

# The ENERGY Magazine



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## Communication Corner



*A vivid imagination compels the whole body to obey it –*

Aristotle, Philosopher of Ancient Greece

## Motivation Tool No.5 – Exercise

Any set of motivation tools has to include exercise – a walk, a cycle, a jog, a swim or some yoga can empower and enthuse. Even if you are a desk-based professional, 'manage by walking around' (or MBWA as HP once put it) and motivate yourself and others through the energy of movement.

## Book Club

"The Truth About Getting Things Done" by Mark Fritch – useful resource with motivational sound-bites.

## 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



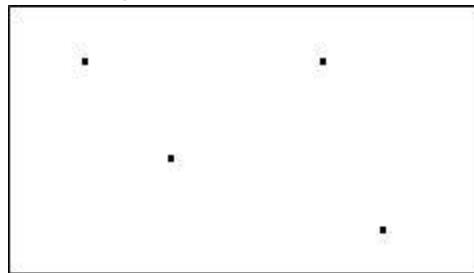
*For inspiration, motivation and balance, source a little of each of the six energies every day.*

[www.the6energies.net](http://www.the6energies.net)

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

## View From A Coach Window – The Gift of Attention

What do you see in the box below?



You no doubt saw 4 black dots; but did you notice the white space around them? If each dot represents a stressful incident in your day, how much attention are you giving to those events in proportion to the rich white space around them? The space that was filled with accomplished tasks, good conversations and warm smiles. What are you giving your attention to?

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## What is Reflexology? – Gabriele Steen

This holistic touch therapy helps the body to deeply relax. A qualified therapist uses specific finger techniques on the reflexes of the feet and/or hands to release tension and increase blood supply to affected areas and organs. A treatment often reduces stress related symptoms and induces a feeling of calm and well being. Many conditions benefit from this treatment with only very few contra-indications. More and more research is being carried out often funded by charities to show the effectiveness of this completely safe therapy.

Gabriele works for the charity Full Circle Fund based at St. Georges Hospital ([www.FullCircleFund.org.uk](http://www.FullCircleFund.org.uk)) who treat people suffering from various blood cancer types with very encouraging results. For more information about Gabriele Steen please visit [www.WestminsterSchoolofYoga.co.uk](http://www.WestminsterSchoolofYoga.co.uk). To find a qualified and suitable reflexologist in your area you can visit [www.AOR.org.uk](http://www.AOR.org.uk).

## The A-Z of Meditation: Ekagra

Ekagra literally means, "one-pointedness" - the ability to focus and concentrate on one thing at a time. An image or object acts as a focal point, and of course the point of focus itself is not important – the object it is just a means to the objective of improving focus. One-pointed, 'open-eyed' meditation is a type of meditation in which the individual focuses attention on a single 'point', usually at eye level. The point can be the tip of your nose, a candle, a small dot or a picture of someone inspirational where the focus might be on the eyes. To practice:

1. Steady your gaze and look at the object in front of you
2. Do not stare hard, just gently focus
3. Rest after 5 minutes