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NEWSLETTER
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AUTHOR'S NOTE

This month's issue is coming a little early, because I will be on the road for a few weeks. My stepmother passed away last weekend, and my father and I will be driving from New York to Arizona -- an adventure for sure!!! As always, I hope you enjoy the newsletter's contents and look forward to any comments you may have! By the way....any good ideas for the title of this newsletter? 'Newsletter' is just a little toooooo boring, don't you think? If you have any ideas, please email me at lin@amlifecoaching.org. Until later.....Lin

The Two Sides of Vulnerability

The dictionary states that to be vulnerable means to be "susceptible to emotional or physical attack or harm". In fact the word 'vulnerable' has its roots from the Latin words 'vulnerare' and 'vulnus', which translate as 'to wound' and 'wound'. This definition indicates that being vulnerable is not desired.

I find it fascinating that when you ask someone for their definition of the word 'vulnerable', the request conjures up negative emotions and definitions from most people, which are consistent with the dictionary's definition. During one particular class, I asked my students to define 'vulnerable'. One after the other they gave descriptions such as "being open for attack" and "failing to protect oneself". Only one student offered the possibility of a positive definition, one where the act of being open left the potential for something good to enter.

There are risks involved when we drop our guard and allow ourselves to be vulnerable. Those risks include being hurt, showing tender emotions, uncovering weaknesses, and leaving ourselves open for ridicule or worse. In times when we feel defenseless, it means we believe we are giving others advantage over us. Exposing ourselves in this manner can be frightening. In fact, depending on our life experiences and our belief systems, we may not even be capable of allowing ourselves to be vulnerable.

On the positive side of vulnerability, there are times when being vulnerable is beneficial and can greatly expand and enhance our life experiences. An obvious example is when you are in a family relationship. Unless the family is abusive, being vulnerable to your parents, children and siblings teaches you about trust and intimacy in a safe environment. To be safe means that you have to trust. You may allow yourself to be somewhat vulnerable, relying on the faith that the other person will not harm you, but this guarded

vulnerability will not last nor will true, unprotected vulnerability result if trust does not develop. Done correctly you can learn how to love openly, share safely and fight fairly. These skills will support you in all your future relationships and encounters, whether they be family, romantic or confrontational.

When we learn to be vulnerable in relationships with our friends and loved ones, we are able to share our feelings and thoughts at a deeper level than when we feel that we must protect ourselves. Being able to open up enriches the relationship by developing a closeness and trust that is not possible when we are guarded and untrusting.

Many times being vulnerable is not good and does seem follow the dictionary's definition of being "susceptible to emotional or physical attack or harm". When we face a situation where we do not feel safe, we work hard to keep ourselves from being vulnerable. However, there are times when we will be hurt – physically and emotionally. Even though our ego may be bruised, it is best to shake that feeling off and learn from the experience. Being consistently hurt in the same way, such as in repeated bad relationships or friendships, ought to be a signal to you that you are leaving yourself exposed. The difficult part is in understanding why the repeat pattern of behavior occurs. I suggest that you need to look at your belief system and discover the reason you continuously place yourself in the same type of relationship or situation – then work to stop repeating the pattern.

Please do not read this to mean you should never allow yourself to be vulnerable. There is a big difference between allowing yourself to be used or mistreated and being hurt unintentionally. Vulnerability is something you have to use wisely.

When we understand that vulnerability has its place, then we can decide to allow ourselves to be more open. As long as our environment is safe, which your home and chosen environments are intended to be, then allowing ourselves to be vulnerable can enhance our life experiences. When we realize that relationships can be made at a deeper level by allowing ourselves to be vulnerable, then our lives also become richer.



Remember to order your copy of *Choices in the Great Circle*!

Thank you to those of you who have already purchased and read *Choices in the Great Circle*. I hope it has helped to make your own life easier in some way.

Choices in the Great Circle is 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 and click on 'Fiction' to order *Choices in the Great Circle*

Amethyst Moon Publishing's mission is to expose authors and artists whose work endeavors to make this world a better place and whose work might otherwise not be published. We also want to help boost the careers of young, talented individuals. The cover art for *Choices in the Great Circle* was designed by a gifted artist, Matthew Marsland, whom I have known since he was a child. As he gets ready to graduate from college, my hope is that the cover art gives him a boost into a promising career. The latest release from Amethyst Moon Publishing, which is expected to be available in April, is a book by Jon Boyd about the samurai sword. Because I instruct the sword arts, its subject had particular appeal to me. The cover art for *The Samurai Sword: Looking at the Form, Fit & Function of a Masterpiece* was created by the talented Colin Louk, a man that never expected to have his artwork published.

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