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B. Gayle Luster M.A.
Licensed Counselor

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News You Can Use... ...To Make New Decisions

Greetings!

Thank you to those of you who took time to send me such thoughtful responses to my "magic words" request. I am working on a project and your input is so helpful. This month I am continuing the "It's Not Bigger Than You" series with lesson 2. There is also an article called "Shortcuts from a One Woman Show" where Dr. Phil meets Hints from Heloise. You never know what you'll find in a newsletter of mine. I'm always looking for ways to simplify my life. Once I read a book where the author suggested you buy only dark clothes so you would never have to do a load of light colored laundry again. I didn't find that very practical. I'm pretty sure she didn't live in Texas. Can you imagine wearing all black when it's 105 degrees in the shade? I hope you will find my shortcuts a bit more practical!

I welcome your feedback. This newsletter is evolving each month. My intention is for it to be readable, helpful, and enjoyable. Sometimes we therapists take ourselves way too seriously. Some of the best sessions I've had with clients involve finding ways to conquer the mundane without feeling overwhelmed.

If you enjoy what you read here, please forward the newsletter to a friend. If they like what they find, they can join the mailing list through the link at the bottom of the page. I value you too much to ever share your information with anyone. Your email address is safe here.

*Any intelligent fool can make things bigger, more complex,
and more violent. It takes a touch of genius
- and a lot of courage - to move in the opposite direction.
~E.F. Schumacker*

Until next time, take good care of you!

Warmly,

Gayle

It's Not Bigger Than You (Lesson 2)



Last time we talked about when life sends you a "bigger than you moment." First you stop and breathe. Bigger than you moments teach you that one day at a time

is too much to think about. You will get through the crisis by learning to take one step at a time. When you are hiking a difficult mountain trail sometimes all you can do is figure out the next single step. If you look too far ahead you get stuck in fear. What lies ahead appears to be challenging. So instead you stop, look at the path, decide where to place your foot, pick up your foot, and place it on the spot you just picked. The mountains of Yellowstone have taught me this lesson countless times.

Unfortunately, when you are in a bigger than you moment, the path is not defined. It is a new journey. Thankfully there are hot pink feather boas to show you the way.

- [Read The Article Now](#)

Short Cuts from a One Woman Show



I am always for looking for ways to simplify my life. Maybe better said, I like shortcuts. Like many of you, I am a one woman show. I feel like a stay at home mom without the kids and with a job. I love working at home. My commute is excellent. I traverse one flight of stairs to get the office. With gas hovering around \$3.00 a gallon the economy is great, but I wish my commute used a little more fuel. If it involved a little more physical effort, I wouldn't have to work out to burn calories!

Lately I've been passionate about cooking, but I am not passionate about preparing dinner. I find it offensive to put in a full day's work only to end up in the kitchen preparing a meal...

- [Read the Article Now](#)

What's On My Nightstand?

A glimpse at the things that are helping me walk the walk.



I've saved writing this section of the newsletter until last. Actually, I've been putting off writing this part. Things have not changed much in the last month on the old night stand. I'm afraid to confront the dust! So here goes - I'll be right back!

The Call by Oriah

- Cross by James Patterson
- A Yoga Nida CD
- My journals and pens
- A French Dictionary
- Secrets of the Millionaire Mind by T. Harv Eker
- A DVD of Jane Eyre with George C. Scott
- The TV remote
- A note with calls to return

Actually, I'm surprised how much has changed. The novel is still waiting for me. I've read a few more chapters in The Call. I often watch a French lesson on my computer while getting ready for work in the morning. I'm stuck on lesson 13 right now. I hope that isn't some kind of an omen! Chris Daughtry found his way into my car. Actually just the CD made it to the car. If Chris Daughtry was actually in my car, I wouldn't be writing this!

This weekend there was lots of work piled on the nightstand. The message pad reminded me that I spent several hours getting "caught up" over the weekend. I use the term loosely. I never really feel caught up. I'm sure you don't either.

In my continual quest to be gentle with myself, I am reminded that my inbox will never really be empty. I have to find another signal to stop "doing". For me the loudest signals are irritability and body fatigue. When I find myself getting cranky or "wiggly", it's time to stop and shift my focus. Your body has signals for you too. Do you pay attention them? Being gentle with yourself means learning to be a better listener - to you...

*Life is not the way it is supposed to be. It is the way it is.
The way you cope with it is what makes the difference.
~Virginia Satir*

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"Everything in life is a choice and every choice has a consequence."

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B. Gayle Luster, MA, LPC | 972-313-2235 | Irving | TX | 75061