



# Pause With Purpose

...to refresh

...to grow

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and  
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## Living Beyond Existence

Life can be fast and full; sometimes fun ... often frantic. Each of us has the privilege of using 24 hours each day in any way we choose. For many of us, our goal is to push through the day so we can get on to the next, and the next, and the next. Each moment is rushed through so that we can attend to the next moment that calls for our time and attention. So many responsibilities ... so many obligations ... so many opportunities!

We can live this way and be, in fact, quite productive and successful. Yet, by racing from one moment to the next, we skip through life like a stone dancing across the water. We invest little time in experiencing life, since we hold accomplishments and concrete results as higher priorities. This lifestyle gives meaning to the concept of "human doing" as opposed to "human being."

Such endless busyness, however, is only one way we humans miss out on the fuller experience of life. Some people become so involved in their professional work that their job becomes their only life. Others misuse alcohol or other drugs in order to 'relax', 'numb out', or find some form of 'peace'. We ignore,

avoid, deny, delay, pretend, dissociate, and create our own realities just to avoid experiencing life. It's enough to give living a bad reputation!

To be sure, life holds pain for all of us. And there are situations, such as surgery, which call for the numbing of painful reality. But pervasive life avoidance robs us more than it benefits us. It sterilizes life into simple existence, eliminating our personal interpretation of life experience, the special tool we use to make healthy decisions for our life.

Consider for a moment tuning in to the broader scope of your life and senses. There you are ...body, mind, emotions, and spirit. What is your body telling you? Is it happy and healthy? Do you attend to its messages or do you leave it to care for itself? Regardless of its past experience or present condition, are you willing to claim this body as your own, value its contribution, and listen as it shares with you its experience of life?

How about your mind and heart? What do you think about or feel when you give yourself the opportunity? What attracts you, excites you, and gives life meaning?

Can your spirit open up to your

Creator with your joys or deepest needs? Does it humbly marvel at being heard and being loved?

Are you aware of others around you and how you might enrich their life, and they yours? Can you step beyond custom and tradition, freeing yourself to consider fresh and exciting ways of interacting with the world ... ways that make use of the gifts you possess?

Questions, questions, questions ... intended simply to tweak your interest in life beyond the surface, life that includes the depth of your internal being. Indeed, such a life is more complex and varied in its texture than life skimming. Pains and pleasures, joys and sorrows, excitement and fear, dreams and disappointments all join as partners to form a pattern unique to your life. The very weave of this life fabric grows in richness and quality each day that you experience your life rather than simply get through it.

I encourage you to step into the fullness of living ... senses aware, heart open, focused on the future but intimate with where you are right now. While others choose to escape, you are free to engage!

Enjoy the gift!



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## CONTACT INFORMATION

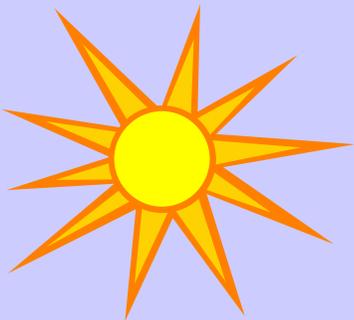
Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can help you take on the challenges of life and bring new vitality into your life relationships.

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## What holds you back?

Perhaps you are drawn to a deeper life of awareness, but something holds you back. It just doesn't seem right, or safe, or efficient, or something! What is this force that restrains you?

Not surprisingly, the powers that would restrict us are as varied as our life stories. Yet, for many of us, fear is the great inhibitor - fear of discovering imperfection or weakness, fear of self judgement and criticism, fear of revisiting old hurts, fear of experiencing new hurts, fear of change and the uncertainty that it brings, fear of not being able to handle this new way of living, fear of appearing selfish, fear of disapproval, and so on.

Rather than allowing these forces to limit your experience of a "high definition" life, seek the help and support of others who can empower you to walk beyond your fears into the fullness of life.

That's living life as it was meant to be lived!



**"The glory of God is man fully alive."**

**-Sara Groves**