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The Mitra Group

When was the last time you saw an opportunity, got positioned, & stayed centered as it came roaring in?

The Retreat Diary / Mitra Group Newsletter

Mid-January 2007

Greetings!

Thanks to all of you that sent me notes while I was in the third 100-day retreat: I loved reading about how my Retreat Diary from years 1 - 2 touched you. This is the last entry in the Retreat Diary until I enter retreat next fall. By popular demand, I'll keep this newsletter coming to you with insights, resources, and self-coaching questions.

It's exciting to be back and I'm looking forward to accomplishing great things this year. Wishing you all the best in 2007!

Enjoy,

Synthia

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What Are The Secrets of My Successful Transition?



Celebrating with my Angel Team at P.F. Changs: Me, Beth Heffernan, Sherry Lowry, and Judy Morris.

Transition is a favorite topic of mine - some of you might remember the 3-day Art of Transition course I developed years ago. Here's what I am noticing right now:

1. My Angel Team: They volunteer to handle my mail, finances and business affairs while I am gone. Thanks for slowly weaving me back into the tapestry of networking, social events and Quicken downloads, and providing me coverage as I picked the reins back up. Special thanks to Aletta de Wai and Robin Sagara at Artist Career Training, who sent these newsletters out for me.
2. Pacing: Doing what needs to be done, while paying closer attention to enhancing the subtle energy that fuels my awareness and vitality. Those of you who have coached with me know the special emphasis I place on this; I've now gone to a whole new level with it. Special thanks to Lama Surya Das for the Tibetan energy yoga practices (Dzogchen Center) and to Dr. Barry Morguelan (Morguelan Energy Institute) for ongoing learning and coaching.
3. Structure: in times of transition, I've observed that routine typically gets tossed out the window in deference to urgent and swirling circumstances. I created a special schedule for this transition time built around my core success practices that ensured I got adequate sleep, ate nutritiously, stayed grounded and present, and accomplished my goals.

Transitioning Into The Familiar Unknown

Coming out of retreat is always an adventure into a familiar unknown. Having been in silence for so long, being held by a container of unchanging schedule, following the inner disciplines required by the Tibetan breath - energy - awareness practices, results in a profound shift in perspective, in relatedness to self and others, and a different experience of the world.

Everything and every moment is fresh, vivid, and new. And yet, as I return home and reconnect into worldly life, there's the familiarity of place, faces, voices, tastes and smells as my mind spontaneously generates memories of what used to be and maps it onto the present experience. Appreciating the fullness of the present moment, while appreciating the illusory web of the mind's endless categorization project, is so delicious. I'll be exploring this balancing act and more as I enter this next year of life and work.

So how has my integration period been? It's been an amazingly gentle re-entry. And yet, I can't believe what's been accomplished in a few short weeks in a zone of effortless effort. This is the second full week I have been home after the 100-day retreat: since coming out, there's been a whirlwind of unpacking, reconnecting with family and friends, setting up my IT infrastructure, re-opening my coaching business, savoring the holidays, and staffing our annual 10 day Dzogchen Center Winter Meditation Retreat for 125 people in Garrison, NY at

4. Connection: I'm having a blast catching up with people and I can't wait to hear from you. So please do contact me.

people in Garrison, TX at the beautiful Garrison Institute.

[Check out the Garrison Institute...](#)

Self-Coaching Questions

When was the last time you experienced a radical shift in perspective?
Can you observe your mind sorting the world into categories (good / bad / neutral)?
Do you nurture your personal energy or take it for granted?
Do you have a set of core success practices you do regardless of the circumstances?

Resources

- [The Dzogchen Center](#)
- [Morquelan Energy Institute](#)
- [Artist Career Training](#)

Get Coaching Support For Your 2007 Business Or Personal Goals

Make 2007 your best year ever! I have set aside 10 complimentary coaching sessions for 10 new people to experience what it's like to coach with me. If you're serious about making changes, reserve your session now (Synthia@themitragroup.com.)

If you are a returning client, just contact me to schedule your connection call.

Join our mailing list!

About Me

Synthia Smith is a Business and Personal Coach who is undergoing a four-year cycle of traditional Tibetan Buddhist Meditation trainings. Each fall she enters a rigorous 100-day silent, cloistered meditation retreat sponsored by the Dzogchen Center under the direction of Lama Surya Das.

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