# The ENERGY Magazine





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#### **Communication Corner**

For enquiries call **07521 991645** 

## View From A Coach Window – Time & Mastery

Sourcing energy when in the middle of a packed schedule is a great challenge as often energy is expended through trying to arrive at decisions. When facing a big task list, Bryan Tracy's **ABCDE** method is a quick and effective prioritization tool.

List all the tasks on your to-do list and 'code' them as follows:  $\mathbf{A} = \underline{\text{Must}}$  do or else face dire consequences!  $\mathbf{B} = \underline{\text{Should}}$  do or else face mild consequences!  $\mathbf{C} = Could$  do - i.e. would be *nice* to do but would have low impact.  $\mathbf{D} = \text{Delegate!}$  and  $\mathbf{E} = \text{Eliminate!}$  The rule is to not do *any* ('B' or 'C') tasks until *all* 'A' tasks are completed and to not do any 'C' tasks until all 'B' tasks are completed. Then when the important work is done, reward yourself with some 'C' tasks.

Thank you to this month's guest, Penny Crowther for her article on nutrition.

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## Energy through Nutrition – Penny Crowther

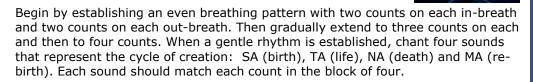
It's important to remember that how we feel both physically and emotionally and our resistance to stress, can be strongly influenced by diet. The "right" diet varies somewhat according to the constitution and health of the person. A nutritional therapist will devise an individually tailored wellness programme that includes diet as the foundation. Nutritional therapy (NT) integrates age old naturopathic principles with the latest research from the field of functional medicine.

Some of the factors looked at are imbalances such as hormone, fatty acid and blood sugar irregularities (which are often too subtle to show up in conventional tests), gastro intestinal function, immune dysregulation and poor detoxification processes. NT is about much more than eating a "balanced diet" (whatever that is!) and aims to create a balanced internal environment in which optimal health can flourish.

For more information visit www.nutritionistlondon.co.uk

## The A-Z of Meditation: Kundalini

Kundalini is a multi-faceted set of yoga and meditation disciplines which include the *Kirtan Kriya* chant:





The Bhagavad Gita (ancient Hindu text) discusses 3 different types of energy given from 3 different food groups and explains how diet can influence state of mind:

SATTVA: lightness + purity = a still, quiet mind RAJAS: greed + attachment = a restless mind TAMAS: darkness + inertia = a sluggish mind

### Motivation Tool No.11 – Knowledge

Become energized through knowledge from study and through knowing yourself. Know your strengths and never forget them.

## **Book Club**

"Time to Think" by Nancy Kline

BREAKTIME IMAGE by br3akthru

#### **The Six Energies**

The energy of learning The energy of meditation The energy of conversation The energy of movement The energy of humour The energy of music

For inspiration, motivation and balance, source a little of each of the six energies every day.

## www.the6energies.net

Meditation (edited) extracts from "Tuning the Mind – The A to Z of Meditation" © D. Fonseca 2008

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