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For enquiries call **07521 991645**

Communication Corner



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

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: **A** = Must do or else face dire consequences! **B** = Should do or else face mild consequences! **C** = Could do - i.e. would be nice to do but would have low impact. **D** = Delegate! and **E** = 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.

DavidFinney@TheEnergyofConversation.co.uk

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:



Begin by establishing an even breathing pattern with two counts on each in-breath and two counts on each out-breath. Then gradually extend to three counts on each and then to four counts. When a gentle rhythm is established, chant four sounds that represent the cycle of creation: SA (birth), TA (life), NA (death) and MA (re-birth). Each sound should match each count in the block of four.