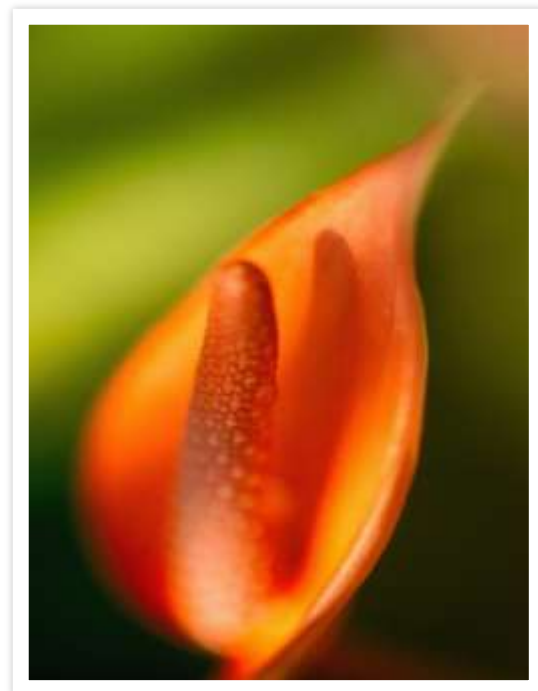


# 12 Top Coaches Share Their Personal Power Strategies

Top Coaches Share Volume 2



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Top Coaches Share Volume 2

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## *Introduction to Personal Power*

Personal power can be defined in myriad ways. For some, it's the ability to achieve, to produce, or to take action. For others, it is much more of an inner sensation based on feelings.

Although the coaches in this book vary in our definitions of personal power, one truth is clear: *You sure can feel it when you don't have it!* When people feel stuck or stalled, they may have lost their connection to their personal power. When people are seeking relief or release from other people or things, they can feel like they've abandoned their personal power.

Personal power is based on each individual's beliefs. People hide their power based on their limiting beliefs, and each person can rescue his or her power by changing those beliefs. Our intention is to provide a variety of techniques so that you may find the one that really resonates with you.

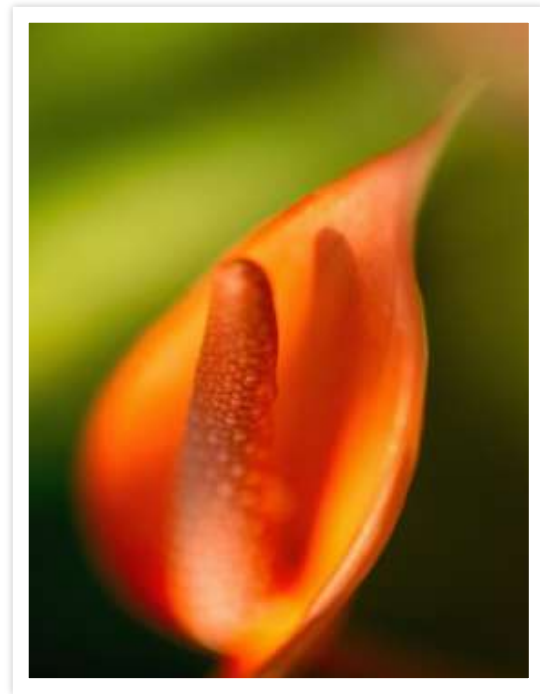
This book is designed to help you dig deep and excavate the personal power you may have buried. The coaches included in this book believe you already have all the resources you need. Our goal is help you reclaim the power you thought was lost...the power you hid from yourself. We believe your power has always been with you. We just want to help you welcome it back into your awareness!

My THANKS to Carol for writing the Introduction

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*Personal Power Strategies*  
*from Egypt's Coach:*  
*Yasmin Abouelhassan*

12 Top Coaches Share Their Personal Power Strategies | 4/29/2007



# Personal Power Strategies from Egypt's Coach: Yasmin Abouelkassan

## Introduction:

Personal Power is like your warehouse, your wardrobe or your hard disk. Although it is upgradeable, changeable over time; you can choose to use it as a tool of growth or assume it is not there. Being your greatest resource, you have a huge role as to discover it, understand how to utilize it to service your mission on earth. For me this is my journey in few words. Hope they have insights.

Without a humble but reasonable confidence in your own powers you cannot be successful or happy. Norman Vincent Peale

## Definition of Power<sup>1</sup>

Here is some of what I found as a definition of the words Personal and Power as two separate words in Chambers Dictionary just to have an insight.

### **Personal** *adj*

- 1- **said** of a comment, opinion, etc: coming from someone as an individual, not from a group or organization • my personal opinion.
- 2- **Done**, attended to, etc by the individual person in question, not by a substitute • give it my personal attention.
- 3 -**relating** to oneself in particular • a personal triumph.
- 4 -**relating** to one's private concerns • details of her personal life.

### **Power** *noun*

- 1- **control** and influence exercised over others.
- 2- **Strength**, vigor, force or effectiveness.
- 4 -the **physical** ability, **skill**, opportunity or authority to do something.
- 5 -an **individual** faculty or **skill** • the power of speech.
- 9 -a person or group exercising control or influence.
- 10 -colloq a great deal • The rest did her a power of good.

---

<sup>1</sup> <http://www.chambersharrap.co.uk/chambers/features/chref/chref.py/main?title=21st&query=power>

11 -any form of energy, especially when used as the driving force for a machine. Often in compounds • nuclear power.

## *My definition for Personal Power*

My personal power is my personal energy that drives me to utilize my gifts to add value to myself, my family and my society.

Unless I am aware of this power, its existence is useless.

In the coming lines I am going to tap into my personal power first then the sources of this power and finally my strategy to charge or recharge this power.

Unless you choose to do great things with it, it makes no difference how much you are rewarded, or how much power you have. [Oprah Winfrey](#)

## *My Personal Powers:*

### *The Power of a smile and the sense of humor:*

Reaching the understanding that life is a journey and that we have choice; I made a choice to enjoy my Life Journey. I like to have fun and to be light-hearted. When people talk to me, they are attracted to this type of power. They have enough problems and they need an invitation for a smile, laughter and a sense of humor. When I do so, they open up, they share, they laugh and they come again.



My smile and my sense of humor lighten up tough moments for me, help me tolerate life challenges and allow me to survive.

### *The Power of the capacity to listen:*

My capacity to listen to others has developed to be one of my personal sources of power. Listening with the intention of understanding others, accept them the way they are, help them accept themselves first then grow them step by step. This is power because people need it. I feel this power as feedback from people after being listened to.



The impact of this power adds to me as a reflection of people's relief and satisfaction.

### *The Power of Enthusiasm and Excitement:*



I glow with enthusiasm and excitement when faced by challenges, changes, new tasks, team work, new ideas, achievement, and accomplishment.

It directly floods from the sparks in my eyes, my excited tone of voice and moreover my tendency to laugh more. I see and feel the reaction of others towards this source of power. They love this power and the reason in my truth is because it is contagious. However the transferred amount of this positive energy depends on their character and how much they decide to let them in.

The effect of this power on me is great. I feel alive. I feel human. And I feel powerful.

### *The Power of Faith:*

I have an enormous source of power which is faith. I have faith in God. God is the highest power in my belief.

And having His Majesty in my belief system makes me feel comfortable inside my heart and brain. I know I am not alone. I know HE is there for me day and night.

I know I can talk to HIS majesty in any language about any subject; and the best part is that I know HE is listening to me. I ask HIM for help and I see it happen.

HE has the power to help me and HE offers me the gift of manifesting HIS help and the gift of understanding that my prayers were answered. HE is my relief in times of pain and my support at critical times. HE is my companion at all times but being human I feel it more when I am lonely.





### *The Power of Decision Making:*

I enjoy taking decisions. I did not understand how this is real power unless I realized how much time people spare in hesitation, doubts, calculations and fears.

When making a decision; of course I pass through stages as thinking, analyzing, measuring, anticipating, calculating,...etc. then make my decision. I always appreciate time factor. And I know that decision is highly dependant on time. If I waste too much time on a decision, it can end up being worthless by the time I finally make it.

I also understand that I can always re-evaluate my decisions and come up with amendments and new decisions if necessary.

I respect that we have a chance to make mistakes and learn from them and finally I understand that I can accept some flaws in a decision if I really managed to make use of time. Perfectionism is not of my qualities (Thanks to God) but making things work is one of my gifts.

Using the power of decision gives you the capacity to get past any excuse to change any and every part of your life in an instant. [Anthony Robbins](#)

### *The Power of acceptance of being human:*

It is relieving that I am human in nature. To me this directly means I can make mistakes till I learn that they are mistakes. To learn these are mistakes does not depend only on labeling these actions but by the measuring the output I get. Getting an undesired or unsatisfying output is a sign of making a mistake or of a need to learn a lesson. This also means that I am allowed to experience all types of feelings that I actually don't fully recognize except when passing through them like; love, hate, happy, sad, worry, doubt, peace, fear, excitement, success, failure, loss, achievement, gain, lonely, belonging, emptiness at times and flooding at others and much more yet to live and yet to feel and experience till my journey ends.



Being human means utilizing my unlimited powerful brain<sup>2</sup> in making my life both working and enjoyable for me and those whom I care about and who share this life with me. Being human means not putting things on an automatic mode because it does not work like that. It needs intentions, decisions, and agreement, in addition work and collaboration to achieve this for all of those participate in the same life journey. The power of enjoying being human needs effort and communication. It needs learning and acceptance and above all it needs a mutual decision and agreement on the quality of life we want to live.

Being human means that I am part of the universe, may be as small as an ant or even smaller like an atom or a particle in air. Each creature has its own challenges for survival, way of living and a mission to fulfill. Lots are there for us (humans) to see, and learn from. The main difference is that we humans have the power of choice. I can choose and I love to choose. I can change and I am allowed to be different and to act differently if I choose to do so. My human power lies also in taking the responsibility of my choices and my actions. I am human.

### *Types of My Personal Power Sources:*

I believe there are three types of personal power sources and my personal powers are revamped by lots of ways using these types.

There are **Internal** sources of power which is the significance of each one of us and which is a factor of our gifts, talents, on going experiences, thoughts, believes and choices. There are **External** sources of power (things around us that have effect on our power), and finally there are **Interactive** sources of power which is the power we gain (or lose) when dealing with each other.

In those types there are things that take away our powers and others that charge our powers. In this e-book we are concentrating on strategies that ignite our positive personal powers.

### *Internal Power Sources:*



---

<sup>2</sup> (not specially mine but all brains are that powerful mainly when we believe in them)

All is manufactured in our brain. This marvelous gift is the greatest source of al. Our feelings depend on how we understand situations, how we interpret them and how we talk to ourselves. Our enthusiasm and power too are dependent on how we see and measure opportunities, success, failure. Even Love and hate are manufactured in our brain.

### *Power of Positive Thinking:*



Since all is manufactured in our brain, then when we manage to keep our thinking positive we definitely will keep our power on and can enjoy our life.

Thoughts are made in our brain and repeated several times till they are beliefs. Being beliefs make them hard to change but not impossible. Sometimes a negative thinking jumps into our head as related to a situation or another person and our role here first is to recognize the energy that accompany any thought. If you feel negative energy (you are unhappy, annoyed, worried, dislike, afraid, whatever you define as negative energy) define what came into your brain and caused this effect. Remember that it is manufactured in your brain so you can change it.

Next think of what is the alternative thought that can replace this negative energy with a positive one. Focus on this thought. Enjoy the feeling. Keep on thinking about it. Keep your mind in a healthy state by keeping your thoughts positive. When negatives jump, recognize your energy again and repeat.

The clue is you are the master of your mind; you take the lead and make it follow. Don't accept to be the follower of negative thoughts. You will be amazed of the results you can get.

Thoreau said: "I know of no more encouraging fact than the unquestioned ability of a man to elevate his life by conscious endeavor." That is not only an encouraging statement; it is also an empowering one. It means you can accomplish a lot by applying your brainpower and then moving forward with it. [Donald Trump](#)



### *Power of abundance:*

I don't know what originated the idea of scarcity. We have an extended sky all over the world in all countries, we have extended waters in seas, oceans, lakes, and we have extended deserts and forests and lots of space around. What does this tell us? We

have oxygen to inspire while we are sleeping or awake. We have surplus blood that we can donate. We have lots of resources within our selves and around us. Why are we scared of shortage?? Was it fed in our brains by media?? Was it related to wars??

The feeling of scarcity initiates my fear, worries about tomorrow, a frown on my face and an increased heart rate. These feelings don't serve me instead they drain my powers and leave me in a hesitated unbalanced state of mind. That's when I read about the law of abundance:

#### **The Law of Abundance:**

As a person thinks in their heart, so are they. We create our realities with our thoughts. If we think good and beauty, so shall we find good and beauty. What we hold in our consciousness expresses itself in life. If we hold poverty, illness, war, and other negative thoughts, they will manifest. Thus what we think or visualize comes into manifestation. Learn to create in life that which we want.<sup>3</sup>

So I started and chose to focus on what I have plenty of, my faith that there is enough of everything for everyone. If a bird finds its food, its partner, its mission then I can do the same. My role is to maintain my energy level positive, to plan for my next steps and to move forward holding a positive vision and a positive attitude towards the universe which also matches with my faith in God's fairness and giving. And so I do.



#### ***Power of Dreams:***

Dreams are my tools for my survival. How can I place a goal for myself if I don't dream about it first? Dreaming is a blessing for human beings. I don't know if any other creature has the ability or gift to dream. Not unconsciously, but intentional dreams.

All inventions were but dreams. Dreaming maintains the sense of hope and the desire to continue the journey of life.

Dream fuels our power of challenge. Believing in our dreams and visualizing them; moves us forward to putting the steps to fulfill our dreams.

No matter how many steps we break them into, what matters is making doable steps. Think about a dream you wish to achieve and think about your feeling when you reach it, fill your chest with oxygen and enjoy the dream.

When I do so, I feel powerful and I feel excited to go on and work and enjoy seeing my dreams come true and the slower it comes the more I will enjoy each step, understand it and be ready for the coming one.

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<sup>3</sup> [The Light Shall Set You Free](#)

When you allow yourself to begin to dream big dreams, creatively abandon the activities that are taking up too much of your time, and focus your inward energies on alleviating your main constraints; you start to feel an incredible sense of power and confidence. Brian

### *A Dream that came true: "AIRPLANE"*

The first working airplane was invented, designed, made, and flown by the Wright brothers, Wilbur Wright (1867-1912) and Orville Wright (1871-1948).

Their "Wright Flyer" was a fabric-covered biplane with a wooden frame. The power to the two propellers was supplied by a 12-horsepower water-cooled engine. On December 17, 1903, the "Flyer" flew for 12 seconds and for a distance of 120 feet (37 m). The flight took place at Kitty Hawk, North Carolina, USA.<sup>4</sup>

### *Power of Law of attraction:*

A powerful tool of intentional thinking is to keep your energy focused on what you want to happen instead of what you fear to experience. When I first knew about this universal law, I doubted the idea despite that we have a verse that assures us that maintaining positive expectations and energy in God makes God fulfill our positive energy as this is considered trust and faith in God.

Sometimes you need different phrasing of things that you know and believe in that allows you to rethink and re-examine then come up with application. Yes, now I am choosing to practice the impact of the law of attraction to get all what I want in my life journey and to enjoy it. Keeping this in my mind and practicing it is my key.

#### **The Law of Attraction:**

This Universal Law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn, attract like energies. Negative energies attract negative energies and positive energies attract positive energies.

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<sup>4</sup> <http://www.enchantedlearning.com/inventors/transportation.shtml>

## Interactive Power sources:



Being social creatures; we cannot live happily alone by nature. We are created to know each other, build friendships and relationships. Even at work, we need to be loved, appreciated and understood. We need to talk to other human beings; we need to be around other human beings. Why?? Because this is another huge source of power; when we are appreciated we feel satisfied, we feel worthy, and we feel strong. When we feel needed; we feel we have value to add and we are triggered to give more. When we help others, we feel gifted, empowered and valuable.

### *Power of Gratitude and appreciation:* <sup>5</sup>

To feel gratitude, means that to understand the value of what you have or get from others, appreciate it and then be thankful for all participants in this gift. When I practice gratitude for nearly everything I can comprehend in my life and for any one who does a small thing for me, I feel cared for. I don't feel lonely or abandoned. I feel that I am alive. In order to do that I trained myself to feel gratitude for any single action in my day, and to practice expressing my gratitude to everyone who participate. It has to come from my heart before being on my tongue.

When I do so; I feel gratitude to God who has put all those things for me in action. Gratitude makes me aware of my daily gifts, it makes me take things easy on myself and see the positive in any event even if I first perceive it as bad. Gratitude helps me appreciate and not take things for granted. Taking things for granted makes the appreciation and gratitude fade away and the gift of life loses its beauty and charm.

### *Power of Love:*

Love "this personal human trait" a gift as well and a power source. Feeling the power of love makes us hopeful, optimistic and allows us to examine the real beauty of our life journey. And being human makes love has great impact on our life. We need all types of love from our parents, kids, spouses, families, extended families, pets, work, friends and much more. To love ignites our power of acceptance and giving as well as forgiving. To be loved allows us to receive, to nourish, to blossom. Loving my work makes eager to exert more effort and be ready for more challenges and to success. Loving life and people in our lives makes us conquer illness, down times, bad feelings and gives us the boost to continue.



me  
open

<sup>5</sup> [www.DailyGratitude.com](http://www.DailyGratitude.com)

Expressing love and receiving it adds the value of being human to our spirits, hearts and brains.

### *Power of Acceptance:*



Acceptance is as an internal power source as an external one. Internal in accepting ourselves and accepting being human and external in accepting others as being human too. They can do same mistakes or different, they can develop, change, take decisions or choose to remain as they are.

Acceptance of others, circumstances that we cannot change can relieve some negative feelings and allow us to enjoy and keep our positive thoughts and steps aligned. Accepting others as they are allows us to live the reality of working on our relations and communication issues instead of dreaming that others will change so as to conform to our needs. Acceptance allows communication to nourish, difference to evolve healthily and win-win situations can be reached.

### *Power of Giving:*

Giving help, donations, advice, time, sympathy, the more you give the more you get back. This is a belief I have, and most importantly is that I get back from hundreds different areas than the one I gave. This is the magic. If I wait to be paid back where I gave, everything will be in vain. This does not mean I should wait to be paid back. On the contrary; the power of giving lies completely when we give with no expectations as if you are depositing in your credit account (for me in God's bank) I know it is there, I know grows by high interest rates and I know I can get my interest rate in different ways through different universe outlets.



of  
that  
this  
it

I absolutely believe in the power of tithing and giving back. My own experience about all the blessings I've had in my life is that the more I give away, the more that comes back. That is the way life works, and that is the way energy works. [Ken Blanchard](#)



### *Power of Forgiveness:*

I make mistakes, some unintentionally, others are intentionally. Some related to ignorance and others despite knowing. I always wonder when will this stop and may be it won't because we are meant to ask for forgiveness from God. If we don't make mistakes we won't be humble enough when

asking for forgiveness and if we don't practice our need and effort to be forgiven we wouldn't have had the power of forgiving others.

The power of forgiving ourselves helps maintain our balance from within and the acceptance of being who we are. It allows us to understand the human weakness that lies within us as well as with our life partners. It increases the humanity between human beings.

The power of forgiveness flushes away our arrogance and insistence on being right. To do so, I practice remembering my mistakes, asking for God's forgiveness and trying to forgive others. This taps into my personal feeling of peace.

### *External Power Sources:*

It is crucial to understand that life does not revolve only around our daily needs, challenges and tasks. It is important for us to understand that there is a universe that surrounds us and that it is created for us. This universe has an impact on our powers. Sometimes it affects us negatively and lots of times it boosts our energy.



The Universe effects can be inspirations, insights, learning, discovering, developing, relaxing, understanding, imitating, and much more. For me some external sources of power extremely affect my powers.

### *The Power Of colors:*

Colors around us affect my personal power. I can't exactly define what each color does to my personal powers but what I know by heart is that the word "color" in itself fills me with positive power. Sky colors and shades from sunrise till deep night gives me a wide range of powers from igniting my power of hope, to my power of dreams, to my power of meditation, to the power of creativity, enthusiasm , faith.



Red, Orange and yellow give me enthusiasm, optimism, and love.



Green gives me hope; blue gives me calmness and security.

All other colors add to me in a way or another. I feel human and I feel the glory of GOD. Thus what ever my state of mind is, colors charge my set of powers.

I keep lots of colorful images on my computer so I can use them to charge my powers.

I seek all colors along any drive or walk I make. I train my eyes, heart, mind and soul to search for colors, feel them, even absorb their beauty and uniqueness and unbelievable shades and mixes.

Colors are more than a combination of red and blue or yellow and black. **They are non-verbal communication.** Colors have symbolism and color meanings that go beyond ink. [Jacci Howard Bear](#)

### *The Power of Meditation:*

Meditation is an extreme strategy for recharging my powers. When I meditate, I am in a state of wholeness and homogeneity with the universe. I am in a long conversation with the sky, land, mountains, clouds, trees, flowers, air, birds, and above all God. This strategy does not only charge my powers but it creates a stock of power for me that can extend for some time.



### *The Power of Know-How:*

The External world charges my powers by the human natural gift of searching for the “know-how”. This ongoing search for learning opportunities accompanied with the feeling of ignorance and being so small as compared to the huge universe. For me this charges my powers because it makes me realize that I am here to try, investigate, discover, search, research and know as much as I can comprehend at a certain time.



It gives me the drive of continuation and protects me from boredom or emptiness. I feel there is more and more to do. So welcome to my coming days of life.

## *My Power sources strategy:*

My power sources are revamped by lots of ways. I have some strategies to share:

### *Memory Stock:*

Memories are our saved files of memorable events good or bad. Memories don't only influence our perceptions, actions and behaviors but can be used as a source of power. It is our choice to use it as a drain of power too if we focus on bad or painful memories. But I choose to use all my good memories to ignite my powers and recharge them.

Examples are: Nice events in my life

- Times of success
- Memories of moments of love
- Memories of laughter and joy
- Times of happiness
- Times of satisfaction
- Times when I felt very friendly to others
- Lots of times when people were friendly to me
- Times when people were there for me unexpectedly
- Times when it was all dark around me and a light invaded the darkness (lights of hope, friendship, ideas, gifts,..)
- Times of opportunities
- Times when my prayers were answered.

I do so with my brain, heart and soul. Sometimes I need helping tools like a place I used to enjoy, a song I heard at any of those times, a scent that brings those nice memories to me. Photographs are amongst my tools. Remembering such events; with people who shared with me from my family, friends, colleagues, my coach or my coachees.

When a bad memory tries too sneak to my mind to spoil my charging process, I do an effort and insist to replace it by nice and lovable memories.

Memories of love; makes me feel loved and radiate love. (All types of love)

Memories of joy and laughter; put a smile on my lips and a sense of joy in my heart.

Memories of being taken care of; reminds me that I should care for others too.

Thinking about, visualizing and re-living in a nice memory for a few minutes charge my personal powers and is one of my best strategies.

**Other strategies are:**

- Maintain my positive thinking attitude
- Scripting thus allowing any negative energy to drain on a paper sink
- Understand my power sources and use each of them whenever needed
- Training myself to differentiate between my powerful state of mind and my drained state of mind, experiencing the huge gap helps me always choose to tap into my personal power sources quickly than to surrender to times of powerless attitudes.
- Practice expressing my appreciation, gratitude, forgiveness, giving, positive thinking, and all others. Practice and practice and practice is the best way to continue and master your skills.
- Prayer for anything that seems challenging for me gives me the hope, faith and drive to move forward.

*For you:* In order that you discover your personal powers, you can think of your achievements no matter small or big; sometimes small achievements give you more insights.

Think of things you enjoy and things that you like to do. Think of things that you offer others for help and support.

Write everything you think of and try to categorize them so your thoughts can be more organized. Ask your support group about your best qualities, what makes you unique, what they love, admire and respect about you.

Your support group can be (but not limited to) parents, family members, friends, colleagues, master mind group, or coach.

*How can this work for you?*

Step One: Define your own sources personal powers

My Personal Power Sources are:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

Tip: try to tap into as much of your powers as you can

Step two: Define what ignites these powers

The following things ignite my Personal Powers:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

Step three: Define strategies you do to charge and recharge your powers

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

Tip: most important is that those methods have to be attainable in your daily activities.

### About the Author

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**Biomedical Engineer** with 12 years experience in the **marketing** and **sales** of medical supplies and equipment.

Expert in building and maintaining **customer relations**. Extensive qualifications in sales and marketing. Strong **management** background with a proven ability to create and boost a **healthy** team spirit within work **team**.

And 2 years specific experience as a Certified Comprehensive Coach; **coaching** individuals and **organizations** towards their specific goals and challenges.

Founder and president of Happy Family Institute; the first coaching service provider in Egypt.

Through individual life coaching; I coach my clients around communication skills, building and maintaining healthy relationships, understanding and excelling in their personal and professional lives. Through Company Coaching I help company management address different paths for the achievement of their missions and goals, current situation analysis, job analysis, personnel planning and recruiting, personnel follow-up and coaching, conducting or advising requested trainings. Through my job, I personally conduct training courses for sales, management, customer service.

**For me one of the keys to ultimate happiness is** when my clients (whom I really love and sincerely care for) step to successes in their personal and professional lives, when confidence takes its path in their soul, when they commit themselves to taking actions, develop and start their happy journey, I feel deep inside that this is why I existed on earth this is why GOD has created me and this is my destiny to live for.

*Create your Life!*

*Suzanne Ledo*



12 Top Coaches Share Their Personal Power Strategies | 4/29/2007

## *Create your Life!* *Suzanne Ledo*

So many of us tend to lament the state of our lives. We wish we were richer, thinner, younger, and happier. If only the circumstances were different, spouse more caring, kids more respectful, job less boring, and the boss not such a jerk.

How many of us put off life until the perfect time, when I get a raise, find a new job, when I finish school, when the kids are grown, when I retire, when, when, when...

Until that happens, what are you going to do? Sit around feeling sorry for yourself, blaming someone or something else for your unhappiness?

The truth of the matter is, until we are able to accept where we are right now and find the beauty in every moment, and understand that life is all about the *journey* and not the *destination*, we are just victims of circumstances, wasting precious moments of life trudging slowly and inevitably toward our graves.

We are co-creating our lives with every breath, in every moment, and through every one of our thoughts, words and deeds. We have a choice every day that we wake up, and we make hundreds of choices throughout the day. Why not choose to make every day a fantastic one, so we can sleep soundly each night knowing that we did our best and that we are one step further along on a fantastic journey of wonder and discovery?

For many years I was one of those people who always saw the glass as half full. I complained and whined to anyone who would listen. I hated getting up in the morning, and was never satisfied with anything. If someone asked me how I was, the answer was usually something like "hanging in there", "ok, I guess", or a litany of complaints about how crappy life was. I was always angry and frustrated. I didn't realize how much my attitude was dragging me further and further into a hole.

A few years ago, I was diagnosed with cancer. That turned out to be the wake up call my soul needed. After going through painful treatment and surgery, and faced with the prospect of my

own mortality and the fragility of this physical existence, I decided it was time to take control of whatever time I had left on this earth and make the best of it.

I started to meditate every morning. I began to make a list of all the things that I am grateful for before going to sleep at night. I implemented some subtle shifts that have made a huge difference in my life.

I'm still not a morning person. I will sleep in when I have the chance, and some of my most creative time is in the afternoon and evening. However, I've learned to change my perspective and make waking up a much more pleasant and joyful experience. I never did like the obnoxious, jarring buzz of a digital alarm clock. It always made me want to throw the thing out the window or beat it to death with a hammer. I attended a retreat at a Buddhist monastery soon after my recovery from surgery. We were awoken at 5:15am by a nun chanting and striking a singing bowl. It was such a sweet and lovely way to start the day! After I returned, I did not want to go back to hearing the infernal buzzing every morning at six. Someone told me about the [Zen Alarm Clock](#). It's a battery-operated clock that wakes you with a beautiful Tibetan chime. It chimes progressively over a 10-minute period, allowing you to gently and gradually awaken. When the first chime strikes, I simply relax and take deep breaths with my eyes still closed, attempting to recall any significant dream I may have had. In 3 minutes it chimes again. When it is dark in the winter, I reach over and turn on my bedside lamp to kickstart my circadian rhythm. The previous night I fill a glass of water and leave it on the nightstand. I then drink it and stretch my arms and legs, and take a few more deep breaths. In 2 minutes the clock chimes again. I sit up and write down any dream messages or images in my journal. I massage my neck and shoulders, and shake out my arms. I get up and turn off the alarm, then I sit on my meditation cushion in the corner of the room by the window, and do just 5 minutes of deep breathing while visualizing the great day I am going to have.

I admit, despite the many healthy changes I have made, I'm still a coffee addict, but I have cut back to just one large cup in the morning. I set the coffee pot to start 5 minutes before the alarm goes off. The smell alone is wonderful and helps me wake up as it wafts into the room. I take my cup of coffee out on the patio when the weather is nice (living in Arizona does have its advantages!) I do a short yoga [sun salutation](#) (I usually skip the laying on the floor part since I'm outside) I check on my vegetable garden, water it, and perhaps pick some veggies for my lunch when they are in season. After I finish my coffee, I shower, dress, then prepare a quick and nutritious breakfast – usually a fruit and protein smoothie, a bowl of oatmeal or a veggie omelet. I then prepare my lunch and snacks for the workday (I still have a day job as a

technical consultant): A salad, a pita or wrap sandwich, a small bag of nuts or trail mix, a piece of fruit and some string cheese or a cup of yogurt.

By now it's time to face the commute. God, I used to hate traffic. I used to be prone to road rage. It seems I've learned most of life's lessons the hard way. About 6 years ago, I was driving home and a guy cut me off. I jammed on the gas and pulled in front of him. I was going way too fast, jerked the wheel too hard, and lost control of my Subaru. I slammed into the median going 75. I totaled my car and was cited for reckless driving. Thankfully, I managed to escape with nothing but bad bruises, a small cut on my cheek and a sprained ankle. From that point on I decided that I was not going to let the traffic get to me. It's just not worth it!

I have a collection of great CD's, uplifting music and audio books. I'm not going to say I meditate in the car, as that would be dangerous, but I do deep breathing exercises and try to be aware of the little things around me. Sometimes I'll see a hawk or a condor flying over the highway, or notice the Jacaranda trees in bloom with their gorgeous purple flowers. Sometimes I'll get a synchronistic message from a billboard, a license plate, a song or even a bumper sticker. (OK maybe I'm weird, but I do believe that God is in the details, despite the old cliché to the contrary...) I've also begun pasting sticky notes with affirmations on the dashboard. After all, I spend over an hour a day in the car, and driving, for the most part is such an automated process, so what better way to help these types of thoughts sink in to my consciousness: "Wonderful things are happening today"; "I am always moving forward"; "I am exactly where I need to be right now"; "Expect a miracle!"

As I arrive in the parking lot at work, I say a little prayer or affirmation, sending positive intention and thoughts ahead to the workday. Sure, corporate life can be frustrating, but I do control my attitude! As I enter the building, I smile and say "good morning" to the security guard. It's sad how many people walk right by and never see the guy.

I walk to my office and always greet my co-workers with a smile. Again, there are so many people who silently walk to their desks and don't acknowledge others around them. Most people really appreciate it!

As I sit down at my desk, I ask the questions: "what is the best use of my time?" and "how can I be of service today?" I'm there to provide a service, an energy exchange to earn my paycheck. I strive to appreciate the opportunity and do the best job I can. Of course I expect respect and fair compensation for my work, but I no longer have a sense of entitlement. I found that just by

shifting my attitude and expectation toward the organization, my work and my co-workers, that my workplace relationships have improved, and my workday seems to flow much easier.

Even though I am happier and more content with my current work situation, that does not mean that I'm allowing myself to become complacent. In my daily affirmations and visualizations, I am always looking ahead and asking for guidance to help me take the next steps. I'm not clawing my way up the ladder nor am I allowing myself to feel defeated if things take longer than I expected. I'm happy where I am, and I know that everything is unfolding in perfect timing.

When my shoulders get tight and my eyes start to get blurry from staring at the computer, or I find myself getting frustrated with the inevitable corporate politics, I get up and stretch, take a short break, get some water or go out and sit in the courtyard. I always take a walk at lunch when the weather permits. I also discovered a very cool little program called the Smooth Deep Breathing Assistant, which reminds me to breathe when I'm sitting at the computer.

On the way home, I again intend to enjoy the drive. Sometimes I'll switch on National Public Radio to hear the news. I may stop to run an errand or buy some fresh produce for dinner. I walk or ride my bicycle around the neighborhood for 20-30 minutes when the weather permits, before preparing a light, quick meal or healthy snack. Evenings, when not spent coaching clients, writing an article, preparing for a seminar or class, or attending phone seminars and my weekly Masterminding group (one of the highlights of my week), are usually times to catch up with friends and loved ones, answer e-mail and read from one of the many books and articles that help keep me up to date with the latest in coaching, nutrition and energy medicine. Of course I also need to spend some time cuddling with my little pooch Taz. You will notice I don't mention TV. I've given it up. I'll watch a DVD every now and then. It is amazing how much more I get done since I switched off the boob tube, besides, the programming these days is horribly negative and shallow. I get my news from the radio and the Internet. I am absolutely disgusted by the sensationalism, fear mongering, partisan political bickering and thinly veiled commercialism that now pass for TV news. (OK, I'll get off my soapbox now...)

Weekends are times to catch up on things like housework, shopping, fussing with my garden and visiting. My daughter and grandson live in Tucson, about 2 hours away, so often I trek down there. I try to spend at least a half-day relaxing and taking care of me. I may get my nails done, or perhaps get a massage or a Reiki session. I might go on a date if the occasion arises. It is my intention to find a special relationship, but the older I get, the pickier I am. For

now, my focus is on being the person I would be happy to be in a relationship with. The rest will come when the Universe is ready!

I digress. Before going to bed, I write in my journal at least 5 things that I am grateful for. I also write 3 things that I am proud of about myself. I set an intention to receive positive messages during my dreamtime, and to release any subconscious habits or beliefs that are not serving my highest good.

That is a typical day for me. These are the new habits that are working for me. I hope that this article inspires you to create your own attitude, beliefs, rituals, and routines that lift you up instead of bringing you down.

It's up to you – you've got a blank slate in front of you. How will you design your life?

\*Namaste'!

Suzanne

P.s.: For more information on my coaching services, or some of the tools, books and products that have helped me along in my journey, please visit my website at [www.magicalpossibilities.com](http://www.magicalpossibilities.com)

\*Namaste' is one of my favorite words. It is a Sanskrit expression that means "The God in me greets the God in you; the Spirit in me meets the same Spirit in you" and is usually accompanied by the Asian gesture of a slight bow with the hands in prayer position over the chest. It is a beautiful way to express your desire to be of service and to honor the divine in all of humanity.

### **About the Author**

Suzanne Ledo is a Life Balance/Wellness Coach. She helps people find balance in their lives by shedding old, unnecessary baggage: fears, negative limiting beliefs, low self-esteem and attachments to people, habits and situations that no longer serve them. Once these are released, clients are able to focus on, choose and manifest the things that are truly important to them; that bring real joy and satisfaction, to easily let go of excesses by setting necessary boundaries for themselves.



She works with people who are ready and willing to make profound and lasting changes, to look inside themselves, live their lives with purpose, passion and meaning, create new, healthy and conscious habits, and to find and follow their soul's true calling and feel more connected, alive and full of energy.

She knows exactly which questions to ask to help you find the answers yourself. She listens deeply and provides a safe, sacred, non-judgmental space for you to express your true self. She walks you through exercises and guided meditations that will facilitate healing and release, hone in on your passions and needs and develop your own intuition/internal guidance system. She will suggest simple lifestyle changes and exercises to help you stay focused, balanced and connected on a daily basis, tailored to your specific needs, beliefs and abilities. She will cheer you on and gently hold you accountable for your progress.

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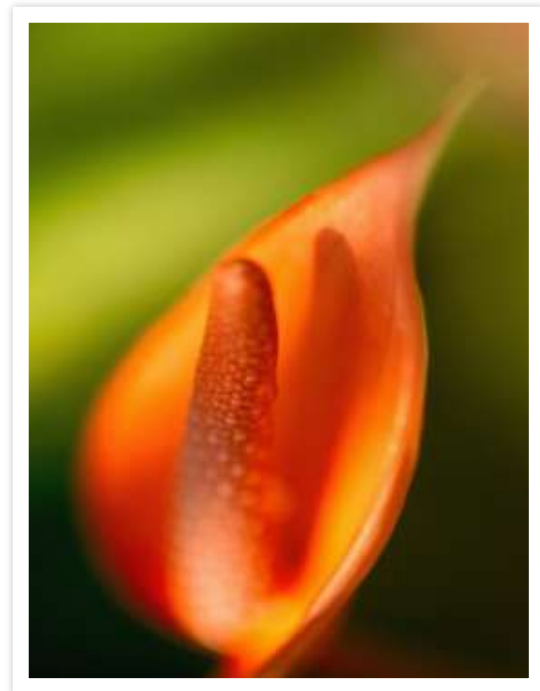
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*The Power of Manifestation -  
Doing the INNER Business First  
Sharon Wilson – Coaching From Spirit,  
LLC*

12 Top Coaches Share Their Personal Power Strategies | 4/29/2007



*The Power of Manifestation -  
Doing the INNER Business First  
Sharon Wilson - Coaching From Spirit, LLC*

Having a business of your dreams is all about the energy. I have coached many people that had no clue of HOW they were going to do things, and in some cases, they had some real gaps in skills like marketing and selling. But, when they really understood that this is an ENERGY game- first and foremost- and they focused more on the way they felt, and how they could make small shifts, they started to see things showing up that AMAZED them. Things that had no logical explanation. For example, one person got five million dollars in funding after he “accidentally” attended a luncheon that was being held for angel investors and he “happened” to sit at the table with someone that was very inquisitive about my client’s business. What are the odds of that happening?!

In a process like this, in creating your IDEAL business, starting at the energy and core belief levels ensures you will experience some contrasts. It will feel very different from what your brain thinks you need to do right now to be successful! The goal is to allow the contrasts and begin to take baby steps, so even when you are in some contrasts, it becomes automatic that you start at the energy level first before you start at the doing level.

To be intentional about creating anything, you begin to feel more of how you want to feel, and this creates true freedom! When you can stand in contrast and not see it as a bad thing, but as a place to make the very best of where you stand, and let it be ok that it is all not figured out or perfect, then you will BE free! Because when you make the best of a situation and focus on what is working, focus on taking small shifts, things HAVE to get better! From there, you do the same thing (focus on making the best of where you are now) and it has to get even better. It is about moving up the scale until that vibration becomes dominant. Then that reality becomes dominant.

It takes time to make changes to enable you to begin to look at any situation FIRST at the energy level. For example: “Ok, where am I? What don’t I want? How do I want to feel? How can I take some little steps to feel more of that way?” THEN you start looking at actions that you can take that will be in alignment with the way you want to feel. These ACTIONS will produce the greatest results!

I want you to intentionally see and feel where you are at an inner and outer level, and then begin the process, from a place of even greater clarity, to start creating the fun strategies! This is the JUICE... the Jazz!

Imagine when you are not pulled off center when a contrast shows up. When you work with clients or other team members and they are experiencing contrasts, you will be in a strong centered place to hold a vision for them that will activate in them a higher vibration! You will become an activator simply by being in an experience with them because you know how to manage your own energetics!

This is part of the process. Hear me. Contrast is part of the joyful evolutionary process in your business, in your life! Let it be ok! Get in touch with the stories you tell yourself when you are in contrast. Then from there you can take baby steps to a better place.

Consider what has been working. What has been shifting in the way you feel? The feelings about various things in your business will begin to change first, then the manifestations will start showing up in bigger and bigger ways.

### ***Steps to Changing Your Neural Pathways***

You will notice some themes and patterns, in terms of beliefs, that are serving you and also in those that are not serving you. As you look at each area: Marketing, selling process, operations, what are some of the overall patterns that you notice? What are the feelings that seem to come up again and again when you look at what is not working yet?

- Consider what you feel are the top two beliefs that you have activated that are not serving you. What are these?
- Perhaps you have an activated belief that you have to work at least 40 hours a week or you have to work on the weekends to keep up. This may be a feeling of overwhelm and it may even seem true, but because you have that belief activated in you it remains true for you till we interrupt the pattern. The first part of interrupting the pattern is bringing it to conscious awareness. That is what this discovery process will help you to do.
- I remember when I first started my business. I dove off a very high corporate ladder into coaching and people would ask how the new coaching business was going. I would say, “It’s great. I’m having so much fun. I can’t wait to get out of bed in the morning. I really feel like I’m doing work I absolutely love.” I didn’t say “I only have 3 clients. I don’t know how I’m going to do this. I’ve got to make a lot more money than this.” It was important for me to hear what I was saying to myself, and that had to be positive – without disclaimers, doubts, and fears. We want you to be very conscious about what you’re saying.
- One client I coached had this overall belief that was activated, that no matter how much he made there was never enough money. Sure enough, he kept finding himself in situations that manifested that. Even in his relationships, he would interpret situations that people were not giving him enough, even when people explained that was not the intention, he still felt the trigger of not enough-ness. Since he had this pattern so activated in him he was at some level always looking for that to occur... and he found it. We also found that this overall belief was present in many other areas. In his marketing he found that no matter what strategy he tried, it never seemed to produce enough. Even though he had some success, it was not “enough”; the feeling of lack was really activated in him and that was a dominant pattern we needed to begin to bring to awareness, and then consciously interrupt in his brain. I coached him to begin to look at situations that triggered him, and move up the scale a bit energetically BEFORE he responded or acted. He made permanent changes in part by using the Belief Change Tool that is outlined below

## ***The Belief Changing Process***

I want to help you develop a way to begin to bring into even more awareness the stories that are not serving you and simply let them be okay. I want to help you to allow in ways to make small vibrational changes that impact the overall vibrational output, so your point of attraction **CHANGES**.

You can tell it is changing at a neural pathway level, by how you are feeling! The feelings about various topics will begin to shift and then you will know that manifestations are on their way!

In my experience it is in the visioning stage that the whole business future is created! The exploration of where a person is, and the patterns that are activated, coupled with the discovery of what is wanted in each area, lays the Magnetic foundations for **EVERYTHING** else!

When you are applying marketing strategies, or tools, you will automatically first start at the energy level to begin to allow in a different experience! Usually, in my experience, I have noticed there are not more than 2 – 3 overall dominant patterns that are activated that are not serving you. Isn't that great news!

As we identify these 2 – 3 belief patterns we can then begin to use a process to help make those changes on an inner level, and begin to start seeing these beliefs changing. What does it mean to shift your belief to a higher level and how do we do it?

## ***The Belief Changing Tool***

The following steps will guide you to changing your beliefs so that you can allow more into your life in all areas.

- Take a belief that is not serving you any longer and see how it is gauged in terms of intensity.
- Identify what would be the other side of the story or what is showing up as contrary evidence. Here you want to begin to see what is possible.
- Create a new or “progressive” belief that is just a little more serving, but not quite at the level that you want to believe it at. For example, if you believe that “I am not smart enough,” you can’t go to “I am wonderfully brilliant!” Instead, you might take a smaller step and say “I am sometimes smart.” You are training your perceptual lenses to new possibilities of what you want to believe and experience. It then becomes imperative to feel that shift and say “I want this new belief!” Now you are in motion.
- Next, envision what would show up inside and outside as you move into that belief. Feel it and almost taste it.
- From this information, we now know what we are expecting to show up and that we want to manifest. Go through the list on a daily basis and review weekly what is showing up both in feelings that are aligned and the outer manifestations! Now you are focused on and seeing what is the other side of the story and it will begin to manifest!
- Come back to the old belief the next week, after you have reviewed the evidences of the new progressive belief being activated and ask, “Now, what level am I experiencing with this old belief?” That will help you see the changes in intensity that have occurred, or at what belief level you are on a scale of 1-10 with the new progressive belief, (with 1 being not very activated and 10 very activated and in high belief).
- If it is at a high level, we can move to the next progressive belief and repeat the cycle.

The purpose of this process is to identify any specific belief that you feel is no longer serving you and begin to progressively change that belief. Outlined is a process that can guide you through transforming your progression in more concrete ways. As with any tool, please use what works for you and make changes in ways that serve you best. I like to create these as

charts in a Word Document and make changes week to week, or you can put them into a spreadsheet. Do what serves you best!

### **Section 1**     ***Identify the new progressive belief***

1. Belief that no longer serves you. Write the belief that is not serving you that you want to change.
  
2. Feelings associated with this belief. List out the different feelings you experience when you connect with this less than serving belief and the circumstances that show up in our life as a result of it.
  
3. Rate the intensity of this belief. As you connect with the feelings around this belief and rate the feelings on a scale of 1 through 10 with 1 being least intense and 10 being most intense.

4. Find Vibrational Anchors or Evidences to the contrary of this stated belief. Look for times in your life that you have felt the same way in other experiences that have worked out. The goal here is to allow for a vibrational crack in the resistance of the intensity of this belief. We are looking for a small shift, and identifying a time when things did work out. This will reactivate in you that cellular knowing that there is hope and a solution to any situation; you just don't have access to it when you have an intense pattern like this activated. Write down anything that comes to you that helps you experience ANY relief. We are looking for vibrational relief. You may notice a feeling in your body that feels lighter, the idea is to find a little relief.
  
5. When you feel the relief, write the next progressive belief. This belief is the one that feels a little better than the less than serving one identified above. For example, if your less than serving belief is "I am not smart enough," the step up could be "I am smart enough sometimes." You want to be able to feel very little resistance to the new progressive belief. Take it down a notch to one you feel no resistance to. So in the above example, if you did not fully embrace the progressive belief "I am smart enough sometimes" you may need to go to "I have many qualities that are helpful and I am choosing to focus on the ones that really help me". Or, "I am moving more toward fully loving myself even if I am not perfect".

**Section 2     Collecting Evidence Supporting Integration of New Belief**



4. Is there a next action that you feel guided to take? As you are in this higher vibrational place now allow one or two next actions to emerge so you can create some momentum.

Rate the old belief. After each week, ask yourself how the old belief has changed in intensity. Also see if you want to AMP up the progressive belief to a new higher progressive belief. As you accumulate more evidences of the progressive belief being integrated, you will feel less intensity in the old pattern and more aligned with the progressive belief. You can also change the Anchor/Evidence Section if you feel like you want to reference other things that show you possibilities. Perhaps you remember another time that you did feel the same way and it worked out? This part is the collective body of evidence that is helping you to SEE and FEEL the fact that your old belief is just a perception and not reality.



### **About the Author**

At Coaching From Spirit Institute we support people in three areas:

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We also support learning self-coaching skills to help you manifest more of what you want and manage your emotional energy to really leverage law of attraction.

If you want to find out more about how to build a business using an inner and outer approach, or become a Spiritual Life Coach, or just want to know how you learn to self coach yourself to experience greater peace and attract more of what you want more easily go to [www.coachingfromspirit.com](http://www.coachingfromspirit.com) and sign up to receive an activation tool free of charge.

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Love and JOY!

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*Extreme self care:*

*Robert Kamala*



## *Extreme self care: Robert Kamala*

My personal test of my extreme self care came in 2004, when after 11+ years my wife discovered she was a lesbian. Now, it might be a small thing to some, yet for me, it was a major change. After I divorced my wife, I discovered I had formed a definition of my life and what was to be a life long relationship, around her, that was out of balance. When she left, I had to come to grips with what I was going to do. I had to totally redefine who I was, my life, and what I was going to do with it.

I had a personal emotional crash. I let things go to the point that I lost everything. My business came to a screeching halt, my possessions, the ones she didn't take, I sold off. I went down to the point of just about losing my self in this downward spiral. Then it came to a point where things stopped and I re-evaluated my life plan. I had all these skills, tools for transformation, yet I wasn't using them. As a result I began my journey upward again. I started to use my skills, sometimes up to 4 hours a day I went through my skill set and worked them over and over. It was the darkest time in my life.

Today, I am doing very well, taking the material of the movie 'The Secret' into my work as a coach. I am continuously adding to my website, changing things as I grow and evolve. I've taken my skills as a Life Skills Coach and a NLP Master Practitioner, and blended them into a dynamic Coaching style that has assisted me to rise up out of my own personal ashes into a place where I am strong and have a positive vision as well as bright plans to go forward into success

Now, how does this relate to extreme self care? Well, it took me a year to get through this. I went through my beliefs, my decisions, my way of speaking to myself about what was real for me. Was I reacting from a place of reality or imagined stimuli? Picking myself up from that point was done with friends, I reached out for my resources, I made decisions about

what my life was going to be like from now on, I re-wrote my life script, I changed my life mission. I began empowering myself by reading again. All of these are part of extreme self care. These set of skills are what is needed to truly learn to value oneself and decide that taking care of oneself must be a priority.

I have learnt that self care comes down to one thing, a decision. You have to decide that you want to be self caring. A decision can change so much. It comes with so many benefits and growth spurts. I decided that I was going to get better at being me and after that year, I look back and know that I had come through the worst and that I have the ability to move myself forward.

**Three questions that worked for me were,** *“What might you do about it? “What else might you do? What might you do differently?”* From these three questions other started to follow, if I were to take care of myself, what would that look like? What would that feel like? What might I do to get started? It’s as easy to get started as to wash the dishes, clean the house. One must decide because no else can truly do it for you. No matter how many times people come over and clean up for you or help you, it is true that it is you who have to feel it inside. You have to make that decision that you are going down a different road now and things are going to be different. How?

Make a list, make a commitment, read some great books on motivation, success principles, forward moving thought, and visualize what you want.

**Visualization** is one of the most important things to do when making goals. You have to see and feel what you want creating a clear and vibrant picture, feel the feeling of what it is like. See the colors of it, hear the people talking to you about it, feel the joy of achieving it. Dwell on the end result. Take it one day at a time and create it everyday. Then make a list of what you are grateful for. What if you don’t know yet what you want? What don’t you want? Flip it. I don’t want to be so broke and out of money all the time. Then how much more do you want? “I am so happy and grateful that I have \_\_\_\_\_ (amount of money) more coming in every month.” Be specific.

Well, what does that feel like? Being realistic to you and your life, create it and trust it will come to you, then act, yes ACT. What are you doing to let self care happen in your life? Is it money? Health? Relationship? What are you doing to provide a road in for that to come to you? Make a commitment to you that today is going to be the first day of a great life and get pumped about it. Then as you move through your day and the pump starts to decrease, sit and remind yourself of your goal(s) see the goal, then increase the color, bring it closer to you, make the feelings more intense. Make a decision that it is happening, you are in the process of it happening.

Self care also contains an element of self awareness. When you have these goals, if you hear yourself saying negative things, then change them. ***“This is a different road now, I am moving in a different direction now and am able to succeed.”*** If you find yourself being mad at someone else, ask, what is my part in this situation? What is this person reflecting back to me of myself that causes me to feel mad? Extreme self care may be less than easy and it may take time and that is totally okay. First, we must decide, then, set time frames, then, act. We must also be aware of the resources that come our way, the opportunities. Each step makes way for the next, each builds on the previous like stepping stones. Self care is our way of telling ourselves that we are worth it and we can succeed. To me, we are all spiritual beings having a human experience.

We are here now and where we go from here is all that we really have. We can activate the choice to take care of ourselves by giving ourselves the time to be who we are, or least find more and more of who that is day by day. Extreme self care is about really taking a deep look within and asking yourself questions. Spend time with you, what do you like? Where do you see yourself in 1 year? In 3 years? In 5 years? Set goals that you can work towards. When you achieve a goal, record the success that you have gotten,

be thankful and grateful and remember that you can carry that success to the next goal. Taking deep breaths assist you to integrate those lessons and give your body the power to continue, even in stressful times, remember, one step at a time will bring you through, just as life is one breath at a time.

Taking care of yourself is about coming to a conclusion that there is always more to discover and you are here to explore. You can start to open up options for yourself by looking at the bigger picture of life and your path, your goals, what you want to achieve. We are more than just one role. We are brother/sisters, sons/daughters, friends, mates, and the list goes on, think of how many people we effect when things happen. Life can be less than easy and it can be what ever we decide it is going to be. The power of a decision/choice is greatly over looked.

Depending on your definition of self care, you may have a lot of ideas. For me, I am a motivational Coach, so that is my path. So, I have watched shows like “The Secret”, “What the Bleep do we know” and read books like “The 7 habits of highly effective people,” “Who moved my cheese,” and other motivational type books, even “Leadership lessons from Star trek the next generation.”

The ability to stand back from your life and take a good look is quite essential, all the while, keeping an open mind, realizing that this is a journey and if you don't like where you are going, change your path. Take time to breath and realize that there are a lot of things one can do to practice extreme self care:

- 1) Breathe
- 2) Have a good look at your life
- 3) Keep an open mind, free of judgment (Does this evolve me or not?)
- 4) Decide where you want to go
- 5) Visualize goals, perhaps day dream
- 6) Feel what it is like to have that now
- 7) Focus on the end result
- 8) Act
- 9) Breathe
- 10) Be receptive to resources to make it happen

Extreme self care is caring about you, where you are today and where you are going tomorrow. ESC is about taking time to give yourself that moment to breathe in peace and let out the *less than* positive energy from your day and then focus on the harmony within your life. It is about networking to move yourself forward and getting what you need to bring you closer to your goals. Caring, listening to yourself, giving to yourself, relaxing and trusting, this is only part of what ESC is, you know the rest.

## **About the Author**

Robert Kamala

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Hello my name is Robert Kamala. I am a Life Skills Coach, a NLP Master Practitioner, a Time Linked™ Techniques Master Practitioner & a Certified level 1 Hypnotherapist. I am also a motivational speaker.



My mother had three men in her life, who became the fathers of her 3 sons. They all left the family to venture on to other things, leaving my mother to raise three boys on her own until her death at 46 years of age.

One thing she encouraged me to do was to learn from everyone and to look into spirituality. Starting when I was 8 years of age, I started studying Christianity, going to Sunday school, to Hope Bay bible camp, and reading the bible. One windy day on the shore of the Shuswap lake, at the age of 16,

I watched the waves white caps, and I sat there and ask God or 'the Force' to (teach me more of spirituality than what I currently knew of the bible and Christianity) expand my understanding of spirituality, ...“This book can't be all there is.”

Well, within 1 ½ years, my mother and her doctors had discovered a tumor in my mothers uterus the size of a small grapefruit. She went into the hospital Dec. 1983, she returned home in March of '84 and on Nov. 10<sup>th</sup> 1984 passed from this earth at 7 am. I was 17 years old.

I moved to Surrey, BC, where I met a friend who introduced me to metaphysics. For the next 7 years I read and studied for hours every night. I even hung out a metaphysical bookstore twice a week, where I learnt off of a variety of different people. I started to learn about dreams, symbology and crystals. Over the next couple of years, after consuming bucket loads of information and learning, I decided I wanted to be of service to the Great Spirit. So in 1993 I changed my last to Kamala, 'spirit awakener.'

In 2000, I decide that I wanted to merge what I knew of spirituality and work it into earning a wage with the merging of the two, metaphysics and self help techniques. I started going to school for Life Skills Coaching. I wanted to work with people in order to gain skills to assist others to create action plans in dealing with life's challenges. After Life Skills Coaching, I wanted to go deeper in my understanding and skill; as a result, I took NLP, Neuro Linguistic Programming. A group of psychological skills, that is powerful, quick, easy and quite transformative. I have blended all that I have learnt over the years to make a great a set of skills to assist my clients achieve the excellence they deserve.

*Connecting With my Powerful Self:*

*Dr. Nancy Heimstra*



12 Top Coaches Share Their Personal Power Strategies | 4/29/2007

## *Connecting With my Powerful Self:* *Dr. Nancy Heimstra*

I know I am in my power when I am my authentic self. How do I know when that is? I know I am being authentic when I am free to make choices; to act, instead of react. When I react, I know it is because some part of me is struggling to keep me safe, or protect me. Yet, there is no real danger; there are just old patterns that were created long ago when I did not know I was safe or have the adult skills to create my own safety.

It was as if these parts of me created sets of beliefs that I carried with me. They are like a complete cast of characters. We each have many selves dwelling in the person we call “me”.

Begin to notice how you change thinking and behavior when you are around certain people. Are you different at work than you are with your friends? Do you feel empowered around some people, but powerless in some relationships? In those situations, it is the old beliefs that sabotage you. It is these different characters that emerge, when we feel a need to protect ourselves. Yet, it is these same characters that prevent us from being authentic.

Through extensive research on the topic, I have come to learn how to identify the many selves that dwell within me. Let me introduce you to some of the ones that have caused me problems in the past:

I have a rebellious teenager that likes to run away when things come up that she doesn't want to deal with. It does not serve me when she is in the driver's seat. I am not in my power when she wants to flee. I honor her, but tell her she really needs to calm down and my powerful, authentic self takes over.

I have a wounded child that doesn't want to express what she wants or needs. She expects others to know what she needs and feels so disappointed when her needs are not met. She can feel lonely and deeply sad and that turns to anger. I nurture her and let her know that I am there for her as I empower myself and express what it is that I need.

I have a critical parent who is a perfectionist. She really can get on a roll. She is compulsive, achievement oriented and so very critical. I know she is in control when nothing I am doing is right. I have to step back and take a deep breath and change the focus to what is right at the moment. She and I have some power struggles!

Begin to notice patterns in your behavior, especially when you find that you are sabotaging yourself. That is where these characters dwell. Remember, they are there to serve you, if you can recognize them and know that they developed to get you through the tough times in your life. They were created for good reasons.

Become a detective when it comes to how you react and act. Create a journal and nurture these characters. Befriend them and find out what their strengths are. Learn to recognize when your behavior is not serving you and find ways to change it. What can you do instead of the way you normally react?

**Some other examples of these ways that we sabotage ourselves are:**

1. Fear of failure, or feeling like a failure Learning to move forward in spite of the fear of failing is a powerful way to learn to accept that we all make mistakes and they are a way to learn. It is when we take action that we succeed. Look for past accomplishments and see how you took a risk in spite of your fears of failing.
2. Vulnerability, or having unrealistic fear The sky is not falling! Really. Take an honest look around and find the evidence that you are safe and supported. Appreciate all that you have and everyone around you that contributes to your well being. The next time you have unrealistic fears come up, just stop and ask yourself if you are safe in this moment and take a deep breath.
3. Social exclusion or feeling like you don't belong Do you carry this with you and stand on the sidelines and not join in? Do you keep yourself from belonging? Take a risk and see how you are one with others. Look for ways to connect.

4. Unlovability or feeling like you are defective Though we all feel “flawed” and we all make mistakes, that is how we learn. You are not broken and you do not need fixing. Change your focus to allow yourself to see the love that is given to you. The next time someone compliments you, breathe it in and say “Thank you!!”

5. Dependence, or feeling like you cannot do anything on your own The more you believe this, the more you stop yourself from trying and accomplishing. Take steps and watch how you can do what you set out to achieve.

6. Abandonment, a fear that others will leave you The more you have this belief, the more you will tend to cling and drive others away. You will manifest the opposite of what you really want. Begin to focus on your own strengths and appreciate all that you have and all that you are.

Begin to recognize the patterns in the ways you sabotage yourself. Find the characters that are acting out when it happens. Until now, they sabotaged you. As you become more aware and accept them and learn from them, you will be able to use the strengths they can offer you.

Remember you are in your power when you learn all about the different selves that reside within. You can nurture your authentic self and visualize that person being the dominant character. You can visualize your empowered self embracing all the other characters and thanking them for being there when you needed them. You can ask them to contribute to your success and well being. You can journal and create dialogue with them. Allow them to emerge and be at peace with them. Notice how they come out at times when it is not appropriate and create ways of changing behavior. At first when you are becoming aware, journal how you reacted and go back and recreate the scene and find the way you would have acted if you were in your power. You know what they say about hindsight being 20/20. It is the beginning of creating a new way of behaving. As you strategize new ways of being, the next time you are in that situation you know a new way of behaving.

As you move forward, doing your inner work, you are empowering yourself by coming from a place of authenticity. Bravo, you are in your power just by being you!!

### **About the author**

Dr. Nancy Heimstra is a Certified Comprehensive Coach, mentor, author and speaker.

Her book, which she co-authored with Byron Katie, Mark Victor Hansen and other greats, *101 Great Ways to Improve Your Life*, was released in February.

Nancy has written numerous articles. She enjoys having fun and Disneyland is one of her favorite places to meet up with friends and have a magical day!

Nancy loves to use her science background, as a Chiropractic Physician for 25 years, and blend it with her spiritual side to create ways to achieve success.

She has done extensive research on how the brain works and loves to teach via teleclasses.

She joined Toastmasters International in November of 2005 and has earned her Competent Communicators Award. She loves speaking and teaching.

She loves adventure and has lived in Hawaii, Alaska, Australia, and Papua New Guinea.

She is the proud grandmother of 3 beautiful grandchildren.

Her passion is learning, coaching, teaching, and watching her clients realize their greatness.

To get a free report on Authentic Living visit [www.authenticlivingnow.com](http://www.authenticlivingnow.com).



*Power of Faith:  
Reflections on Faith, the Universe, and Me  
Martyn A. Dell*



*Power of Faith:  
Reflections on Faith, the Universe, and Me  
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I was asked to take part in this collection of writings by someone I admire very much. I was intrigued by the prospect - top coaches sharing their personal strategies for power. That's definitely something that I want to be part of. So I thought to myself "Where am I most powerful? What gets me through the day? Where does my power come from?"

I thought back to my past experiences. All my life I've heard the word "No". "No, you won't get a boyfriend because you are too fat.", "No, you won't get a job unless they can stick you in the back room because they don't want fat people out front.", and "No, you can't go out for Halloween because you don't need the candy." It was a constant litany of "No's". So what makes me defy that word now after I've heard it for the last 39 years? It's my power of faith in the Universe and myself.

### **What Is Faith?**

This is the dictionary definition of faith from Answers.com ([www.answers.com](http://www.answers.com)):

1. Confident belief in the truth, value, or trustworthiness of a person, idea, or thing.
2. Belief that does not rest on logical proof or material evidence...
3. Loyalty to a person or thing; allegiance: keeping faith with one's supporters.
4. often Faith Christianity. The theological virtue defined as secure belief in God and a trusting acceptance of God's will.
5. The body of dogma of a religion: the Muslim faith.
6. A set of principles or beliefs.

Let's go through some of these definitions now, shall we?

### **Faith vs. Religion**

Regarding the 4th and 5th definitions, when I think of faith I don't think of it in the religious sense. Although I was christened as a baby, I didn't grow up in a very religious home. There were two churches in our village of 50 people, a United church and an Anglican church, and we didn't attend either one as a family. I stopped going to Sunday School when I was in the 4th grade because my parents let me make that choice. It wasn't fun and I didn't like any of the other kids who went to Sunday School there.

Sure, my family celebrated Christmas but it was all about the tree, the presents, the food, and watching the Queen's Message on TV (I'm Canadian so seeing Queen Elizabeth II give her holiday speech was a big deal in our family.) It wasn't about the meaning behind the season. We didn't celebrate the birth of Christ. It was commercialism at it's best!

You might think that with this kind of background that I am faithless but I'm not. I'm not religious but I am spiritual. I'm not an atheist. If I had to label myself, I would be an agnostic. I don't have a "secure belief in God and a trusting acceptance of God's will." I don't know if God, heaven, or the Bible exists but I'm not discounting the possibility.

### **Principles and Beliefs**

Regarding the 6th definition where faith is "A set of principles or beliefs," these are a few of my principles and beliefs:

- My spiritual beliefs include a Higher Power which I think of as the Universe.
- The Universe protects me, guides me, and shows me what I need to learn.
- I strongly believe that everything happens for a reason even if we don't know what it is.

- I believe in reincarnation and I have seen my past lives.
- I also believe that what goes around, comes around so I try to always be coach-like in my dealings with people. It's not easy and sometimes I fail miserably but it is all a learning experience.
- I trust that the Universe will teach me what I need to know to do better the next time.
- I don't lie, cheat, or steal
- I won't commit adultery
- I won't abuse my body by drinking, smoking, or doing drugs

To explain how the first three definitions of faith affect my life I will have to explain a bit of my background to you. So fasten your seatbelt, it's going to be a bumpy ride!

## **Powerless**

I grew up in rural Ontario in the 70's and 80's. My father was very loving and I was very close to him. I was a daddy's girl, through and through. I loved spending time with him and always felt loved, protected, and cherished by him.

My mother, on the other hand, was extremely negative and controlling. There was, and still is, a great deal of conflict between her and I. Our relationship is complex and has many layers like a lot of mother-daughter relationships. I'll explain more about our relationship in a moment.

I was a normal baby and toddler. My baby pictures show a cute little girl with big blue eyes. Just after I turned 6, I had my tonsils and adenoids removed. I hemorrhaged on the operating table and almost died from the loss of blood. Apparently I lost a gallon of blood from my tiny body.

After I recovered, I started gaining weight. I look back at the few pictures of my childhood and I was chubby but by no means was I obese. To my mother, though, I was a disgusting slob. There are many hurtful, cruel things that she has said to me over the years that I will probably never forget (those are my mother's words at the beginning of this chapter.)

Looking back now, I can see that she loved me in her own way but she didn't know how to show it. She meant the best for me but didn't know how to deal with a fat daughter. I was a reflection of her and she didn't like what she saw. She was very neurotic about my weight. Her method of trying to get me to lose weight was to humiliate and ridicule me. It didn't work. Criticism is never a good motivator! It destroyed my self image and almost broke my spirit.

My mother was desperate to have me lose the excess weight so she took me to the doctor when I was 10 and I was put on diet pills, amphetamines. I was a 10-year old on speed. I didn't understand at the time why I had headaches and was jumpy and twitchy. Speed will do that to you! I wasn't on them for very long since they didn't have the desired effect.

This started the cycle of yo-yo dieting that remained with me for the next 10 years. I would lose the weight and then gain it all back plus more. Each time I regained the weight I felt like the biggest failure.

My mother controlled every morsel of food that went into my mouth. I became a closet eater as a way to rebel against her. I would eat candy compulsively in my room at night. I would use all of my allowance to buy candy at school and I would eat all of it. It never seemed to be enough to fill the void in me that should have been filled with my mother's unconditional love.

Now that I can look back in hindsight, I can see she had a very negative self image that she tried to pass on to me. It worked! I can remember looking in the mirror when I was a teenager and wishing I was dead. I hated myself so much that I wanted to end my life. I was so miserable and ashamed of myself that I couldn't see the way out. I'm not sure how much of this was normal teenage angst but I doubt that wanting to do away with yourself was normal.

Added to this mix of shame, pain, and confusion were my feelings of being different from other girls. I knew that I was attracted to both boys and girls. I knew this at a very young age. I kissed my first boy at age 7 behind the school during recess. I had crushes on my little female friends as early as kindergarten. I knew instinctively that I had to keep these feelings a secret.

Of course, I was told while growing up in the 70's and 80's that homosexuality was a sin and it was disgusting, wrong, and perverted but I was never ashamed of being bisexual. I had so much shame over my weight that my bisexuality took a back seat. Oh, the feelings were there. They've always been there but I hid them away. I was petrified of letting anybody know that I liked girls.

### **Developing My Power**

I was blessed by a wonderful, positive role model in my last two years of high school. Susan, a neighbour, listened to me, accepted me as I was, and loved me for my personality instead of my appearance. She was there for me when my father died from pancreatic cancer when I was 19. I will never forget the unconditional love she showed me.

With Susan's support and validation I was beginning to question my mother's negativity. Here was an older woman that I respected telling me that I was OK just as I was. She didn't pressure me to lose weight or change myself. The seedlings of my power of faith in myself were sown by her love and support.

More power seeds were sown when I began college and moved away from home in the Fall of 1987. I was away from my mother's influence and I began to decide for myself how I wanted to live my life. She did not like the change in me when I went home for Thanksgiving. Unfortunately for her, I'd had a taste of independence and I wasn't about to return to the docile daughter she had traumatized for years before.

In my early 20s, as I was about to begin another diet, a wise doctor told me bluntly to make a decision whether I wanted to fail with another diet or learn to accept myself. I was horrified at the prospect. What, me give up dieting? But I'd been dieting since I was 10 years old. It was pretty much all I knew. I was pretty ticked off at that doctor but she changed my life that day!

When I thought about it, I realized that I was not really living. I still had so much body hatred and shame that I was just going through the motions of enjoying my life. I wasn't really living it. My life was compartmentalized and I was very sensitive about any mention of my weight. I was basically living in my head and trying to ignore my body. Of course, that doesn't work for very long.

After giving it a great deal of consideration, I decided to get off the diet roller coaster and start accepting myself as I was instead of how I would be when I lost the weight. Dieting never worked for me since I would lose the weight and gain even more back.

I started reading all the books and magazines I could find about self acceptance. This was in the days before the Internet really became popular as a research tool. Slowly, I began to accept myself.

It's been close to 20 years that I've been on this self acceptance journey. It has been a struggle at times but the journey has also been joyful. I have learned to like what I see in the mirror most of the time (I have to be honest and tell you that there are still days I look in the mirror and go Yuck! Thankfully, those days are few and far between.) I strongly believe that this journey to self acceptance is never-ending.

When I was 28, I went back to college for another diploma. During the first semester I took a Gender and Sexuality class. I made a promise to myself that I wouldn't say anything during the class that we discussed bisexuality but I accidentally outed myself. I couldn't keep quiet when one of my classmates said that bisexuals are confused fence-sitters. I spoke up and said "I'm not confused! I know exactly who I am."

The negative reactions I got from my classmates were upsetting and confusing so I dove back into the closet again. I was petrified of coming out fully. I wasn't ready at that point. I had kept my feelings so hidden for over 20 years at that point that I had built a wall around them. It was going to take a bulldozer to crack through that wall.

## **Claiming My Power**

In November 2005, I began coach training with The Coaching Institute. I had wanted a home-based business for at least 5 years and finally found the perfect path for me to achieve my goals. I tried Network Marketing twice and it just wasn't a good fit for me. With coaching I could fulfill my need to help people with the ability to work from home and make a decent living. I was so excited about this opportunity to improve my life and help other people improve theirs too!

After studying with my wonderful mentor coach for 10 months, I received my certification in November 2006. My certificate is dated one year and a day from the date I joined The Coaching Institute.

So here I was building my coaching practice when something happened to shake my world and put cracks in my wall. I was listening to a teleclass on December 13, 2006 with Jo Romano of University of Masters ([www.universityofmasters.com](http://www.universityofmasters.com)). The class was on Sexual Identity and Gender Expression. I was going to participate in the call and reveal my bisexuality but I froze. I couldn't speak a word (which is very unusual for me!) It wasn't because of Jo, or her guest speaker, or the one other person on the call - it was me. I was paralyzed with fear. At that point I was so far in the closet that the coats were smothering me.

I decided that I had to do something to relieve the pressure of being closeted. It was more painful hiding my true self than the fear of coming out. So with the help of my life coach I started taking baby steps toward coming out.

Just after Christmas, after doing a lot of research, I decided that I was finally ready to start coming out to my friends. I picked one of my work colleagues who had been confiding some personal issues of her own to me. It couldn't have gone better. She was very supportive and encouraging.

Then I started coming out to more and more people until everyone that was most important in my life knew about my bisexuality. It was a very validating, heartwarming, and supportive experience.

So now I've decided to write about my power of faith in myself and the Universe. I'm revealing my authentic self. This is who I am.

So to get back to the definitions for faith that I mentioned at the beginning of this chapter. Remember there are three of them left.

### **Belief In The Truth of Myself**

The first definition for faith was “Confident belief in the truth, value, or trustworthiness of a person, idea, or thing.” I strongly believe that part of my power comes from my never fitting in as I was growing up. I always prided myself on marching to the beat of my own drummer. I didn't follow the crowd. Rather, I was pretty much a loner with my nose always buried in a book. I used reading as an escape from the pain and shame I was feeling in my life. I felt lonely at times but it forced me to be self reliant. I knew I could always entertain myself and I very rarely felt bored with my own company.

I found out last year that one of the reasons that I always felt isolated was because I am a Highly Sensitive Person. A coaching buddy introduced me to the idea that I might be an HSP so I checked out some websites and came across a doctor that has done research on this temperament trait.

I took a self-test from Dr. Elaine Aron's website ([www.hsperson.com](http://www.hsperson.com)) and of the 27 traits of HSPs I have 26 of them (13 indicates an HSP). It had been years since I discovered something this big about myself! It put a whole different spin on things. It's like everything just clicked into place (like the last piece being put in a jigsaw puzzle.)

I bought Dr. Aron's 4 books and started reading *The Highly Sensitive Child* first. I recognized a lot of myself in that book from things that I remember and incidents that my mother told me about. It was very validating and reassuring to learn that 20% of the population is highly sensitive. Now I know that there are others out there like me too.

### **Belief Without Logic**

The second definition of faith, "Belief that does not rest on logical proof or material evidence," is what makes me different from almost everyone I know outside the coaching industry. This is not to say that my friends and acquaintances are not supportive of me but they do not see the possibilities and blessings of coaching that I do.

As an example, I called my mother up one night soon after I began my coach training and told her that I found out what I wanted to do for the rest of my life. I told her about my coaching studies and she just said "Martyn, you're dreaming!" It was said in a very condescending and dismissive way.

I was very hurt by this but not surprised. My mother is a very negative and bitter woman who cannot stand to see anyone else happy. So here again is another aspect of my life that I cannot share with her (our conversations are limited to what is going on in HER life as opposed to mine since she doesn't approve of anything that I do.)

You know what? I hope I am a dreamer for the rest of my life because if I couldn't dream I don't think I would be here today. When I was a teenager I dreamed of a better life for myself and I achieved it. My dreams have carried me this far and this is only the beginning of my coaching career. I'm shootin' for the moon, baby!

## Loyalty

The third definition, if you remember, was “Loyalty to a person or thing; allegiance: keeping faith with one's supporters.” I am an extremely loyal person to those who have earned my trust. In fact my loyalty is pretty unshakeable. I'm not one for quitting when the going gets tough (sometimes to my detriment when I stick with a negative situation for too long).

Most of all, I'm loyal to myself. I've learned, through lots of trial and error, to define my boundaries and stick to them. When people have hurt me in the past, I've taken actions to remove them from my life to protect myself. I don't like to hurt people like that but sometimes it is a necessity to preserve one's sanity and emotional health.

I used to be a people-pleaser. It really bothered me to say “No” to people because I wanted everyone to like me. I think as I've become older it's not so important for everyone to like me. I know there are some people out there who are going to dislike me no matter what I do to gain their favour. Well, I'm not about to jump through hoops to please everyone.

My unwillingness to live by anyone else's rules is especially true since I've decided to come out of the closet. There are going to be people out there who will judge me based on this one aspect of my life when it is really such a very small part of it. If you met me on the street you wouldn't even be able to tell that I'm bisexual. How do you think I hid it so successfully for over 30 years?

## Faith In You?

Would you like to have the power of faith in yourself? Here are some tips to help you claim your power:

1. Believe in yourself! You are your own best cheerleader. You know what unique characteristics and talents you bring to the table. Honour them and share them with the world whenever you get the opportunity. It's often said that if you don't toot your own horn, no one else will do it for you. Toot it for all it's worth!
2. If you are unsure about your talents get some help from friends or loved ones. As is often the case when things come inherently to us, we don't see the value in them that others do. Ask others what is special about you. Pay attention to the answers because these are your true talents. Make a list and keep it prominent.
3. Think back to your childhood to remember some of the fun things you used to like to do. These are often your natural talents. When we are children, our raw talents are exposed because they haven't been influenced by rules and restrictions of society yet. Did you like to read, or sew, or hang out with friends, or build things, or play sports? Try to remember what you loved to do. Make a list of your childhood pursuits and incorporate as many of them as you can into your life. It's OK to make sandcastles and mud pies!
4. If you are struggling with self esteem issues, there are wonderful resources out there that can help you feel better about yourself. Check out books from the library or your favourite bookstore. Do some research on the Internet (there are some wonderful, self affirming sites waiting for you to visit). Many community centres, libraries, and colleges have self esteem classes. This is an excellent way to meet people who are also struggling with their self esteem. Whatever method you use to help yourself, do it. Life is too short to feel bad about yourself.
5. Start a gratitude journal. List all the things that you are grateful for. Add to your journal regularly. This tip will allow you to concentrate on things that are going right in your life rather than on the "not quite rights". When you are feeling a bit low, check your journal. It's a sure-fire way to get you motivated again.

6. Remember to practice self care. Take time every day to do the things that bring you pleasure in life. It could be as simple as having a cup of hot tea, buying fresh flowers, or taking the time to read a good book, This is not being selfish. You need to take care of yourself first before you can take care of anyone else. And let's face it, aren't you worth it?
7. Consider volunteering for a cause you believe in whether locally or globally. There are numerous benefits to this. You are helping to make a difference in the world, your country, your community, or just one person. You are also taking the focus off of your own life. Volunteer work helps put some perspective to life's problems. Plus it feels great to make a contribution!
8. If you are in the process of re-examining your life, ask yourself some powerful questions and take the time to think about the answers before writing them down. To get started find a quiet place to sit in a comfortable chair. Put your feet on the floor and sit with a straight back. Breathe in slowly through your nose and out through your mouth for 4 counts. Some of the questions to ask yourself can include:
  - Why am I here?
  - What am I meant to be doing?
  - What do I deeply enjoy doing?
  - What makes me unique?
  - What is innate and inherent to me?
  - How do I want to experience the rest of my life?
  - If I knew I couldn't fail, what would I do?
  - Do I have a dream or deep desire I keep putting on the back burner?
9. If you have had traumatic events happen to you in the past, you owe it to yourself to heal from them. You could do this by seeking counselling, reading books and other materials, finding a support group, or just talking it over with a trusted friend. Trauma tends to poison every aspect of your life. You deserve to have all the happiness in the world. Please get the help that you need.
10. If you think that you would benefit from having a life coach help you discover your faith in yourself please consider hiring one. A life coach is experienced in drawing out the

uniqueness in her clients. She will help you change the limiting beliefs you have that have been holding you back. She will also help you create a plan for achieving your goals.

Regarding faith in the Universe, please remember that what I have expressed in this chapter about my faith in the Universe is my personal belief. I don't believe in organized religion for a number of reasons but I would not presume to impose my beliefs on anyone else. Your spiritual and religious beliefs are what makes you YOU. Celebrate them and yourself as the wonderful, unique human being you are!

So there's my theory on my power of faith. I'd like to share with you a bit of an e-mail I got from a very good friend of mine (she's a coaching buddy too). She wrote "You are such a beautiful being - even though you have been to hell and back, a journey that would have destroyed a 'lesser' person, you remain pure, sweet, sensitive, loving and ever so caring toward others." I got a big, warm fuzzy when I read that!

I would have to say that my faith in myself and the Universe has kept me going when all else seemed impossible. I've overcome the trauma of emotional and mental abuse (for the most part), healed from the death of my beloved father, earned two college diplomas, created a family of loving and supportive friends, earned a steady living, and became a Certified Comprehensive Life Coach. I've also had the courage to begin the process of claiming my bisexuality proudly. Life is good!

I hope you've enjoyed reading this chapter as much as I have enjoyed writing it for you.

Keep the faith!

### **About the Author**

Martyn A. Dell is the founder of Joyful Changes Coaching, a coaching practice that specializes in coaching teen girls between the ages of 13 and 19. Life experiences coupled with coaching skills from The Coaching Institute have created a passion for helping teen girls expand the beauty, strength, and confidence already inherent in themselves. She is determined to help teens experience their teen years without the trauma and angst she felt growing up. Coaching is Martyn's way of making a contribution to the world.



Prior to becoming a Certified Comprehensive Life Coach, Martyn gained 15 years of customer service experience in diverse fields such as libraries, retail stores, call centre tech support, Federal and Provincial government legal departments, and non-profit organizations.

Martyn is the co-author, with 9 other coaches, of the book **In Her Power** which helps women discover their power through chapters on purpose, peace, and play.

Check out Martyn's blog at <http://teendreams.wordpress.com>

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# *The Power of Focus*

## *Lori Smith*

You are in the driver's seat of your life. Anything anyone does or says cannot influence your life unless you let it. This a very powerful way to live, no more excuses for anything in your life whether positive or negative.

You learn how to focus your thoughts on what it is you desire rather than what is happening in reality. It is a simple process but it is not easy.

We are conditioned to focus on appearances rather than what it is we desire. You have to change your way of thinking, and it does take practice.

For 6 months now, I have had a blue 3x5 index card taped to my monitor. The card says

*“Intention: Each and Every Action brings me  
One Step closer to my goals”*

So whenever I sit down at my computer it is there focusing my attention to my actions.

You might be saying great; “that is all good **IF** you know what your goals are”. That is so very true, knowing your goal **IS** the biggest part. And that is where we are starting today.

There are many different ways to get to the bottom of what your goals are and I will go through quickly one that I use.

### **Where is your passion?**

Here we have devised a series of questions for you to ask yourself to speculate into the realms of your mind. Be honest with your soul searching and the answers you seek are sure to come:

1. When you were a child, did you have any perception of what you want to be when you grow up?
2. List out three people who have influenced your life the most and why?

3. If you could have another go at your career choice, and the compensation would be at your discretion, what would it be?
4. Which three achievements of your life are you most proud of and why?
5. What makes you heart smile?
6. What makes you blue?
7. Name three people you admire the most, and state what is it about them that makes you admire them so much?
8. Can you recall having indulged in any selfless acts like helping someone less fortunate than yourself? If yes, what was it? If no, why not?
9. What do you reckon as your greatest strengths?
10. Is there anything you can possibly do to enhance or increase your strengths?

*Shoot for the moon, even if you miss, you'll land amongst the stars*

11. Do you consider anything big enough for you to put your life on the line for? What is it and why?
12. If you could go back in time, would you want to change things? If yes, what and why so?
13. What are you most happy about in your life at present?
14. Is there anything you are unhappy about in your life at present?
15. What has been the most important learning of your life so far?
16. What is most important to you in your life?

17. Have you determined what is it that you really want from your life?

The whole point of getting you to think about the above questions was to really get you to think about what you really *really* want from life.

This is not easy and it takes some time. I find as I go through the questions that more and more ideas and thoughts come to mind. At first it can be even more confusing than when you started.

Once you have answered the questions once, you now have many thoughts swirling through your waking mind and your subconscious mind. We need to get to the point where we are thinking with our true authentic self.

So at this point you need to put these questions away, for at least 2 days, maybe even a week.

Now it is time to move through the questions again. Now that we have had time for the questions and the answer to work in our subconscious mind, we will find our true authentic answers.

Now you should be able to clearly say what you do want and don't want in your life. Well that is great, what do you do with it now?

*My personal believe is that as you concentrate on bring more of the things/ideas/people into your life that you WANT, the things that you don't want will slowly disappear.*

Not that you are not dealing with them, but the positive greatness that you are bringing into your life needs room and because our authentic self prefers those things, it will push the negative out of our lives/minds/hearts.

Okay moving on to the Next step, identifying just what area(s) of your life you feel need the priority of being worked on. I like to use that Life Balance Wheel for this:

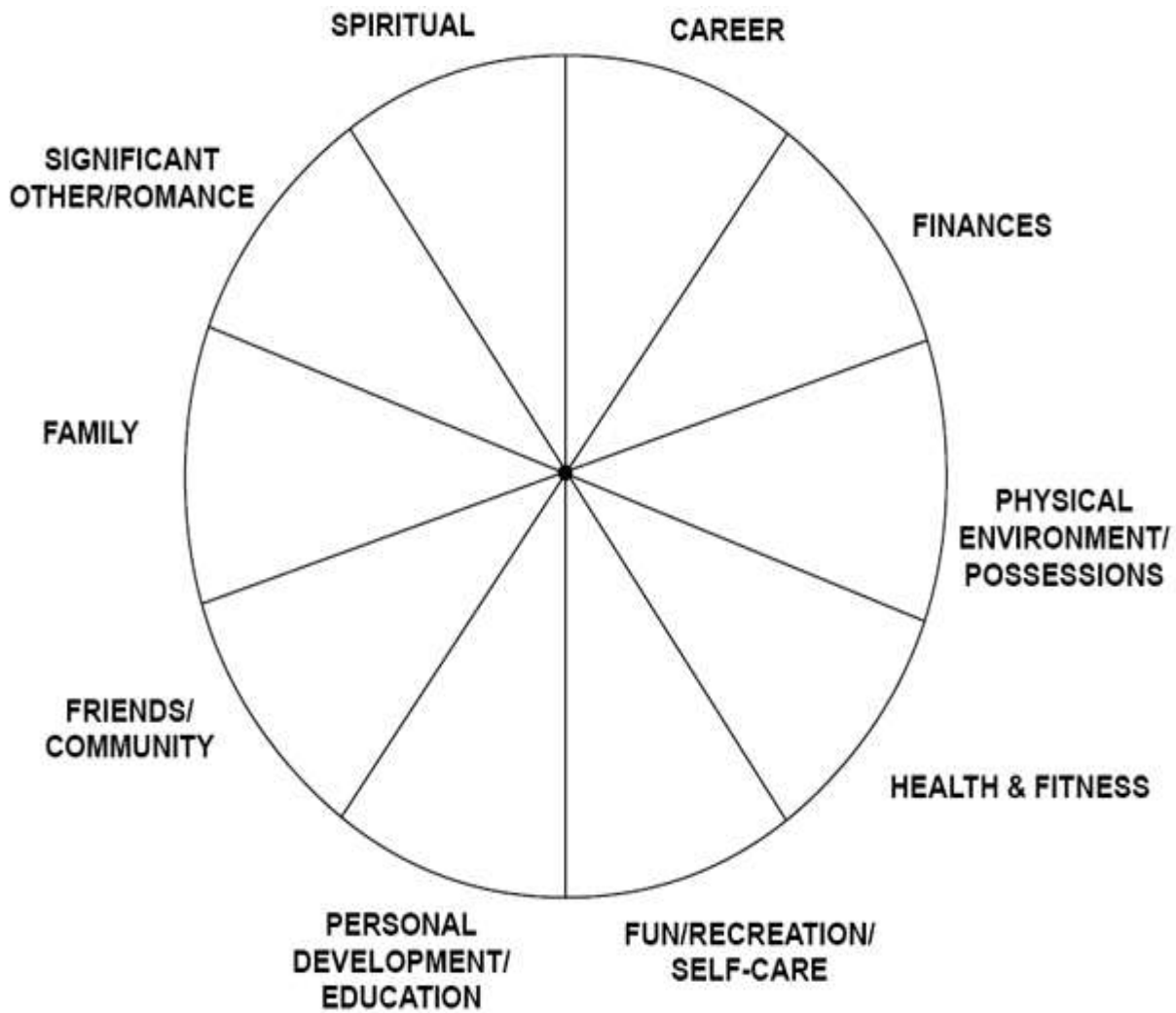
## Life Balance Wheel

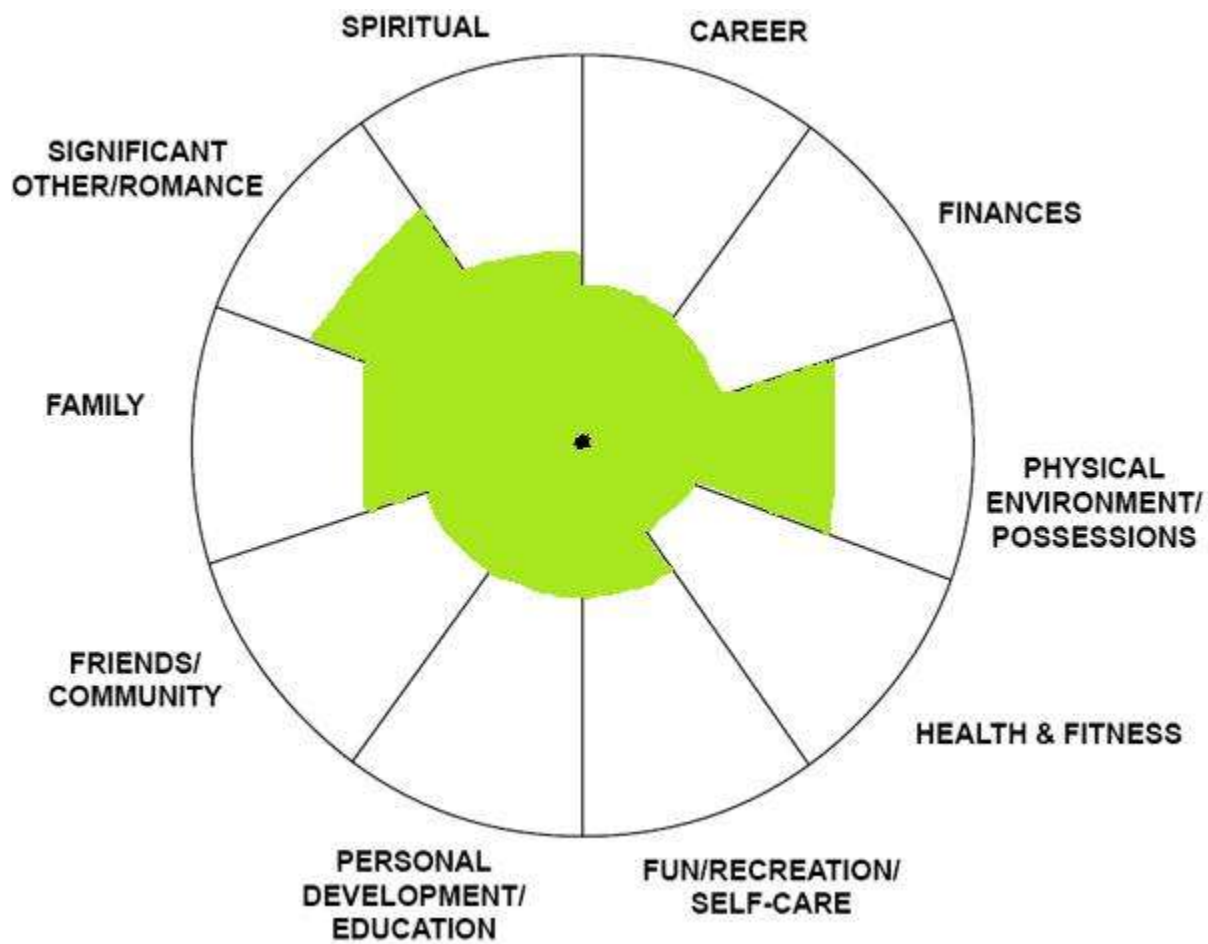
### Instructions:

Print out this page. Before you fill in the wheel, you can rename sections to match the important areas of your life. You may also choose to split one or two sections or add one or two sections of your own. For example, many people prefer to divide "Friends & Family" into one wedge.

1. The center of the wheel is 0, and the outer edge of the wheel as 10. Rank your level of satisfaction with each life area by drawing an arc at the number that represents your level of satisfaction. A 0 means you are not satisfied at all with an area right now; A 10 means everything in that area is absolutely perfect for you right now.
2. Write the number that the arc represents. For example, if you are 75% satisfied with your career, draw an arc about 3/4 of the way out from the center of the circle in the Career section of the Wheel, and label it 7.5.
3. Save the completed wheel.

Every few months re-visit the Life Balance Wheel and create a new one to see how you're doing. Don't look at the previous wheels you have created until you've filled out the new one. Then put the wheels side-by-side and look at what has changed as you smooth out the bumps.





Can you imagine trying to drive a car with a tire that looked like this?? It is no wonder that so many people feel that they are not getting anywhere or not accomplishing anything with their lives. No one can travel like this!

Now the next step is one that only you can make. You must decide what area that you want to prioritize now.

If you go just by the numbers (or the picture) in the example above Health and Fitness are the lowest and might be the place to start first. But maybe it is not the most important. Maybe Finances or Career is the place to start.

*Goals are dreams with deadlines*

Goals are something we co-create based on your relationship to reality. Take the SMART approach to set your goals, and by SMART we mean:

**S = Specific**

**M = Measurable**

**A = Achievable**

**R = Relevant**

**T = Time-bound**

Here's to give you a head start to the goal setting exercise; few questions that can lead to determine your goals:

**What you want to BE**

**What you want to DO**

**What you want to HAVE**

**What you want to GIVE**

**What you Don't want to BE, DO, HAVE and GIVE**

Then let's get on with the goal setting exercise.

Take a piece of paper write Career at the top, now brainstorm for 3 minutes and write down all of the things you would like to have, achieve and do in this area.

Don't worry about how big the goals seem, just get them down and don't think too much about them – just keep writing!

After you have completed the first part of the exercise you should have a piece of paper full of everything that you would like to achieve for this area.

Next, write down timescales next to each of when you would like to realistically achieve them by.

The timescale categories are:

- Less than 1 year
- 1 – 3 years
- 3 years plus

Now rewrite your “less than 1 year” goals on a separate sheet of paper.

Before we start to write down an action plan of how to achieve each goal you should put down the ***compelling and worthy reasons why achieving each goal is an absolute must for you.***

Unless you have compelling reasons why you **MUST** make these goals happen then you will not have the motivation to achieve them.

Having goals that are “SHOULD” will not get you out of bed each day and keep you up late!

You've got to turn your “I SHOULD DO THIS” to “I MUST DO THIS”

What pleasure will it give you?

What will you be able to do?

What will you miss out on if you don't complete it?

Why is it so important to you?

Why is this a MUST rather than a SHOULD?

## *Walk the Talk: Strategizing and Action*

Select GOALS that drive your very existence; develop specific and detailed action plans for each of your goals, as to how will you go about achieving them. Assign a deadline to each of your goals as every small step that you intend to take to reach your goal has to have a precise time frame, in order to make it work.

Let me give you an analogy here, say, compare goal setting with a long distance car journey.

Ignorance in context with your destination, and the lack of a map, could take you somewhere you did not intend to be in the first place.

Your approach to a long distance car journey would obviously start with a clear idea of your destination along with a map and a time frame within which to reach the destination.

Sounds familiar doesn't it?

*Goal setting professes the same approach - only the car is you  
and the journey is your life.*

Most of us wont wouldn't tread on even a short journey with some idea of where we are headed, and still most of us set forth on the long long journey called life with no sense of direction at all.

A lack of direction might give way to that initial flurry of adrenaline, with the kicks of exploring new places and meeting interesting people. But you can't be sure where you end, which is not a very compelling thought.

Those of us, who tread the mighty path with a clear sense of destination and direction, travel as the Romans did, in straight lines and with great efficiency!

Most of us have careers to think of, futures to secure, people to provide for and a thousand other things to do. We ought to have a clear sense of direction, or else we end up in a mumbo-jumbo of responsibilities without a vent to fulfil them.

We need maps! In fact we need a well turned out itinerary and to achieve this we need to set goals. And mind you, no wishy-washy goals. Vague ambiguous goals are worse than having no goals at all. Steer clear of generalisation.

If you were to ask anyone on the street to define what their goals in life were you would invariably get responses such as “**I want to be rich**”, “**I want to be happy**” or “**I want to be famous**”.

Don't mistake these for goals; these are mere generalizations, which wouldn't do you much good. Such generalizations can be desired by one and all, but the real deal lies when you set out a specific goal for yourself with clear deadlines and a plan of action.

After having identified your goal and explored the reasons for why it matters to you as much it does, the next obvious step is to define it in great detail to get the required focus and motivation to get it done.

## **Setting Goals**

An Example:

### **What?**

Lose 10 lbs in weight

### **Why?**

It will boost my confidence, enhance my self esteem and will make me more attractive

### **How?**

Exercise, Diet, Allocating Time, Gym or home, etc

### **Chunking**

Finding Gym, exercise routines, kit, frequency

### **Nutrition**

Time Management and organisation

### **Subgoals**

Lose 2 lbs per month

Buy 1 new item of clothing each month

Visit gym 4 times per week

Increase distance or resistance each time

### **Timelines**

Major Goal attained within 5 months xx/xx/2002

X weight in 2 months yy/yy/2002

### **Review**

What's going well? What are the results? Do I need to adjust?

Make sure that you write everything down; don't just commit it to memory. This gives the goal a sort of seriousness and gets you down to action immediately.

### **Now we are at the Power of Focus**

So it took as quite a while to actually get the focus part. As I mentioned before if you do not know where you are going, there would be no way to focus on what the goal is. Now that you know what the goal is, focus is the next step.

Saying "Just do it. Stop making excuses. Stop stalling. Do it." Just doesn't cut it for me. How?

What will make things easier?

*Keep your mind focused on the goal.*

1. Positive in positive out. Thinking, reading, watching movies Positive, positive positive.
2. Get a role model. Find a successful person who has accomplished the same goal that you are working toward. Donald Trump, Oprah Winfrey.
3. Journal every day. Write down your accomplishments and your journey to your goals.
4. Create a vision board. Cut out pictures of things you want to accomplish and place them on a board or in a book.
5. Mastermind with other people who are working towards their goals.
6. Never give up on your goals. If anyone ever told you it will be easy, they lied. It will take work on your part, but your persistence will pay off.
7. Find a proven system that will work for you. Create time management, stress management, environments that are creative, or whatever you need to assist you reach your goals.

*'Whatever your mind can conceive and believe your mind can achieve'*

Take 5 minutes out of your day, close your eyes and picture that the goal is already achieved, picture what you are doing, how you are living your life now that your goals are achieved.

You will be very excited and happy with the results.

Focus on success and watch as the people, the opportunities and the outcomes go your way.

## **About the Author**

### **Meet Lori Smith**

Lori Smith is a Professional Coach and founder of Foundation Coaching Group: LifeStyle Coaching.

[www.Foundationcoachin.com](http://www.Foundationcoachin.com)

[www.Extreme-Self-Care.com](http://www.Extreme-Self-Care.com)

[www.lorilynnsmith.com](http://www.lorilynnsmith.com)



She shares what she learned after 9 years in the IT Service Desk support arena. Where she started as a help desk analyst and worked her way up to be a Technical Team Lead. She shares her knowledge and experience of both being in the trenches and being a tortured Mid-manager stuck in the middle of Head Office and employees. She shares her experience of breaking free of the old Corp world and following her true passion.

Lori assist leaders, mentors, & trainers create more time and more energy through Extreme Self Care. By creating environments that support the 4 core areas of our lives: Relationships, Health, Spirituality, and Careers, we can create balance. Systems allow us to move through day-to-day tasks in an easy relaxed manner creating time. Extreme Self Care allows us to focus on our own re-vitalization which creates more energy.

*The Power of Knowing Who You Are*

*Kathi Frank*



## *The Power of Knowing Who You Are*

*Kathi Frank*

My friends seem to be amazed that I am doing so well. As I sit in my house without an internet connection to my computer, I review what challenges have come to me in the past four weeks. First, tiny little creatures literally fell from the ceiling light fixture in my hall bathroom. Soon I found that both my bathrooms were riddled with termites. With the help of an exterminator, and to the tune of about one thousand dollars, my home was treated complete with a warranty for future infestation.

But there was a condition. When boring into my foundation around the shower pan, he found moisture. The shower pan would have to be replaced for the termite warranty to stay in affect. I called my dear friend who is a contractor and began the demolition of the shower stall myself. Over the weekend, my boyfriend and I carefully removed the nostalgic mint green four inch tiles in such a way that they could be used again, at least for a border, when the shower was reconstructed.

Monday morning my friend arrives and tells me that more material would have to be removed because of the rotted wood and termite trails. Three days later, every bit of tile was removed to a large dumpster now parked in my driveway. Some of the studs were dangling about 3 foot above the former floor and it was revealed that all of the lumber in the hall bath would need to be replaced, including the sill plates. The shock of tens of thousands of dollars pounded in my head as the workers applied the jack hammer to my 50 year old tile floor.

On Wednesday, I arrive home from a day's work to find that my live-in boyfriend of five months had fallen back into a pattern from his past. While I meditated, talked to friends and did a lot of sighing because of this enormous disaster, the man I loved 'fell off the wagon' and was drinking for consolation. I learned about his belligerent behavior under the influence of alcohol. He was unable to get out of bed because of his state of mind. But yet he was accusing me of being a 'hard woman' that will not accept help and advice. He had decided what work would be done to

my house and had also decided that he was going to pay for it. He was extremely argumentative and controlling in his altered state.

One thing led to another and on Thursday evening I asked the local police to accompany me while I asked that he leave my home by 10 am Friday morning. I stayed in the local Holiday Inn Express that night. He left around 9 am. However, he did not take any of his belongings with him. In addition to missing walls, toilets, and showers that were now replaced with sheetrock dust, boxes of tiles, piles of lumber and tools, I now had the chance to pack his belongings.

Unfortunately, his computer was the host for our wireless network. He would not come to get his stuff and I had to hire someone to disconnect the computer system and reconnect it to another desktop computer. When the person I hired left, both computers were working fine and connecting to the internet. But soon after he left, the internet connection failed leaving me unable to work or even receive phone calls because of our Vonage service.

Now I sit in my home office, almost two weeks past the deadline for my chapter and I feel intense gratitude. You read that right. I am grateful.

***“Best be who you already are.”***

*Tom Brittain, PhD*

When I tell my friends about the ordeal, they offer comfort with statements about how hard it must have been to let him go. But like Dr. Brittain’s advice above, I know who I am. He worked with substance abusers and advised people that were trying to be sober by being someone else. He told them that to be successful in kicking this addiction, it was necessary to stop all the pretenses and be fully the person at his/her core.

When I began dating Harris, I made it clear that I would not be able to tolerate problem drinking. My first fifty years did not expose me to a close relationship with someone that abused

substances and I did not intend to learn the coping skills of living with someone who abused alcohol. We had a wonderful holiday season that included Christmas, New Years, and Valentines Day. All of those holidays included a small amount of alcohol and in my ignorance I believed that meant that he was able to control his need to drink.

Although I can criticize myself for not learning about the delusion of controlled drinking in an alcoholic, I choose to give myself some grace. I had established my boundaries early in our relationship, even before we met in person. At no time had I decided to compromise my position. I love him, but had to let him go. I was clear on what I could manage and it was apparent that he could not live up to those boundaries.

***“Be the Grandest version of the  
Greatest Vision ever you had  
about who you are.”***

*Pamela Harper*

You see, it was more than eight years ago that I decided to no longer be a victim to anyone else’s agenda. I have spent my time since my divorce in 1999 learning about my great vision of myself. My power lies in that knowing. I believe that everyone finds their most essential power in defining exactly what it is for them to do. I come from a generation that dropped out of society to ‘find themselves’. When in actuality we were finding the alternatives for the self that was defined by parents and the society as a whole. It is only with a deep connection with God and a certain amount of maturity that I have discovered how radiantly magnificent I can be.

As I allow my bold and unusual personality blossom, I attract other magnificent people to be my friends and mentors. With the contribution of these people I feel myself become amazingly powerful. And it all begins with an attitude of self-care.

## ***Jesus first, Others second and You last***

*Someone from my childhood church*

Have you ever heard this instruction for JOY given to me as a child? In my experience – that is really, really AWFUL Theology!!!!

I was raised with the idea of the noble nature of thinking of others before myself. In my childhood family the theory worked. With each of us attempting to think of the other, it was pretty well balanced. But when I reached the outside world in college, it was like I had a great big “L” tattooed on my forehead. It seemed that every person who wanted to find someone to use was able to detect my willingness to give. I put many years of effort into making other people happy. Guess what? They did not get happy and I was devastated, depleted and depressed...asking what I did wrong. I was certainly not JOY-ful.

The truth is, putting yourself last is the easiest way to experience depression and disappointment which rob you of personal power. There is absolutely no one who can bring personal power to you except yourself. Sure, in the minds of my childhood theology my current thinking is selfish. But I am asking you to take care of yourself to enable you to be valuable to others. Here is how it works...

Think of someone who seems to have it all. I'm not talking about the shallow successes of people that you would not want to emulate. Think of a person that has accomplished something you would like to achieve. Although the person is cordial, considerate and compassionate; I would be willing to bet that they manage their energy, time and attitude in such a way that it demonstrates a certain degree of self-absorption (or self-care). They understand that taking extreme care of self is the foundation for personal power.

*Please take care of yourself for Me and I promise to take care of myself for You! - Jim Rohn*

Life is full of surprises and circumstances beyond our control. In those times, it is critical that we tap into any source of power we possess and hold on with faith until the issue resolves. Sure, the past month has been troubling, disappointing and confusing. But my power of knowing myself and my faith in universal good has brought me to a very good place.

I will no longer waiver about how to preserve the vintage appearance of my 1956 home. The cost of restoring these bathrooms to the nostalgic styling is very cost prohibitive. Therefore, I will have a fabulous, modern look to my bath with beautiful furniture-styled vanity sink, an enlarged shower stall with expansive clear glass revealing natural stone tile work and new luxurious floor tiles. It will inspire me to get new countertops in my kitchen and remodel this home to make me proud. That is good.

Harris will not be a part of my life anymore. But I have learned how wonderful it is to be cherished by a man who focuses his life on pleasing me. I appreciate his intelligence, his courteous nature (when sober and truly himself), the feeling of being intimately connected with another person, and all the incredible experiences we shared. He will be a fond memory.

I am thankful for my self-employment. If I was on a fixed salary, the financial burden of remodeling my house would be overwhelming. Because I had begun to save for other remodeling plans, I had enough money to begin the work. I had no idea how the rest of the money would be found. Bolstered by the support of my friends, I put one foot in front of the other with faith that a way would be found to pay for rehabilitation of this home. Yesterday, I was introduced to a new concept that will allow me to use my real estate expertise in a new way. The profit potential for this new method is incredible. I am thankful for the opportunity to do my real estate business in a new way.

***Count it all JOY!!!***

*Bible*

No matter what challenges come our way, we know that we can handle the circumstances. We know our strength because we know the power of knowing who we are.

*"I will greet this day with love in my heart.*

*I will love the sun for it warms my bones; yet*

*I will love the rain for it cleanses my spirit.*

*I will love the light for it shows me the way; yet*

*I will love the darkness for it shows me the stars.*

*I will welcome happiness for it enlarges my heart; yet*

*I will endure sadness for it opens my soul.*

*I will acknowledge rewards for they are my due; yet*

*I will welcome obstacles for they are my challenge."*

*- Og Mandino*

### **About the Author**

Kathi Frank, ABR, CRS, LTG, PMN

Member Coach Institute

Kathi Frank is a leading authority on small business, referral based marketing. Her clients increase their referrals, develop loyal repeat clients, decrease the money spent on advertising and increase the joy of being in business.



Prior to entering the business of coaching, Kathi spent more than 20 years in the real estate field. During that time, she served in many capacities for the Women’s Council of Realtors including local chapter President, Texas District Vice-President and several National committees. Frank authored dozens of articles for the national magazine, “Communiqué”, as well as several state trade magazines and a monthly newspaper column.

Working for RE/MAX as a self-employed, independent real estate agent, has taught her much about running a successful business. She attended conventions, seminars, read numerous books and hired professional coaches to enhance her business and personal success.

She has recently completed a dynamic book **The Perfect Source of Business** that gathers all that she learned about developing a successful, referral-based business. The book uses 52 weekly insights, principles and action steps to transform a small business into a success machine. It is ideal for anyone who wants to focus on growing their business by getting closer to their clients/customers and engaging them in the referral process.

You may contact Kathi Frank toll free (800) 448-2788 or by email [Kathi@MagicalBusiness.com](mailto:Kathi@MagicalBusiness.com).

*The Power of Vulnerability*

*Jo Romano*



# *The Power of Vulnerability*

## *Jo Romano*

The power of my vulnerability ~ you know that place that lies deep within us where all is well and wisdom abounds.

Remember your vulnerability is your place of greatest strength because it honors who you are and your truth in the moment.

Vulnerability is a place where you feel raw, maybe confused, maybe many different feelings all at once. Being with your vulnerability is a sacred place, because it represents the CORE of WHO YOU ARE - Your authentic, imperfect and yet just perfect all at the same time. It is a place where no matter what you are feeling, what negative thoughts are running through your mind, you are good enough - because you are real about who you are in this moment. From this place of authenticity, rawness and truth, you are open to receive the gifts in life that are there for you, and now can recognize and see them - and hopefully receive them - breathe them in.

When I get down, I go to my vulnerability - my inner wisdom and truth and be quiet and RECEIVE. This is the onset of what I call INTIMACY.

## The Power of 11

1. I listen and deeply "tune in" to what a person is saying, not saying, the essence of who they are and what they are trying to communicate
2. I keep my judgment out of my relationships
3. I keep my ego out of my relationships
4. I keep my attachment to the end result and outcome out of my relationships
5. I know there are three truths to every opinion, mine, yours, and the evidence factual based truth
6. Believe in my dream and walk toward it by asking questions, asking for it, and watching it fall into place
7. I take action!
8. I embrace change and know that my life is fluid, constantly moving and changing. And I know whenever I change something, I gain something and must say goodbye to something else. I am just one on a mobile, when I change, others need to move too. When they change I need to move and I do.
9. I am intentional in my thoughts and think positive and hopeful thoughts.
10. I notice my feelings and how they lead me into thoughts and behaviors that either serve me or not. It's in the noticing and the intention.
11. I "keep the faith" even when there is no evidence that tells me I will succeed.

### **About the Author**

Jo Romano is President of Josephine Romano Associates and Green Mountain Life Coaching, Consulting, and Training based in Montpelier, Vermont, USA. She has a passion for working with motivated parents, lawyers, managers, small business owners, and coaches on growing their coaching skills, knowledge and attitude and helping them to reach their personal and professional potential.



She provides individual, team and community coaching support, planning and facilitation, and training design and delivery. With advanced professional tools she helps any individual or group to move forward swiftly and successfully in achieving their desired outcomes

She has worked in the Vermont Judiciary, Human Services and in local communities in Vermont for 35 years and has loved every minute of it.

She holds the following certifications:

- Certified Comprehensive Coach, The Coaching Institute
- Certified Substance Abuse Prevention Consultant
- Master Teacher of Dialogue Education through Global Learning Partners, Inc.
- Health Realization: Mind Consciousness, and Thought Trainer
- Master Parent Coach Trainer at the Universityofmasters.com

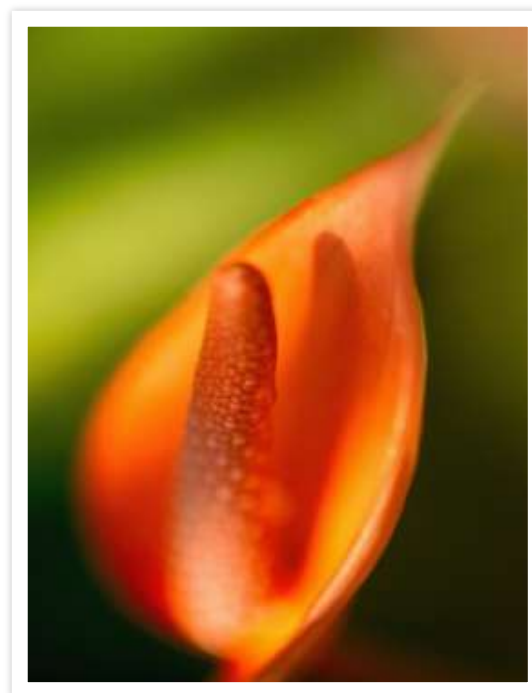
Jo believes that by with intention and focus we can and do live extraordinarily happy lives.

Learn more about Jo at [www.greenmountainlifecoach.com](http://www.greenmountainlifecoach.com) or contact her at

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*Harnessing the Power of Inertia*

*Helene Desruisseaux*



# *Harnessing the Power of Inertia*

## *Helene Desruisseaux*

Why would I want to talk about inertia, when this book is supposed to provide empowering inspiration and to talk about how we connect with our strength? I chose to talk about this topic because successfully dealing with inertia is a key factor in my ability to use any other practice, tool or technique.

Most people know what it feels like to procrastinate, to be in a rut, to be unable to change a habit, to seem frozen into inaction, or to revert back into old behaviors despite a successful start. I sure do. Then there's the other side of the coin, where inertia results in us being too much in action; such as when we can't revisit or amend our plans despite evidence that they aren't working as well as we'd hoped.

Isn't this human nature and should we just accept it? After all, aren't only a select few able to keep at it (dieting, change in habit, building a business etc.) in the long term? I used to believe that it was a question of trying harder, of being more disciplined, or that some book or workshop would provide me with the missing ingredient in my ability to stick with anything.

I don't know about you, but I'm not strong enough to fight against a strong current for very long. And just going with the flow doesn't lead me to where I want to go either. Yet I want to be successful, preferably with the least amount of stress possible. So I thought... why not do what works in nature when dealing with one of its most powerful elements: water; how about redirecting the current?

OK, good idea, but how do I do that? First, I needed to understand what makes inertia so powerful.

### **Understanding inertia**

Summarizing a lot of research in one sentence, inertia's power is rooted in our basic survival mechanism. (No wonder we can't fight it for very long!) Basically, inertia wants to keep us safe by preventing us from changing and by making us conserve our energy.

You see, change implies risk. Some part of us feels that we should keep doing what worked in the past; after all we made it through so far, why mess with success?

That whole mechanism might have worked well when our physical survival was more in question, but it is causing us grief now. How can we adjust it to our benefit? Again, the starting point is in understanding it.

### **Know what it wants**

If inertia's function is to keep me from harm, I thought it would be really useful to find out from what specifically, is it saving me? I spent a bit of time looking inward; even pretended that inertia was a loyal guard dog (I love animals), and asked it to tell me about what made it go on alert. What was the danger in changing habits, in doing something new?

Of course, many of the answers didn't make sense on a rational level, but our survival mechanism isn't built to function at the rational level; if it did, it would be too slow to save us in emergencies.

My rational mind may know, for example, that I would be healthier and more energetic if I exercised more, but inertia sees it as an increase in energy output which it must resist, for my own good.

So...if I want to change, I need to become aware of the dangers inertia sees. Ok, then what?

### **Teach it new tricks**

Once I knew what inertia thinks it's doing for me, then I had to redirect its efforts by letting it know that it's protecting me from the wrong thing.

One way would be to visualize clearly the ultimate impact of not changing, for example of not exercising. This would show to the various levels of my mind, the unfortunate results of

continuing on my present path. Then it's important to "burn" on my psyche the idea that I definitely do not want the projected outcome, by placing a big clear X over the image. (It's not a good idea to spend too much time on what we don't want, just enough to know without a shadow of a doubt that we definitely don't want to go there.)

The next step is to activate what I really want by visualizing the ultimate outcome and all its benefits; the good feelings that come out of it; the improvement to my wellbeing; the increase in personal power.

Inertia will like that last one, since increased power means increased likelihood of survival.

If ever you have a hard time knowing what it feels like to get what you want, to be successful or confident for example, just pick a person that embodies what you want, and "step into his or her shoes". Imagine what it feels like to be them, in very vivid detail. Spend time with it. Really roll in it like a pig in mud, a dog in dead fish ... you get the drift. Let the feelings stick in your memory and imprint your essence. Inertia will eventually get the picture. Then...

### **Feed it what it needs to do its job**

The same way that concrete needs rebar to keep its shape, inertia works better with structure. So I need to give it one that will help achieve the changes that I want, such as:

- A new schedule
- A precise series of steps to take
- A place to go
- A commitment (monetary or verbal)
- A trainer or coach

That's why my home exercise gear gathers dust but I am consistent if I take classes at a gym.

That's also why I'm such a strong believer in personal coaching. Making sure that inertia works for us rather than against us is an ongoing process. We need help in making sure we are clear about what we want, and that there are no hidden conflicts that could sabotage us. Like the hidden payoffs in me staying idle and chubby. (Amazing how many of these there are when you look for them, of course in order to make them disappear).

Since lone humans have always been vulnerable throughout our evolution, having someone on our side is highly reassuring to the survival/inertia process. It's not weakness to be less able to do it by ourselves, it's our nature.

By the way, a victory against inertia today doesn't mean we can rest on our laurels. I'm afraid it's one of those conditions that need ongoing care, like physical fitness. On the positive side, once we've tasted how good it feels to shake inertia off, it's easier to do it again.

This was an abbreviated version of my inertia fighting process, a powerful way of "letting the flow take me where I want to go". A little redirecting of the current beats fighting against the strong tireless push of the survival instinct, any day.

### **About the Author**

Helene Desruisseaux (“Desrusso”), founder of “Success Worth Living”, a coaching and training service dedicated to improving professional and business people’s quality of life, because what is the point of success if it doesn’t feel good?



I come from a family of successful entrepreneurs, and over the years observed the gifts and pressures of that lifestyle. The increased visibility bringing you many connections...and the feeling you can’t afford to show any weakness. Not needing to ask your boss if you can take off for a few hours....and always being on call, always having ultimate responsibility.

It seemed like success often brought business and professional people the satisfaction of accomplishment, but also a lot of stress and loneliness (underneath the energetic positive get-things-done attitude). In one rare moment of real connection, my father dropped the “man in charge” persona and looked at me with haunted eyes and said: “There is no such thing as happiness”. Then as quickly as it came, the moment passed and he was back to business as usual. Thirty years later, I still remember it vividly.

In my many years in senior corporate management, and as banker, financial advisor, consultant, corporate trainer and educator, I had the opportunity to observe and talk with my clients, contacts, staff and co-workers, and the vast majority of us are suffering from the pressures of competing, outperforming and accomplishing. But we keep on; after all, that’s the way it is, what else can you do? Things will get better once we get that deal, sales target,

promotion, income level, company size, etc. Once we have a family that will help us feel anchored..., or once we are free from so many family obligations.

Can you relate?

Feeling like we are always on the run, under the gun, needing to be “on”, affects our health, our looks, our personal and business relationships, our connection with our own Self. Ironically, it backfires eventually sabotaging our success to various degrees. (And by the way, what is success and what is success for?)

But like we said: what can you do about it? That’s what I devoted the last 10 years to researching, exploring not only traditional and performance psychology but also how human beings are designed energetically, and how we can uncover that peaceful powerful part of us that can be our guide and our safe haven.

I now run a coaching and training service called “Success Worth Living”, devoted to improving business and professional people’s quality of life while taking their success to an even higher level.

Come and visit [www.successworthliving.com](http://www.successworthliving.com) and download my latest free quality of life tip. It is designed to be practical in context with our modern lives.

And I welcome any comment, question, or conversation, so feel free to e-mail me at [helene@successworthliving.com](mailto:helene@successworthliving.com)

May you enjoy peaceful power,

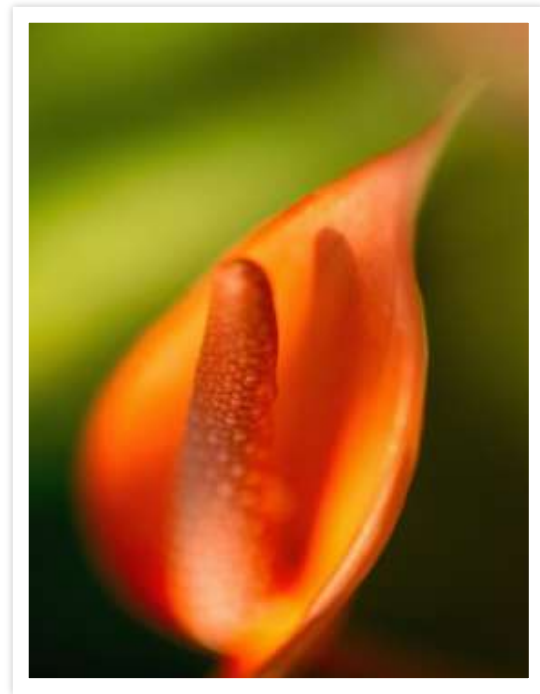
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Author of the upcoming book: “Making Failure Work For You Rather Than Against You”.

*The Personal Power of Beauty*

*Elizabeth Stahl*

12 Top Coaches Share Their Personal Power Strategies | 4/29/2007



# *The Personal Power of Beauty*

## *Elizabeth Stahl*

Beauty is Infinite, Beauty is Health, Beauty is Truth, Beauty is Power

### **What is the Personal Power of Beauty?**

Beauty is the power of radiance, and your personal beauty has the power to illuminate your world to a more radiant and bountiful experience. There is abundance, joy, passion, sensuality and pleasure to be had in your beautiful life, and working with your personal power of beauty is a strategy for claiming even more. Your personal power of beauty is a treasure to behold, a way to be bold and a powerful journey for you to unfold. Beneath the surface of your skin is the story of your beauty, and this is the story that is meant to be told.

The personal power of beauty is a magical tool that enhances all aspects of your existence to a more majestic and magnificent experience. Beauty is the source of your personal magic; it is the essence of who you are, it connects you to others and to the plenty of this planet.

What is beauty? Where does it come from? Who has it?

When you think of beauty is it something you know you have within you? Or does beauty seem like something elusive and outside of you?

All people are beautiful, and it is our essential nature to radiate this beautiful truth.

### **The Beauty is on the Inside**

Years ago, I saw an ad that I loved for Burt's Bee's products. The photo was of a group of Harley-type bikers, you know, heavy set men, grimacing, hairy and looking kind of scary. The

caption on the ad said “The Beauty is on the Inside”. It couldn’t be clearer, beneath the packaging is where you will find true Beauty, it’s on the Inside. This ad cracked me up, just thinking about it still makes me smile; the message was so clear, powerful and beautifully stated. Beauty comes from within, it emanates through the skin and vibrates around us.

Each of us has our own personal beauty, it is the unique essence of who we are, like our signature or thumb print, it is exclusively our own. Our personal beauty or inner beauty stems from the heart, our center of love. Our center of love is the vital force of our spirit, and the vital force of our spirits spring from the source of all life: Whether it be God, Goddess, Great Spirit, Energy, Vibration, the Creator, Nature, the Divine or the Force it is all the same source.

Whatever you believe to be the divine spark of life within you; whatever you equate to the magic of your existence; however you understand life with its complexities and perfections and which ever way you account for the air that is your breath and the fire of your spirit all stems from the source of life, and the beauty within you is a part of the package. Our beauty is a divine light that sparks through each cell of our being. You truly can never be anything but beautiful, for you are life and life itself is beauty.

When you understand the source of beauty within you, you then have access to its potential for your greater abundance, power and ability to manifest change. The power of your beauty is already embedded in your essence, ready to glow. However, it is harnessed through your beliefs about yourself and the actions you take in the name of truth, beauty and love. You are born with the tools to become a channel for this very compelling and influential vibration. You are the vehicle for this sacred source to shimmer and shine.

## Beauty is Truth, Truth Beauty

*"Beauty is truth, truth beauty. That is all ye know on Earth, and all ye need to know." –John Keats.*

We live in a world where our concepts of beauty are decided by the collective consciousness, the standards of our society. Many of us, especially women, are victims of what is known as the 'beauty myth'. A world where fashion rules, perfect body types are most desired and our ways of looking and being are all meant to sell or consume products: beauty products, fragrances, diet pills, hair color, fashion magazines, douches etc. But that is not what true beauty is made of. The truth is we are already whole and complete beings, we are all perfect because we are each perfectly ourselves. What is true is that beauty is everywhere and within everything. For everything on earth and in the universe is of the divine source. Unfortunately, many of us were not taught to honor our own beauty in this way. We were warned against being too conceited or told we were not beautiful enough and sadly so many beautiful people have never had their own precious nature reflected back to them. We hide our beauty in the shadows, even the super models complain about places within themselves that they find hideous. In subtle and not so subtle ways we have been disempowered and misdirected by the media to seeing ourselves as less than the ideal of beauty. Every commercial on television is an assault, telling us what we need to do to be better, happier and more beautiful. This is the beauty myth and it can destroy our sense of self-esteem and even destroy the joy in our lives, it already has for so many people.

As adults, we need to re-teach ourselves where true beauty comes from. We need to re-connect to the radiant source of life within us and teach this to our children. True beauty comes from the heart and soul and spirit of who you truly are, it is your divine right to resonate with self-love and allow your beauty to take the stage. Your authenticity is buzzing with beauty. Life is love, love is truth and truth is beauty. All of life is sacred and all of life is beautiful. Beauty and truth are hand in hand, one does not exist without the other.

## The Law of Attraction

Beauty is a vibration or a frequency. Everything has its own unique beauty and its own unique energy vibration. It is how we see things and feel things, that is the difference between experiencing the beauty of our lives or not.

When you share your beauty and love in the world as your truth, you increase your vibration, the light within you shines brighter and you feel good inside. You become a mirror of beauty to the outer world, and like a flower you are vibrant, captivating and compelling: The source of the secret nectar, attractive and drawing abundance to you.

We are living in the days of the awakening to the Universal laws that guide our existence. The Law of Attraction is the buzz word of the times. The Law of Attraction is considered to be the most powerful of all the Universal laws that we know of. Some of the other laws are: The law of Compensation, the Law of Cause and Effect, the Law of Frequency, the Law of Free Will, the Law of Transmutation (change) and the Law of Karma just to name a few. They are all similar in the sense that what you put out returns to you. The Law of Attraction states that what you speak of, think of, emote on and act on is what you will attract to yourself. It is about your vibration.

Have you ever heard it said that someone has good vibes? Or have you felt bad vibes around you when you are dealing with someone who is always negative? Are you aware of the vibes you are putting out? What do you imagine your close friends or family would say about your vibrations?

Most of us spend many hours and days feeling our lack, placing our emotional energies on what we don't have; these are negative vibrations we are putting out into the Universe. We can state what we want, but if we are focusing on what we don't have at the same time we continue to put out these negative vibes. With the law of attraction, you attract that which you call for, or vibrate to. If your energies are focused on what you don't want and don't have, then you will attract more of that into your life. It's a very simple law and yet it is complex to navigate in our experiences of daily life. One of the glitches here is that it is not just about positive thinking.

Recently, I heard Deepak Chopra, a world renowned spiritual teacher, say that positive thinking can be very stressful. What I believe he meant with that statement is that positive thinking alone, places neglect on the parts of ourselves that feel out of balance. With positive thinking alone, we can place so much energy on denial that we create a situation that is even more out of balance. What we resist persists. It is like putting a band-aid on a broken bone instead of resetting it properly. To raise your vibration, you must first discover the places that feel broken or out of alignment and then figure out the steps you can take to properly reset them. Everyday and every moment is available for you to reset your life. The most important aspects of this are aligning your attitudes, actions and emotions to the same frequency. Positive thinking helps because its about believing in your self. That is the first step, but the true work is also in the actions and emotions you put forth. The action of attraction is within you. Your ability to utilize this Universal law begins at the very core of your belief in yourself and this is where the personal power of beauty can have the most impact, because beauty is an attractor factor. When we *feel* beautiful, we *are* beautiful and with this higher vibration of self-esteem, we attract what we want in magical ways.

Critics or nay-sayers of the law of attraction might ask “What about the bad things like natural disasters or illness and disease? How do we attract these to ourselves?” And to this, as a student myself to these Universal laws, my response would be...It is all in our perspective. If we keep experiencing our lives as a victim of life, then we will never feel free and happy, and this diminishes our sense of beauty. Bad things do happen, how we succumb to them as opposed to learning from them is all a matter of attitude. Our beliefs are what guide our experiences every step of the way. I believe it was the Dalai Lama who said “Pain is inevitable, suffering is optional”. Our beliefs are how we stay stuck in old patterns or create new ones that nourish us. And as Gandhi said “we must be the change we wish to see”.

Understanding beauty, your beauty, is a key element to dancing with the Law of Attraction. Your attract ability is within the truth of your beauty. It is within the perceptions you hold of the world around you as well as within the beliefs you have about yourself.

## **The Nature of your Nature in Nature**

To know each and everyone of us are beautiful is our natural state. Our hearts are open to love and connection, comfort and care. What could be more beautiful than that? Smiles sparkle with warmth and laughter is our inner beauty revealed. As children discover of the world around them, they explore colors, flowers, trees, animals, nature and the sky. In their innocence they understand that they are a part of this natural beauty, at one with it, just as they are members of their own families. It is easy to forget, so we must remind ourselves to remember the beauty and opulence of the planet is reflecting back to us at all times.

Have you ever taken a walk in the woods and felt a deep sense of peace and beauty envelop you? Have you ever walked by the ocean and sensed the power and majesty of its beauty filling you with inspiration? Have you ever hiked a mountain and when you reached the top felt awe as the expansive vista before you took your breath away? Nature is a great resource for re-connecting with your beauty. The nature of your nature in nature comes to life as life blooms naturally around you. We are beings of nature; it is our natural state to commune with the elements, to see ourselves as a part of the whole and at one with all that is. Aligning with the beauty of nature is aligning to your own nature, your sense of well-being and natural beauty as well.

## **The Beauty Walk**

One of the greatest discoveries of my life, and possibly the greatest thing I do for my self, my body, mind and spirit is to take my 'Beauty Walks'. The Native American Indians have an expression that I have loved since the day I first discovered it, I saw it on a bumper sticker once and I have been looking for that bumper sticker ever since. It said "Walk in Beauty". How wonderful is that?

I have been a walker for many years, it is my favorite form of exercise, it is the way I meditate and formulate my creative endeavors. It is the way I de-stress and release the garbage that rummages through my mind. Walking is a great way to ground yourself and circulate energy. It is rhythmic and it is the easiest most natural form of exercise.

I have a background in natural health and healing, I have studied and practiced the healing arts of color, sound, touch, aromatherapy, nutrition and energy therapies for years. I understand that a healthy mind, body and spirit lead to a greater sense of joy, well-being and peace throughout our lives and I use the tools of these various healing modalities to infuse my own life as well as those of my clients.

I have also known that “beauty is in the eye of the beholder”, an expression we all learn as children. To see beauty is to be beauty, this is something we have all heard but how often do we remember it?

I don't know when it happened exactly, it was a gradual process but at some point, I realized I was combining all these components together and turned my daily walks into what I call ‘Beauty Walks’. I am proud to say it; I actually tell people I am going on my Beauty Walk, as hokey as it may sound, because I know it is an inspired action. I have shared this inspired action with many girls, women and men hoping to inspire them too, offering them a tool to feel more health and wholeness in their daily lives. I share it because I am inspired every time I take my beauty walk and the key element to the whole process is infusing my self with beauty, it is a totally sensual experience. I will add that I believe I am becoming more and more beautiful as a woman and a person inside and out because of these walks.

In my own experience of the Beauty Walk, I will admit that the first ten minutes or so are about decompressing. All the stuff of the day swirls through my head, my issues and disappointments, tasks I need to finish, things I am uncomfortable about etc. All of it surfaces until I get into the rhythm and start noticing what is around me.

When you physically take your Beauty Walk, I invite you to notice the beauty, even in a city, within all things around you wherever you may be. Notice architecture, colors of homes and buildings, see if you can find the beauty in a person walking by you. Open yourself to being a mirror of beauty and be the beauty that you see.

I will take you on the journey of a Beauty Walk here as a guided meditation and visualization. You can use this to inspire your own form of exercise or use it as a meditation to ground, center and beautify yourself at anytime.

### **The Beauty Walk - Meditation and Visualization**

First I would like you to close your eyes and breathe, connect to your breath in and out, in and out, and in and out, keep going until you have had enough full breaths to decompress your day, letting it all go with each exhalation....Centering and breathing...in and out. Allow yourself to let go of all the thoughts taking up your mind and emotions, and when you are ready imagine a beautiful box for you to put them in and allow yourself to leave them at the door. For you are about to take your beauty walk and all matters of concern can wait for your return.

Stepping out of your door, you know where you are going, you are going to a place of beauty that feeds your spirit. As you begin your walk, start to see what's around you...the houses, the trees, the ground, the road, the colors, the stones, look around as you continue on your path. Keep moving, keep noticing, keep breathing and keep walking. It is a perfect Spring day. Notice the shrubs and trees, they are beginning to blossom, there a little buds sprouting up, these are the buds of new life and new beginnings. Breathe it in, drink the buds in with your eyes, take in the essence of new budding life, and let it feed your spirit, knowing that new things are blossoming and growing within you too. Keep walking, keep breathing. What do you see? I see red tulips and orange lily's growing next to each other by the side of the road. The colors are so vibrant, they are beautiful and rich. The lilies are so fragrant. See the flowers and breathe in the colors. Red is the color for grounding and presence, take in this energy, breathing it in, you are grounded and you are fully present experiencing the beauty of your life. And the fragrant orange lilies (mmmm) smell of beauty, they are a pleasure to your senses. It is time to literally stop and smell the flowers. Breathe in the aroma, and take in the color orange to magnify your sensuality and creative power. The vibrancies of these flowers and the energy of these colors are a part of your being; you are the beauty and colors you see before you. Now let's continue on our path, there are more flowers blooming up ahead. Oh how beautiful, Giant sunflowers swaying in the breeze. The color of the sun and the personal power of your third chakra, yellow is the color of action and the ability to get things done. Embolden yourself with this golden beauty. You are this sunny and powerful essence. The breeze feels good as you walk past the sunflowers, it is melting your resistance, it is tickling your skin, it is drawing you

forward. Have you noticed? There is so much green on this walk, the grass, the bushes and the trees are all beaming with green, run your hands through the leaves as you walk by the trees and bushes, feel the health and growth in the color green, know that the color green is beaming with healthy vitality and love. Breathe green into your body, fresh smelling green, filling yourself with great health and well-being. Green is the color of plenty.

A bird flies overhead and catches your attention. Look up to watch it flying by, do you see it gliding above you with ease and grace? As it soars overhead connect with the essence of its flight, knowing that ease and grace and the ability to soar are also within you. Breathe it in, connect with the spirit of flight and natural movement. While you are looking up notice the clear blue sky, the magnificent blue calling to you, the beauty of that blue is within you, breathe it in, take in the sky, draw it into your body, fill yourself with its beauty and expansive expression. Open your mouth as you breathe it in filling your throat with blue air. Let the sky blue become a part of you. Breathe and continue walking. Now we are coming to a particular house that has the most beautiful little trees in front of it. This is such a treat. The first tree is blooming with so many blossoms and they are the most beautiful color of Pink, oh it is so beautiful, pink blossoms are everywhere. Stop and look and take it in. Pink is the color of unconditional love and protection, it is just a beautiful color, draw it into your body, fill yourself with unconditional love, feel it inside of you and around you, it is yours. At the base of this pink tree, there is wild lavender growing in the grass. The fragrance is light and calming, the purple buds are a reminder of your wisdom and divine knowledge, the aroma fills you with a sense of peace. Lavender is a sacred herb of healers. The other beautiful tree is abundant with fragrant white flowers; they smell so delicious and sweet. Fill yourself with this sweet smelling fragrance, breath it in. There is such purity in these white blossoms, the sweetness of your journey is amplified, purifying your mind and body and spirit. Nourish the wholeness of your being with pure white light, allow it to completely fill you. Breathe deep, then continue walking, breathing, smiling, enjoying and as you turn round the corner, allow your power place of beauty to appear.

For me it is the ocean, I see it opening up before me. AAAAAH...Majesty, Power, Strength, Beauty, the sky is expansive, the view as far as the eye can see.

Majestic, powerful, strong, beautiful, expansive, limitless, this is you, this is you, this is you! You are all of these things, know it, feeeeel it, breathe it into your soul. Drink it in for it is yours. Be at one with it for you and the elements are all connected. Hear the sound of the waves crashing, the power of the ocean is before you, let its power magnify within you. The Ocean

sounds are gently stirring with the tides and cycles of life. Let the sound soothe you and feel the wind as it sweeps across your body, the whispering winds of change have come to take away your grief, stress and pain.

Now find your favorite spot to sit and be with all this energy. I like to go down to the rocky edge and sit above the crashing sea. This rocky landscape is soooo beautiful; as I sit I feel the sturdiness of its support beneath me. I am supported and you are supported as you take your seat here. This is a place to sit and pray, this is a place to breathe in your desires, this is a place to call on the Universe to attract what you want, this is a place of creative inspiration. All of my greatest ideas come as I sit in this place. This is also a place to cry and let go, to be at one in nature and true to your nature for whatever is needed at the moment. Allow yourself to sit in this place of power and beauty, say your prayers, call for what you want, express your truth and create new imaginings for your future. Tell yourself who you are and who you want to become. This is the place for a powerful shift to take hold in you. This is the place of your authentic truth and your place of total beauty.

Be here, breathe here and do your inner work here, ask for what you want and allow the inspiration of your creation to fill your heart with joy. Stay for as long as you want, as this is your sacred space.

When you feel ready, pick yourself up, stretch your body and give thanks for all the abundance that has come to you in this experience. Offer your gratitude to the Universe and the beauty of nature as you prepare for your journey back home. Say hello to all the happy doggie's as they come your way, for they are the essence of unconditional love, innocence and play. Stop and smell the roses and look for heart shaped rocks as a token of your Beauty and heart and love of this day. Arrive home feeling fresh and fulfilled and inspired.

Harnessing your beauty and sharing love as your truest offering to your fellow humans, animals and the earth itself is a most beautiful act; it is an act of devotion that magnifies your radiance, it is an act of nourishment that feeds your spirit, it is an act of power that returns to you in many beautiful and blessed ways.

In the words of the Great Goddess, Let there be Beauty and Strength within you. Blessed be.

### **About the Author**

Elizabeth Stahl B.A., N.H.C., is the founder of Star of Aphrodite Life Coaching and Mentoring for Girls and Women; she is also the creator and facilitator of the Goddess Party and The Girls of Power Party - for girls ages 12 and up.



Elizabeth has 16 years of experience in the Natural Health Field specializing in Women's Health and Wellness. She combines her skills as a Natural Health Consultant (NHC), with her Life Coaching and Mentoring practice. Elizabeth infuses Girls and Women with the power of their own divine feminine spirits; supporting their growth, encouraging their goals, building self-esteem and helping them step forward as the women they want to be.

In 1998, Elizabeth created the Goddess Party - a truly unique celebration of women, friendship and the feminine spirit. Using ancient stories and myths of Goddesses from around the world, the Goddess party is a place to play, share stories and honor the wisdom of women. It is an evening of blessings and beauty for all who attend.

She is available for private sessions, group work, classes and Virtual Goddess Parties.

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[www.Goals2Gold.com](http://www.Goals2Gold.com)

[www.MyVirtualGoddessParty.com](http://www.MyVirtualGoddessParty.com)

Beauty is Truth, Truth Beauty

Let there be Beauty and Strength within YOU!



## *The Attraction Loop*

### *Carol McKay*

In the 1970's, I was introduced to new thinking. I learned Transactional Analysis, read *How to Be Your Own Best Friend*, and desperately sought techniques to help me find my way. I spent my teen years struggling to find joy, peace and ease in my life. I didn't.

In the 1980's, I was introduced to affirmations, biofeedback, and positive thinking. I understood my thinking was somehow creating my reality, but I felt my reality still really sucked.

In the 1990's, I took the new age path, to mysticism, psychic awareness and inner reflection. I learned to quiet my mind, but my feelings and thoughts still told me I didn't have enough, wasn't living up to my potential, and could lose everything in an heartbeat if I weren't constantly on alert.

Finally, sometime just after Y2K, I started to *really* get it. Using the Sedona Method and the Universal Laws of Attraction alongside other self-care techniques I'd learned over the years, I began to realize my reality was just that – MY reality. I had created it – attracted it. Everything I experienced, positive or negative, was created as a result of my personal vibrations – positive or negative.

Looking back through my life, it's easy to pinpoint how Law of Attraction always found my vibration and matched it to bring me more of the same. And, since my vibration was generally negative, it now makes sense that things just kept getting worse. The worse things got, the more I'd give them attention – "Geeez...look at this....that's exactly what I said I didn't want to happen!"

I now live my life in constant awareness of Law of Attraction. I know I am the deliberate creator of my life. I acknowledge my vibrational energy, and I am conscious and vigilant about keeping my vibes high, strong, uplifting, energetic and positive.

And yet, from time to time, I will still occasionally create something I call a “Negative Attraction Loop”. I’ll give you an example of the loop:

- Wake up with a lot of thoughts about “things” requesting my attention, anticipating struggle, and holding some worries about how those things are going to be accomplished
- Get out of bed and stub my toe
- Find I forgot to set up the coffee pot
- Spill water all over the floor while filling the coffee pot (and swear at it)
- Can’t get the dog to go outside
- The newspaper is not on the doorstep
- The computer won’t boot up correctly
- I can’t find the notes I compiled yesterday
- The computer has to be restarted
- I trip over the area rug (and swear at it)
- The dog won’t come inside
- New problems show up by email

Loop-de-doo!!!!

The longer I allow my loop to continue, the more it drains my power, and the more I feel as though I’m at the mercy of “my day”. Instead of recognizing the day is my creation, when I’m in the Negative Attraction Loop, it’s as though the day is in charge and I am merely an unwilling participant.

And, I'm sure you can see how these things go...when I feel powerless, I attract more things that line up to make me feel powerless, and then I observe my powerlessness, and then I attract more things that appear to steal more of my power...

Loop-de-Loop!

The truth is we are all always attracting – every moment of every day. As energy fields, we are in a constant state of vibration, whether we perceive it or not, and whether it's conscious and deliberate or not. The universal forces around us are always checking our vibration and matching it to bring more of the same. That's why the "loop" appears to get bigger and uglier the longer it goes on.

Do you ever find yourself in a Negative Attraction Loop? It's likely you've been there, even if you haven't identified it as such. I've found some very simple, easily accessible steps that will stop the loop in its path and allow you to reclaim your power!

### **The Good News**

As soon as I notice I'm in the loop, I'm already on the path to turning it around. For my loop to continue in its negative way, it needs my unconscious participation through my negative vibration. Once it's identified, I can begin my process that allows me to see what's really happening, shift my vibration and reclaim my power. Depending on how long the loop has been feeding on itself, sometimes I need all the steps and sometimes just a few.

#### **1) Identify the Loop Aloud**

I actually stop what I'm doing and say out loud, "Well look at this...I have created a big, ugly loop! I'm in a loop. I MADE my loop. This loop is my creation." I've found that a lot of power is stored in thinking the loop is happening "to me". When I realize and accept my creation of the loop, I start to feel my power returning.

## **2) Look for the Process that got me here**

Next, I back up a few minutes and examine the creation of my loop in a very detached way. I look at each negative moment and study my reaction to it. I see how my reaction to each event caused me to stay in the loop. This gives me an understanding of the process to assist me in the future.

## **3) Thank myself for creating this Loop**

I acknowledge myself as the creator of everything happening in my life. As such, I recognize I even created this loop and the illusion of pain it's causing in the moment. So, I thank myself for being such a great creator.

## **4) Welcome the loop, allow it to be here, let go of resisting it**

I was never really a big fan of the Star Trek television series, but I do remember “the Borg” and their catch phrase, “Resistance is futile”. And, I am well aware of the notion that “what we resist persists”. When I am resisting my Negative Attraction Loop, it continues to manifest negatively. So, instead, I welcome it. I ask myself to just allow it to be here, and to let go of resisting it. This is when the loop really starts to lose its power.

## **5) Find something for which I can feel Grateful**

For me, the emotion of gratitude is like plugging myself directly into my personal energy source. It is a beautiful, simple and miraculously efficient way to reclaim a lot of power. We cannot vibrate two energies at the same time, and as soon as I am experiencing gratitude, my vibration instantly shifts to the positive. The steps that follow are designed to keep my vibration positive and continue to reclaim my power from the loop.

## **6) Find something *about the loop* for which I can feel Grateful**

Ok – this is a little trickier, but essential to getting my power back. I've acknowledged I created the loop. I feel grateful about something in my life. Now, I need to feel grateful for something

specifically about the loop. For example, “I’m grateful that my notes were hiding, because it caused me to notice how much I appreciate when I have an organized desk.” When I find something *within the loop* for which I can feel grateful, it’s like popping a big part of the energy bubble the loop was holding.

## **7) Smile, laugh, smile, laugh, smile --- and then Breathe**

Remember the statement “Laughter is the Best Medicine”? It is! Smiling and laughing recharge my energy instantly. And, look at the situation. Isn’t it funny that I would create this negative loop? Isn’t it silly? What a funny being I am! I crack myself up! Which those words and thoughts, I instantly see the humor. I smile and laugh for at least one full minute, pondering ideas like “wasn’t that a funny loop to be in?” and “Wow...I really made that appear impossible...what a funny creation I chose today!!!”

And then, a nice, slow, long, deep, cleansing breath. Welcoming with each breath all the joy, peace, ease and happiness that comes with my reclamation of my own power. Settling in to the grace of the moment, I allow each breath to be a gentle reminder that my reality is my creation. Things to don’t happen “to” me, they happen “from” me. I choose. I design.

## **Remember, it’s your Loop-de-Loop!**

When you notice you’ve lost your power in a Negative Attraction Loop, I hope you’ll find these simple steps useful in shifting your vibration to the positive. As you feel your energy shifting, you will be able to see clearly what brought you to this place. You’ll find the peace you need to create the kind of attraction that serves you. And, you’ll allow your power and energy to come surging back to you.

### About the Author

Carol McKay is a Certified Life Coach, writer and motivational speaker. She has followed a roundabout path to bring her to this place. She has lived an interesting adventure of adapting to new homes and environments in places as far-flung as San Jose, California; Ft. Smith and Fayetteville, Arkansas; Orlando, Florida; Yakima, Washington, and currently Modesto, California. A very large circle has returned her home.



But the most dramatic changes in her life were not due to those coast-to-coast moves, but rather to giving and receiving love unconditionally in her life. Her vast personal and internal changes have provided the insights she now uses as a Life Coach and motivational speaker.

In addition to battling a physical condition that was the source of ongoing embarrassment and shame into adulthood, Carol was also an overweight child, teen, and adult. More than sixteen years ago, Carol let go of 70 pounds, which also allowed her to release her attachments to anger, low-self-esteem and depression and create a loving life of *joyful abundance and abundant joy*. Her nearly 20 year marriage and 16 years maintaining her weight goal stand as testament to the power of believing all things are possible.

Carol trusts the universal law of attraction completely, knowing she is exactly where she is supposed to be, doing exactly what she is supposed to do right now. She serves as a Life Coach, helping her clients to believe in themselves and their ability to love and be loved. She honors her clients as the perfect individuals they already are, and helps them see their possibilities and allow their perfection to shine.

Carol believes the key to a beautiful life lies in understanding the transitory nature of feelings. Most people allow their feelings to dictate their lives, inform their physical health, and block their ability to experience true joy and freedom. As a Sedona Method facilitator, Carol helps her clients identify their feelings and allow themselves to let go of their attachment to these feelings.

Carol's perfect clients are ready to abandon the beliefs keeping them stuck in the same...the same job, the same weight, the same anger, the same fear, the same relationships. Carol holds the door open to freedom, and helps her clients create something new and wonderful.

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Carol's free monthly newsletter, DreamLift, offers ideas to help people move toward their dreams. Subscribe at [www.liftyourdream.com](http://www.liftyourdream.com). You'll receive Carol's ebook "Losing your Bugbear" as a special gift when you subscribe.