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Communication Corner



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure - *From Nelson Mandela's 1994 Speech written by Marianne Williamson*

Motivation Tool No.6 – Future-Focus

No matter what you did last year, yesterday or just 5 minutes ago, your future script has not yet been written. You are the architect of tomorrow. With future focus, past disappointments fade, ancient grudges fall away and everything is possible.

Book Club

"The Work We Were Born To Do" by Nick Williams – an inspiring theme about finding purpose and meaning in our lives.

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 – Momentum

When embarking on a special project one of the challenges we face is to sustain momentum and keep motivated during the journey to achieve our objective. Whether the project is organizing an event, starting a business, writing a book, tracing family ancestry, looking for a new job or learning a new skill - the core principles are the same: Patience, persistence and positivity.

Abraham Lincoln experienced two failed businesses, a nervous breakdown and eight political defeats before becoming president of the United States in 1860, and is a great illustration that virtually anything is possible with the right attitude, belief, commitment, determination and enthusiasm.

Thank you to Cathy Burdett, our guest writer for this month.

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The Growth of Pilates – Cathy Burdett

Pilates is the fastest growing "trend" in the fitness industry today, but in fact has a long, successful history. It offers whole body conditioning, as opposed to "just core stability" or "just stretching". Joseph Pilates was born in Germany in 1880. A sickly child, he was determined to overcome his ailments and became a competent gymnast. He lived in England in 1912, working as a boxer, self-defence instructor, and circus performer. During WW1, he was interned with other German nationals. His unique approach to exercise was born when he began teaching fellow inmates. Pilates emigrated to the US in the 20's, and opened a body-conditioning studio in NYC with his wife Clara, where he taught famous dancers and athletes, many with injuries. Today Pilates is taught for all walks of life and fitness levels.

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The A-Z of Meditation: Falun Gong

Falun Gong is a relatively new and developing set of sitting and standing meditation exercises. To prepare for Falun Sitting Meditation, sit upright with your legs crossed and your waist, back and neck straight. Tuck in the lower jaw slightly, lightly press your tongue to the roof of your mouth just behind the front teeth. Close your mouth but leave a space between upper and lower teeth, close the lips. Keep the whole body relaxed, but not too loose. Turning both palms upwards resting in front of the lower abdomen (just below the navel), and then place one hand on top of the other with the tips of the thumbs gently touching, creating an oval or curvy triangular shape. Gently close your eyes and relax. Now breathe rhythmically in this seated position.

