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NEWSLETTER  
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## ***Newly Released!!!***



I am excited to announce the release of ***Choices in the Great Circle***, a novel about the struggle to stay true to our life's purpose and heart's desire. The main character, Amay, mirrors the feelings, choices and internal battles we often experience in our own lives.

From the time she was a small child, Amay has been interested in learning the ancient secrets, rituals and healing rites known as the Old Ways. Because of her bloodline, Amay is a candidate to become the leader of the Old Ways, the Charisa.

Amay's suitor, the older, powerful Robin, has strong connections with the Church, making him influential and prosperous. Ixion is a respected practitioner of the Old Ways and is descended from the magical Lumenine race. If Amay marries Robin, her life would be easy and filled with material riches, but Ixion is the true love of her life. However, choosing either man would mean she would forfeit her chance to become the Charisa, who is forbidden to marry.

To further complicate Amay's life, Kelle, who is jealous of Amay's destiny and spurred on by her evil mother, makes several attempts to destroy Amay and stop her training in the sacred teachings.

When the Old Ways are threatened to be annihilated to make room for the new Christian traditions, Amay is forced to make tough choices -- choices which may mean the difference between the survival and the end of the Old Ways.

Please go to [www.amlifecoaching.org](http://www.amlifecoaching.org) and click on 'Books' to order ***Choices in the Great Circle***

## ***The Definition of a Hero***

We hear about heroes every day, especially with the war in the Middle East. Heroes come in all shapes, sizes, nationalities, sexes, and ethnic heritages. Most often we think of heroes as someone we don't know but wish that maybe we did. We define them as almost super human and define ourselves as not worthy of hero status.

The first definition listed in the dictionary for the word "hero" is:

"In classical mythology, a man, especially the son of a god and a mortal, who is famous for possessing some extraordinary gift, for example, superhuman strength".

This definition seems to be the predominant influence to the way most people define or describe the

word “hero”. In fact, as we go through every day life, we are exposed to what makes up a hero in others’ minds. Their ideals are presented to us in the form of advertisements, stories, news articles, or movies. We see their definitions every day on television, in magazines and through other forms of media. Movies, cartoons, computer games, and comics bombard us with fantasy characters built up to be heroes by somehow saving the world. Most suspense or action movies and television shows create characters that get our attention and admiration by carrying out feats that boggle the mind, yet are made to look simple and taken for granted by the lead character. Superman, Spiderman, and the characters played by Jean Claude van Damme, Bruce Lee, Tom Cruise, or Bruce Willis are just a few examples. These characters are either saving the world or most of the people in it. Our continuous exposure to these superheroes leaves us with the impression that you must do something monumental, something worthy of worldwide attention or something that completely endangers you in order to be bestowed with the title of “hero”. A lot of people in martial arts are also looked at as heroes, especially by young people. It is a vocation or hobby that can make one look larger than life.

It is also true that many heroes emerge because they must put their lives on the line in order to do their jobs. Firemen, policemen and members of our armed forces are just a few examples of people whose “jobs” put them in danger almost every day. Yes. Many of these individuals are true heroes. They put the lives of others before their own lives. They protect our property, our bodies and our freedom so that we can live out each day in relative safety and peace. In fact they seem to come close to meeting the dictionary’s definition of someone “who is famous for possessing some extraordinary gift”.

This past year I’ve had the opportunity to be in a situation where I was exposed to quieter, uncelebrated heroes. People who do their jobs and don’t look for any reward or recognition. People who go about their every day lives doing what they do because it seems to them to be what is right, automatic and natural. My father is battling cancer. His treatments have consisted of chemotherapy and radiation. If you’ve never been exposed to these, you may not know what they are or how difficult they can be on the body.

Radiation, or more properly it is called “radiotherapy” or “radiation therapy”, is a process where the cancer is hit with concentrated beams of electrons (those tiny particles inside atoms that are released when the atoms are forced to decay). Neither the human body nor the cancer cells like radiation, and radiation therapy is used to try to kill the bad cancer cells. Radiation can make you lose all of your hair and can irritate the skin enough to cause a mild burn. Given near the throat it can make the esophagus so sore that eating becomes painful.

Chemotherapy is the use of chemicals to try to kill the cancer. Chemotherapy is given intravenously (into the veins) through the use of an IV. This means that a needle is placed into a vein and the chemicals are pumped directly into the bloodstream. Chemotherapy has been described as trying to bring you as close to death as possible to kill the cancer without killing you in the process. That alone ought to give you an idea of how hard it is on the body.

The frequency, type and length of treatments are dependant on the type and location of cancer. In my father’s case he required radiation to be administered every day for about one month and chemotherapy to be given once a week for a period of 6 weeks. Then a second round of chemotherapy was required.

Being with my father during the radiation and chemotherapy treatments meant I was exposed daily to the nurses, doctors and other cancer patients. Every day the nurses greeted us with a smile and a joke. The doctors always found time to talk and check up on the patients’ progress. None of them expected a compliment or a medal for their work in saving lives. Their entire focus was on the well-being and condition of anyone but themselves. And the other patients – some unable to walk and some unable to speak – all seemed to have an elegance about them. Their upbeat attitudes and fighting spirits were admirable.

Then there is my own father. Worrying about his wife, children, siblings, and friends, he never once complained about the 40-minute drive to the treatments. Not once did he bemoan what he was going through. Not once did he forget to ask someone else how they were doing.

Now let's look again at the definition of a hero. The dictionary lists a second definition that says that a hero is:

“Somebody who commits an act of remarkable bravery or has shown great courage, strength of character, or another admirable quality”.

Before this time in my life, when I thought about the word “hero” I always thought of someone I had read about or seen in the news who had met the qualities of being invincible. Now I have learned to not overlook those people, like my father, who meet the less thought about definition of a hero given in the dictionary: “somebody who has shown great courage, strength of character, or another admirable quality”. Another way to look at it is, are we capable of showing that great courage or strength of character when it really counts, but when we may not be recognized for our actions? Can you act as if you are a hero even if no one is watching, no camera is capturing your good deeds, there is no audience, there will be no trophy, or you may never even be acknowledged for your courageous or heroic actions?

Please take a moment yourself to think about the people who surround you every day. Is there a hero among them – someone we take for granted – a teacher, parent, friend, or stranger? Is there someone that deserves to be recognized? Imagine the difference you could make in their lives by recognizing them for those things they do without expecting to be acknowledged for their “courage, strength of character, or another admirable quality”.

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