

EMPOWERMENT
COACHING:
SOUL CENTERED
COACHING AT IT'S BEST!

**SPECIAL
POINTS OF
INTEREST:**

- The need for stress reduction
- Room for abundant thinking
- Living your life with increased clarity!
- Creating possibilities longed for!
- Being in authentic faith

“And the day came when the risk to remain tight in a bus was more painful than the risk it took to blossom.”

**By
Anais Nin**

**This newsletter concept is designed and edited by
Gennene Wilburn**

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MPOWERU Newsletter

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Welcome to the Rest of Your Life!



Congratulations to all who intend on living the rest of your life with intention! If you are about doing what is necessary to ensure that every day from here on out counts toward your happiness...I say go for it with gusto! Creating a strategic plan that garners you satisfaction with resolution of the problems you might encounter with grace and ease is the ultimate objective. Stress reduction of monument proportions is the credo for adding vibrancy to your life and the things that in the past have been considered mundane. As I took full reign over my life, I noticed fear and latent upset became less frequent visitors in my neck of the woods. I also noticed changing my paradigm ushered in more room for abundant thinking and experiences.

I have taken stock in the fact I had come from a long line of scarcity thinkers who had also allowed, "stinkin thinkin", to negatively impact the breadth of their goals and in reality it often did not reflect their true voice. I noticed that my own decision making always included approval seeking behaviors that left my deepest desires out in the cold. As a result of this scarcity thinking, I would always believe that there was not enough for me in any venue where my truest desires were concerned. I literally was afraid to even fathom manifestation of my deepest desires. Frankly, I had gotten to the point that my goals were shaped around the tone of scarcity which included consideration of what others would think of me if I truly went after what I wanted. Furthermore, the notion of really learning what I wanted in the scarcity realm was non-existent! These days I am living my life with increased clarity and discernment as a result of, get this... taking some risks. I am not saying that every action or decision I made in the realm of risk resulted in a positive outcome on the surface however in each instance, I learned more about myself and how to live more abundantly. If I am going to learn how to live with deeper intention and clarity as well as living in my truth, then taking risks is worth the cost of every experience manifested to move closer to an authentic place of bliss!

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MPOWERU Facilitates; "The Care & Feeding of You" at Rachel's Women's Center

Empowerment Life Coach Gennene Wilburn along with the wonderful assistance of Cassandra Mullins, conduct a psycho-educational support group with the homeless women at Rachel's Women's Center two Saturdays per month. The group is a very intimate and a sacred shared space. As many as eight women of various backgrounds come and fully participate in this meaningful experience from all ethnic groups and social backgrounds. Gennene consistently tells these women that they are not their circumstances. She points out interestingly that there are different women in each group and the response is always positive, the women are bright and exhibit willing hearts. Gennene adds, the women are no different from most of us and adds that although she has never been homeless literally; she knows all too well about being homeless from the heart! The group meets on the second and fourth Saturday of each month.



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**Inner Solutions to Outer
Concerns...**

MPOWERU Mission

As a Professional Empowerment Coach, I provide an ongoing partnership designed to support clients in producing fulfilling results in both their personal and professional lives. As a Coach, I assist others in getting out of their own way. Together we explore discovering and utilizing your true voice. I am trained in heart centered listening, the creation of balance in our lives on a spiritual, emotional, physical, and mental levels. I customize my approach to your individual needs from a culturally competent and non judgmental perspective. Our work is confidential and life changing!

Call or email Gennene today! She offers group & individual coaching at reasonable rates! She is also a public speaker, artist and poet. Her artwork is currently being displayed in the Springfield College art gallery located west of 54th on University at 5348 in Suite 110 until April 30th.

Welcome to the Rest of Your Life! *Cont.*

In order to learn from fully living, one must have an attitude of willingness, freedom from non-judgment and not attached to outcomes. In one's quest to live a life of intention, there has to be openness to change and consideration of other views besides your own that have the possibility of working. I learned purely by accident that living a rule bound life full of critical judgment was not going to create the possibilities I so longed for. I had to accept the fact that changing my paradigm was a process which included exploring the limiting beliefs I grew up with no longer having a foundation in what made good sense in my life. I had to take each belief and ask the why of it and delete those that really made no sense in the larger scheme of things in my life. Observing my behavior, choices made in my life and

evaluating relationships was integral to increasing my overall awareness.

I can now truly relate to the lyrics in one of Johnny Nash's song, particularly, "I can see clearly now the rain is gone". It is like getting a new pair of eyes or a set of glasses which improve your total sense of well being. I also now know that I can not do it alone and how profound receiving loving assistance from others can soften the heart and ease the manifestation of one's dreams.

I finally explored my definition of resistance and how it lived itself out in my behavior, choices, and playing small as it pertained to how I showed up in the world. I so got the meaning of surrender and how necessary it was to manifest that in my life through taking risks, finding my

voice, and living with deep intention. I learned that true surrender required being in authentic faith which included forgiveness. I now live and speak with integrity, vision, and intention which is rooted in the abundance of loving possibilities for us all.

I have always loved music; I find it so very healing. In selected songs I hear the healing lyrics of a journey and these songs so resonate where I am. At this moment, the lyrics in a new song by a young man named K'Jon now says it best for me; "on the horizon, I see that my ship is finally coming in". Welcome to the rest of our lives, our ships are finally coming in!

By Life Coach, Gennene Wilburn

E-mail your comments to Gennene, she would love to hear from you!