to take a minute and reflect on the things you are most grateful for. I don't mean the sweeping gratitudes like "friends, family and health." Let's assume those are a given. I mean some of the sweet little things that you may have not taken time to acknowledge. Take a minute to close your eyes and reflect on your past few days. Can you recall any specific moments of appreciation or gratitude? Perhaps you experienced a gentle exchange with the clerk at the grocery store, or had the opportunity to enjoy your favorite meal or the feeling of spring in all the budding trees. For me, my gratitude list this week included:

- Waking up to the sound of a flock of wild turkeys in the front yard
- The little girl with pink bows in her hair at the park
- My brother delivering me a hot chai to my desk
- Wrapping my pregnant daughter in the afghan crocheted long ago by her great grandmother
- The way the sun glittered off the wet daffodils along the path of my morning walk
- The smell of fresh baked bread at the co-op
- The sound of the frogs out front of the house as I fell asleep
- Having an email list of people who I really want to stay in touch with that amounts to well over 100!

Now take a moment to write your own list, and then send it to me. One thing I have found even more powerful than taking the time to reflect on that for which I am grateful, is to have my gratitudes witnessed by dear friends. I would love to be witness to yours.



"Silent gratitude isn't much use to anyone."
- Gladys Berthe Stern



Youth to Youth:

Youth to Youth continues to be one of my dearest passions, even though the opportunity for me to be involved continues to shrink. This summer will be the first time in 18 years that I will not be at Western States. However, this past March, my friend Phill Daniel and I were invited to keynote at the San Ramon Conference. We had a great time, and I am again reminded of the power of positive prevention! Click here to watch the closing of our keynote, ["NOT Waiting On The World To Change."](#)



*Nothing stays the same
Our lives are in a constant state of change
My challenge has not been to prevent the shifts
But in learning to navigate the movement*
-Kim

What's New??

Each month I write a newsletter for a woman's program I am helping to develop and coach called the [Yin Project](#). ([Click here](#) to see our newsletter archive) I am also writing my own motivational blog that I call ["Rambblings of The Divine."](#) Go there and sign up to receive my blog updates! You can also see many of my other projects by checking out my [website](#).



India Update:

The India Project continues as we support 4 young men and their education in Bodhgaya, India. The boys, Anup, Rajesh, Jhulan and Ravi, recently called to wish me happy birthday. They are speaking English quite fluently and it is always so fun to hear their voices. They send me weekly reports of their progress in school, but it's never as sweet as their hearing their strong Indian accented voices saying, "Hello Mama Kim". It continues to take financial support to keep these boys in school. [Click here](#) if you would like to donate and help with their education.

"Wake at dawn with a winged heart and give thanks for another day of loving."
- Khalil Gibran



The Gratitude of Grandbabies:

Grandbaby #2 isn't quite here yet, but we are expecting his/her arrival any minute. However, grandbaby #1 is the most brilliant being I have ever known. His name is Rowan and he is my #1 daily gratitude. He is a little sponge. I am in constant amazement of his rapidly advancing learning curve. Kayla has taken a new sort of approach in teaching him sign language. It is said that babies can communicate long before they have the verbal skills to do so. Rowan is PROOF. He has an ever increasing vocabulary of sign language words that allow him to communicate his needs and desires in a way that keeps him from what I have known to be baby frustrations. My favorites are the sign for "more" (tapping his finger tips together) and "all done" (waving his hands in the air). You can see him communicate through the tears of a bumped head by [clicking here](#). And don't worry, it's a minor bump, he's fine! And he is BRILLIANT!!

"Feeling gratitude and not expressing it is like wrapping a present and not giving it"
- William Arthur Ward