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View From A Coach Window – Searching for Meaning

His Holiness The 14th Dalai Lama says that the aim of life should be simply to achieve *happiness* rather than success; of course sometimes we believe that 'success' – however we define it - leads to happiness. The Dalai Lama also says that in order to keep his mind filled with peaceful and positive thoughts he has to meditate for many hours each day.

Stress affects all of us in some way at some time. There are many causes of stress and many manifestations of it too. Stress can often lead to anger or depression and affects our communication. Being angry is ok but losing our temper often has serious implications.

Next month we are going to feature the first in a 3-part guide to anger management from a specialist in this area. In the meantime we are going to lead into the holiday season with a much lighter look at an ancient healing art. Thank you to this month's guest, Emma Arden for her article on Reiki.

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Reiki: A Japanese Healing Art – Emma Arden

Add some get-up-and-go to your energy flow

Reiki can be translated as 'life force energy', which will nourish all the cells and organs in the body, supporting them in their vital functions. The practitioner's hands are placed over the body in a series of unobtrusive positions - each position being held for several minutes to gently re-energise and stimulate the client's body's natural healing process. A Reiki session will focus on the physical, emotional, mental and spiritual aspects - treating the whole person, not just specific isolated areas. People leave Reiki sessions feeling calm, de-stressed and totally refreshed.

Emma Arden is a Reiki Master & Reiki Teacher. For more information email queenofnarnia59@hotmail.com or call 07956 690271

The A-Z of Meditation: Laya Yoga

Laya Yoga is about sound and rhythm and the dissolving of all negative influence. Laya Yoga is practiced very simply as follows:
Lie on your back and put your thumbs or fingers in your ears.

Lie for five minutes and listen to the sounds and vibrations inside your ears and inside your head. Practice twice daily and extend the session as required. You can try listening to the sounds in your right ear first, then your left and then those inside your head, or you can simply listen for any sounds that are evident. By absorbing the mind in sound and rhythm, one steadies and settles the mind.



Communication Corner



Communication is a fascinating subject in itself and when you bring culture into it, complexities can occur. For instance, interrupting someone in a meeting can be seen as rude in one country but can signify high interest and involvement in another.

Motivation Tool No.12 – Laugh

Laughter not only triggers the release of the body's natural feel-good endorphins but is also a highly contagious activity. Watch something funny during the holiday season and roar into the New Year.

Book Club

"The Tibetan Book of Living & Dying" by Sogyal Rinpoche

SPIRALS IMAGE by jscreationzs

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