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2010

Vol. VI, Issue 5-6  
Published Monthly

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## Rock On To Your Greater Future *Easy Principles for Living in Your Groove<sup>SM</sup>*

May/June's Principle:  
**RESULTS FOLLOW THE ENERGY**

*Experience has shown me that what keeps us on the road to great futures, personally and professionally, is to have a set of core tenets that guide us even when the going gets rough. Each month's issue of the Gazette is focused on one of these principles.*

In This Issue

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### A Note From Karen

Big Shifts are the name of the game right now. Learning how to ride discontinuous change while still making conscious choices is a must if we are to turn the seeds of possibility into grand personal futures.

[More...](#)

### FEATURE

*Time has come today  
Young hearts can go their way  
Can't put it off another day  
I don't care what others say  
They say we don't listen anyway*

*Time has come today  
Hey .*

*Time.  
Now the time has come. Time.  
There are things to realize. Time.  
Time has come today. Time.  
Time has come today. Time.*

*Time. Time. Time. Time....*

~The Chambers Brothers  
Time Has Come Today, 1970

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Tuesday July 5,  
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**Mid-Career**  
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One Day Workshop at  
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[World Future Society](#)  
Boston, MA

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Making big relocation changes in midlife is very different than it once was in my youthful 20's, 30's and early 40's. Reality dictates: Time is a diminishing asset. It always has been. I just didn't get that truth in the same way as I did when I turned 50. Now in my 60's it's my daily contemplation. In our youth it's not such a big deal to change our minds and move on ... even to return again. Now I feel an urgency to dig in and make my new home-base "home". But caution rules since I want to limit the number of mid- and later life relocations ahead. I'm not looking for where to retire, but where and how to live my greatest life yet. I know I'm not alone in this pursuit. [More...](#)

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### ***Karen Recommends***

I can't speak highly enough about both of these grand teachers. Please check them out if they are new to you. [More...](#)

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### ***Tools, Tips & How-To's***

Now that I've put my "7 Rules of the Road for Making Positive Moves" to the test again in real time, I can wholeheartedly ask you to check them out again. [More...](#)

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### ***Widening The Circle***

When you look forward to Summer 2010, are you able to say that you will use this season to your advantage? What are you doing to make your future rock? What big shifts are you considering or making happen?

[Please share your responses.](#) (Remember I'll be hush and not share your personal info.)

To provide us with an opportunity to really address important issues that we are all facing, your input on what is relevant and timely matters. If you'd like to engage in this dialogue please email me with topics or questions you'd like addressed. I will promise to keep your anonymity.

I also invite you to get some 'real time' with me and your elite cohorts on one of my complimentary limited time offer, [ROCK ON](#) teleclasses on Tuesday June 15.

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### ***Are YOU A Change Agent?***

Innovation is the hallmark of our generation. We are called to be **Masters of Reinvention<sup>SM</sup>** and **Everyday Futurists<sup>SM</sup>** in creating today's new paradigm.

Future Works Institute is researching the critical strategies for catalyzing change and welcomes your stories and strategies for creating positive futures.

[Go to the Research Info page to find out more.](#)



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## A Note From Karen

Big Shifts are the name of the game right now. Learning how to ride discontinuous change while still making conscious choices is a must if we are to turn the seeds of possibility into grand personal futures.

In true Tortoise mode, I've spent this past winter experiencing the early discovery stage of an impending big shift. I forced myself to step out of my east coast comfort zone and don a new skin for 3 months in the "Valley of the Sun." Doing so I hoped would allow me to make the necessary distinctions before leaping forward and pushing the "Go" button.

My return to New England country life from Arizona's red rock country has thrown me into a surreal state. Being in-between places allows me to exercise my "Beginner's Mind" all over again. I get to "see" and "feel" where I am and who I am. Better yet I get to witness my life as it is vis-a-vis what I want it to be. I get to choose what I want for the rest of my working years and how I want to be remembered. This is the richness of being in the middle of any transition. In midlife and later, the good news is that we get to keep refining and redefining all over again.

In sharing my personal exploration with you in this month's feature, I hope to shed light and provide insights gained as I undertook a "Trust Walk" into a possible future. I used both hardcore futuring tools and accessed the best divining tools we have within ourselves. Most of all, I tempted fate by opening up to whatever showed up. At the same time digging deep into what lay in the shadows of the sun.

What a perfect time for a big shift kick-off. Spring in the desert was very intense this year... Georgia O'Keefe-like pink hued pastels overlaid on red rock mountains covered in a blanket of green. The cactus blooming like I've never seen before. Returning east to a multitude of lush greens ranging from citrine to a true green...peonies and irises blooming again... marks a time of rebirth and reposing.

To provide us with an opportunity to really address important issues like the big shifts that we are all facing, your input on what is relevant and timely matters. If you'd like to engage in this dialogue [please email me with topics or questions you'd like addressed and/or your own experiences and views](#). I promise to keep your anonymity.

I also invite you to get some 'real time' with me and your elite cohorts on one of my complimentary limited time offer, ROCK ON teleclasses on Tuesday June 15th. Gushing with renewed excitement I'm now bringing forth a new book, keynotes and workshops so we can create

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the future together in a whole new way. And there's talk of a documentary. I can't wait to share these with you. More news to follow over the next months. Please stay tuned.

With so much shifting going on I may be a bit erratic with my monthly Gazettes. Please know how important your being with me is on this journey into our future. [If you have a moment, I'd love to hear from you about your big shifts.](#) Not to worry I will keep your personal information confidential.

PS. I'd love your feedback on a new blog format I'm toying with based on my 52 principles. To encourage dialogue you can post your own take anonymously. The more voices the better. [Interested? Please let me know.](#)

Karen Sands, MCC  
Everyday Futurist<sup>SM</sup>

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## Feature *The Big Shift*

*Time has come today  
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Is this up for you too? [I'd love to hear about your big shifts!](#)

When I'm in the midst of a major shift, it's terribly important to listen to all my inner rumblings as well as the real facts. I have to avoid getting intoxicated by what I want versus staying conscious of "what's so". Thankfully my dreamtime has been rich. My body's truth verifiers have been alerting me to when I'm drained and when I'm juiced. More importantly I'm noticing what causes each. Critical in midlife...it's such a visceral transition whether you are just starting in your 40's or fully engaged in your 60's or 70's.

With kids on either side of the country and grandkids enjoying our company as much as we do theirs, this is not an easy choice-making

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process. I keep asking myself, "Am I country or a hip city gal? Can I live and work far from Manhattan, long the center of my Universe?"

Too much either/or can really bring me down. I've been watching my duality struggle play out before my eyes. In my middle years I yearned for my quiet time in nature reconnecting with deep soul currents within. Being virtual and near an airport it worked. I never expected this quest would be not only restorative but also transformative. Now I want to be where the action. I know for sure that I'm not going to leave my "being" state in the countryside. In the words of Frank Sinatra, I'm ready to "do-be-do" again. After all, being in a "being state" contributes to our collective harmony as much as offering my gifts to the collective. I will have to be on my toes to maintain my still-point in between as I move from countryside to city, city to desert-scape. I know for sure that to engage life fully for me is to have both. Glad that's clear.

With the clarity of a "Newbie", I realize that I want to continue feeling "awe" every day and to breathe deeply. Nature here in Litchfield County and in the western desert feeds me. Suddenly it became crystal clear. I can have both/and versus living in either/or. There's no rush but time itself. So our main property and dream house is officially on the market. Having made the choice to keep some acreage to come back to its okay now to move on. Arizona will be our new home-base so we can enjoy our son in Phoenix and summer back east near our daughter and long time friends. Now that's a plan! Knowing where we are headed, we can put the wheels in motion and let the Universe handle the rest of our big shift.

True to my stage of mid mid-life, I still want to keep accomplishing and making sure we live well as we grow older. But more than ever before, what I do has to matter and make a huge difference in how you and I move into our collective and personal futures. It's no surprise that this is true for me. I suspect for you too. Esteemed gerontologists and developmental experts like the late Erik Erikson refer to this midlife task as moving from "stagnation into generativity" and in later midlife and beyond, into "ego integrity" as wisdom keepers. For me it's all about moving from success into significance...leaving our footsteps in the sands of time for generations to come.

### Planting the Seeds of Possibility

My time out west brought blessings far beyond my expectations. I was constantly in a state of attraction at warp speed. My new Tribe kept showing up. I re-met high school friends I haven't seen in decades. I don't even remember if we were teenage friends, but we clicked like we were best buddies. I met others who I know will be new long time friends and colleagues.

As I told a group of new colleagues, I'm the "wandering crone in the desert seeking my tribe." Thank goodness they laughed with me. It is a big thing to own "her" publicly. But what became sharply apparent is how important finding my Tribe really is for me.

[Have you your own tribe? How did you find yours?](#)

### Trust Walk

Synchronicity was my friend big time in Arizona. Doors kept opening without my saying "Open Says Me". Everyone was so welcoming. It

was so easy, all I had to do was show up and say “YES!”.

I didn't go unprepared. I did what I ask my clients to do: scan the situation. So I dug in to learn the down & dirty scoop on what's happening in the Valley of the Sun. Timing couldn't have been better. I met fellow futurists and signed up for workshops given by two of my dearest colleagues during my winter stay. (Read my [recommendations](#) to learn more.) Perfect opportunity to see who shows up since these great teachers and sig groups are most likely to attract my kind of people. Or as a friend capsulated for me: like-minded and like-hearted people, willing to speak from their souls. I figured if I can't find my tribe with them, then forget about it.

### Results Do Follow the Energy

But the blessings don't end here. Every where I went, I met my reflection as elder mirrored back to me. Questions I posed years ago before Boomers were ready to hear them were now on the lips of the folks I met. Experienced seekers and accomplished professionals asking not only What's Next?, but also how to make the big shift(s) in their middle years.

As a “Crone-in-training” for many years it appears I've now arrived solidly in early Elderhood. Now that is a big shift! Back in my Connecticut office I'm dusting off tons of material I'd relegated to the top shelves in my file room, marked “SAVE for the Right Time.” I'm now bringing forth a new book, keynotes and workshops so we can create the future together in a whole new way.

With so much shifting going on for all of us, time is of the essence to get our energies lined up with our intentions so we can create the results we envision for our greater future. [If you have a moment, I'd love to hear from you about your big shifts.](#)

Here's to leaving our footsteps in the sands of time,



Karen Sands, MCC  
Everyday Futurist<sup>SM</sup>

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## Karen Recommends

I can't speak highly enough about both of these grand teachers. Please check them out if they are new to you.

Carolyn Conger, **PhD.**

Carolyn "is a consultant and teacher who conducts seminars internationally in psychological growth, healing, dream work, intuition, creativity, and spirituality. She has lived with tribal societies throughout the world, studying their healing and metaphysical arts. From her research in psycho immunology and human energy fields, she also teaches mind/body techniques for optimum health. Her doctorate is in clinical psychology."... and she is so much more!

For me it really doesn't matter what the theme of Carolyn's offerings are, it's all about being with her and diving deep. And I do mean "being with". Of all the many great teachers I have met and studied with over my lifetime, Carolyn holds a space so deep and wide that resistance melts and "the mystery" unfolds gently. Without ego interfering, ever, she leads experienced seekers into expanded creativity and depths as yet un-traveled. In her presence I just go kerplunk into my body, opening to my truest SoulSpeak<sup>SM</sup>. Experiencing her "live" is a must to capture her true genius and enormous gifts. Clearly a role model for all of us who usher others into their greatness.

Please check her out: [Carolyn Conger Workshops](#)

Lee Glickstein:

Lee, "founder of Speaking Circles International, is an authority on magnetic presence and authenticity in public speaking." ... Forget traditional public speaking and all those Power Point slides that can put your audience to sleep. In moments Lee will have you speaking and listening from your feet so that your audience says "Yes, I'm with you". I can remember the first time I heard Lee speak: I was driving my car listening to his audio tape, Be Heard Now. Within minutes tears were streaming down my cheeks. My body verifiers were blaring. I had to work with this guy asap cause he had hit all my buttons. Over the years I've had the opportunity to do so. My most recent experience hit the heights with Lee's new program "Leadership Presence". It's a must for experienced professional speakers.

Please check him out: <http://www.speakingcircles.com/>

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## Tools, Tips & How-To's

Now that I've put my "7 Rules of the Road for Making Positive Moves" to the test again in real time, I can wholeheartedly ask you to check them out again. [Let me know how these work for you](#) as you begin your next big shift.

### 7 Rules of the Road for Making Positive Moves

1. Re-evaluate what "success" and successful living means for you.
2. Determine your "Success Criteria" and update them routinely.
3. Use your list to screen out places that just aren't a fit from the get-go.
4. Now take your list of your top 5 places to investigate and do an on line search to learn everything you can about this possible new home base. If any places fall out, narrow your list down again.
5. Next search for organizations, causes, events and even alumni of your High School, Undergraduate and Graduate Schools to know if you'll find kindred souls and interests to keep you fulfilled.
6. Now the true test begins: Take a trip to each location. Stay long enough to know if it feels right or wrong for you.
7. Until you know where you are headed next, make sure to incorporate your new "success criteria" in your every day.

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