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View From A Coach Window – The 4 Cornerstones

A warm welcome to the first edition of The ENERGY Magazine! In this issue we will feature the first in a series of motivation tools and begin our journey through the meditation alphabet. We also have a special guest article from Amanda Menezes who will explain the rudiments of Karuna Yoga.

Firstly a quick question: what are you looking for in your job? There are 4 cornerstones to job satisfaction which contribute to overall confidence:

COMMUNITY –	to feel that I am part of an interacting group
WORTH –	to feel that I am heard, appreciated and valued
INSPIRATION –	to feel I am challenged and motivated into action
GROWTH –	to feel that I am continually learning and developing

Mark each cornerstone out of 10 in terms of your current job satisfaction. If you are currently in between jobs, replace the word 'job' with 'life'.

Karuna Yoga - Amanda Menezes

Often those practicing Yoga get too involved in the physical aspect of perfecting postures. Yoga actually means 'union' of body and mind and so it is important for the student to also think about how they are feeling and not compete with others in the class. As a teacher it fascinates me to see beginners learning how many different layers there are in Yoga and it's a pleasure to pass on experiences I felt when I first started. I have been a Karuna Yoga teacher for 5 years and my teacher was taught by the legendary Iyengar himself who launched 'Iyengar Yoga', which is in fact very similar to Karuna Yoga. The aim is to improve balance and strength in postures, and to keep as flexible as possible.

Amanda is a qualified yoga teacher accredited by the Yoga Teachers Association and can be contacted on amandamenezes2003@yahoo.co.uk

The A-Z of Meditation: Affirmation

An affirmation is a positive and concise statement about you expressed in the first person and in the present tense. By repeating an affirmation you retrain your mind to do what you want it to do, creating a new habit or sometimes reinstating a former positive habit that has been displaced by a negative one; and so it could be said that an affirmation is simply reaffirming who you really are, putting you in touch with a part of you that has been lying dormant. To practice, adopt a relaxed position and create a phrase that defines what you want to be. Breathe slowly and repeat the phrase silently or aloud several times on a daily basis.



Communication Corner



Email is a loaded gun. If you shoot, people are likely to shoot back. When fired up, save the message to drafts before sending.

Motivation Tool No.1 - Appreciative Inquiry

Close your eyes and take a mental walk across all the areas of your life and appreciate as much as possible about yourself and the people and things around you. This can form part of a meditation exercise and could be written down in a 'book of appreciation'.

Book Club

"Man's Search for Meaning" by Viktor Frankl – if you only ever read one more book, consider this one.

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