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View From A Coach Window – Mothers of Reinvention

Daniel Pink in his book *DRIVE*, writes about the power of intrinsic motivation where we find our inner motivation by undertaking tasks that need no external incentive because the activity itself is the reward. This is known as *autotelic* where the purpose of a mission, career or enterprise is firmly self-contained.

With this in mind, what new mission can you embark on? How can you increase your independence from external motivation? Maybe this is a time to reinvent yourself and set out on a new road of discovery and meaning. Comedians are the mothers of reinvention. Jackie Mason was originally a Rabbi, Harry Hill used to be a GP, Clive Anderson was a barrister and Mark Thomas a builder.

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MINDFULNESS – Glenn Pennington

A mindfulness approach to anxiety or depression can in one sense be understood as relational. We seek for example to understand the relationship between ourselves as the person experiencing depression and the depression itself, an implicit lesson being that there is indeed a distinction to be made. We seek to determine what our relationship with our depression consists of, typically the relationship might include varying degrees of resentment, anger and frustration towards the depression, the very nature of this relationship resulting in additional anxiety and distressing rumination further compounding our feeling of depression.

Through the mindfulness process the aim amongst other things is to transform this relationship by letting go of an attitude that is fundamentally aversive and judgemental and create in its place an attitude that is accepting and compassionate. It is this relational change that makes it possible to experience liberation from the inner turmoil we have created as a result of our struggle to resist or control our anxiety/depression/pain etc. www.mindfulrecovery.co.uk

The A-Z of Meditation: Samadhi

To achieve a state of being grounded in the present moment, one simply sits and follows the breath; nothing else; listen to it, follow it; remain in a non-reactive state whereby other sounds and sensations are simply noted. One remains alert at all times but uninvolved with external stimuli. It is almost a method of no method. Your breath becomes your focus, the only focus you need and so you become fully self-contained. After a while there is no intent to focus as the focus itself becomes redundant and this gives way to the 'oneness' of Samadhi.



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Motivation Tool No.19 – Soundtrack

Imagine you have your own life soundtrack accompanying you wherever you go. Before a job interview, before delivering a presentation or before hosting a big family event. What inspiring piece of music would you choose?

Book Club

"Mastery" by George Leonard

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

If you currently do not receive *The Energy Magazine* on a regular basis and would like to, please contact David Finney on the number or email address shown above.

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