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For enquiries call **07521 991645**

View From A Coach Window – The Energy of Conversation

Whatever we do, whether it's creating new social and business networks, sharing our aspirations, resolving differences or making improvements to the way we work or live, we do it all through the energy of conversation. Thank you for continuing to read The Energy Magazine over the last 20 months and for some of the positive feedback you have sent over. Here is a selection of some of the comments I have received:

- 'This is superb'
- 'Thanks - some interesting stuff here'
- 'This is a fantastic source of information for people'
- 'This is good. I particularly liked the bits on Meditation'
- 'Really enjoy the mags, great bite size stuff, with a big message, thanks again'
- 'I have read a little of your Tuning the Mind book. The practicality of it is enjoyable'
- 'Have liked the magazines thank you, they're a good little read with some little gems'
- 'Thank you, yes it would be great to receive this. I'll have a read with a cuppa later today'
- 'Thank you for continuing to send me The Energy Magazine. As always I find it very useful, very reader-friendly and very informative'

Looking ahead I can now update you with an exciting change in the publication. *The Energy Magazine* is going to be merged with *Energy News*, a seasonal bulletin containing bite-size articles for people working in businesses of all sizes. I believe this dual publication will suit those who like to read both business and lifestyle articles and if you are someone who just likes to read one or the other, you can simply select the items that are relevant to you just as you would in a newspaper. See you later in September!

DavidFinney@theenergyofconversation.co.uk

The A-Z of Meditation: Tapas

Jainism is one of the world's oldest spiritual cultures, possibly pre-dating both Hinduism and Buddhism. Jain meditation is centred around following The Tapas - a set of strict disciplines which include the chanting of the Ahimsa mantra, a Sanskrit word meaning "non-violence" in both thought and in action. To practice:
Breathe in and internally recite "Ah";
Hold the breath and internally recite "Him";
Breathe out and internally recite "Sa" (Sah).



To read more from "Tuning the Mind, The A to Z of Meditation" click [HERE](#)

Communication Corner



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Motivation Tool No.20 – Treat

Did a good job recently?
Organised a great party?
Completed an assignment?
Listened to someone who needed a friend to talk to?

Reward yourself with a treat, you deserve it.

Book Club

"Awaken the Giant Within" by Anthony Robbins

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