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This Side Of The Rainbow

By Helaine Iris

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I recently took a ride to the video store to select my evening's entertainment. A dramatic thunderstorm was passing over as I made my way across town in the middle of late afternoon rush hour traffic.

The sky was dark and the rain was coming down in torrents. I made my way into the store surrendering to the inevitable soaking I was unable to prevent.

As I lost myself in the search for the perfect film to match the mood of the evening I became aware of the sun, suddenly and brilliantly streaming through the west windows of the store.

Perfect conditions for a rainbow, I thought.

I made a quick decision, grabbed a movie, and blew out of the store like a child distracted by the bells of an ice cream truck.

"Get in the car and drive east," an inner voice prompted. As I drove down the street I felt like a rainbow chaser. Dodging and weaving in and out of traffic with my eyes mostly not on the road, searching the still black sky for any sign of the spectral wonder I knew had to be there.

Yes! There it was. Arching across the whole city a perfect rainbow. Each color brilliant and revealing to me it's momentary magic. I was so excited I wanted to yell to all the passing cars, "Look up!"

I pulled into the nearest parking lot and jumped out of my car to bask in this vivid gift. Time slowed down. I felt a shift in my awareness as if I were the only one witnessing this moment. I stared into the magnificent color and began to hear the song "Somewhere Over The Rainbow." I wondered where Dorothy from the "Wizard of OZ" thought "over the rainbow" was.

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As I stood there, alone, in an empty parking lot I let myself imagine a delightful land where my dreams came true. I thought about Oz and how the Scarecrow, Tin man and Lion were all expressing their gifts without realizing it. I began to ponder my dreams and where I let fear and limitation stop me. Where I hold back and wait for "the right" moment or hesitate before I step into an eager world ready to receive my gifts.

In that precious moment as the rainbow faded and my consciousness returned to normal I had a renewed sense of inspiration. I was ready to live my life more fully right here, right now. Allow my dreams to come into being, express all I am with out holding back. Not wait for a Wizard to grant me a diploma that tells me what I already know.

What are you using to postpone living your dreams? What gifts and talents are you holding back from the world? What if you started fully living, right here, right now? Where would you start?

Is it a new career that is courting you, finally writing the book you've been dreaming about, taking a class or pulling out your old art supplies? Why not grant yourself the diploma to be who you know you are. Why not take a step in that direction today. Right now. Live your life on this side of the rainbow.

It's your life...imagine the possibilities!

Helaine Iris is a Certified Life Coach. She works with people who want more out of life. People who want to make personal, relationship or career changes, and lead successful, balanced lives filled with love, passion and purpose. Visit her at Path of Purpose Personal Coaching <http://www.pathofpurpose.com> or call her 603-357-8546 or email her helaine@pathofpurpose.com

Trout Species - Rainbow Trout and Brown Trout

By Brett Fogle

Rainbow Trout: Few freshwater fish can match the fighting spirit and beauty of a Rainbow Trout.

The Rainbow Trout is a well-traveled species of fish. Originally, the Rainbow Trout was found in the coastal rivers in the United States on the west coast but today, Rainbow Trout are found throughout the United States, as well as in the cold-water streams of South America, Europe, New Zealand and even Australia.

The reason for the wide range of Rainbow Trout in the U.S. is that Rainbow Trout are relatively easy to transplant. Virtually all areas that Rainbow Trout now inhabit are due to environmental transplants - both intentionally or unintentionally.

Regardless, Rainbow Trout are the most popular types of trout found in the world today, and are also the most sought after trout by fly fishermen.

The Rainbow Trout is equally famous for it's acrobatic aerial displays and very long runs to avoid being

caught.

Rainbow Trout are also well-known for being highly selective in what they eat. While at other times, they seemingly gorge themselves on just about everything in sight.

Rainbow Trout are easily distinguished by the red stripe that travels the length of the fish, from the gill plates to the tail. Rainbow Trout also have hundreds of black spots that cover the dorsal of the body (the dorsal part of the body of a trout refers to the "back side" of the fish).

Brown Trout : Brown Trout are the "smartest" of the trout family, frequently frustrating beginners and professionals alike.

To read the full article, click here:

Brett Fogle is the publisher of Fly Fishing Secrets, an insiders guide to flyfishing tips and techniques of the pros. To sign up for free flyfishing tips and other articles, please visit

Trout Species - Rainbow Trout and Brown Trout

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