

The ENERGY Magazine



2010 Edition

The **ENERGY** *Lifestyle* Magazine



Welcome from The Editor

Thank you so much for your interest in The Energy Magazine which is brought to you by **The Energy of Conversation**, an organization dedicated to learning and improvement. *The Energy Magazine* is a monthly publication and this is a special annual edition compiled from each of the issues in 2010. I do hope you enjoy it and if you'd like to send any feedback or ask any questions, please call me on 07521 991645 or email DavidFinney@TheEnergyofConversation.co.uk

Very Best Wishes

David Finney

The Energy of Conversation Ltd

The ENERGY Lifestyle Magazine 2010 Edition

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Issue 1: January 2010

For enquiries call **07730 963299**

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

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www.the6energies.net

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



Issue 2: February 2010

For enquiries call **07730 963299**

View From A Coach Window – Brand Power

In this second edition of The ENERGY Lifestyle Magazine we begin with some thoughts on personal branding. When you walk down the street and see the 'W' of Waterstones or the 'M' of McDonalds, you know exactly what you are going to get when you walk through the door. If the logo of your name was on a high street forecourt, what would people get when they walked in the door? What is your unique branding and identity?

Now imagine we bumped into each other inside a lift and I asked you what you did for a living. What could you say within the 15 seconds it takes for me to get to my floor that would have the most impact? Have a think and write an "Elevator Speech" that describes your job in the most interesting way you can without mentioning your job title, department or industry, incorporating your unique brand and identity. If you are in between jobs, create an Elevator Speech for the job you'd most like to get.

Our special guest this month is Kim Pearson who will introduce us to the Bowen Technique; and then we will continue our journey through the meditation alphabet while the second in our series of motivation tools is shown right.

Bowen Therapy – Kim Pearson

Bowen Therapy consists of a series of gentle precise moves. Practitioners are able to discern stress build-up in muscles and soft tissue enabling them to perform specific Bowen moves to assist recovery and pain relief. The technique should be considered for problems such as back and shoulder pain, sciatica, knee problems and sports or work related injuries. A session usually lasts from 45-60 minutes and frequently results in a deep sense of overall relaxation, allowing the body to recharge and balance itself.

For further information visit www.bowenhealing.com or call Kim on 01954 204142

The A-Z of Meditation: Breathing

There are countless breathing techniques used in meditation. Take a moment to relax and observe the way you breathe. The most natural way is that as you breathe in, the abdomen expands. This is the way newborn babies and animals breathe. Here's a simple method you can try called the Taoist "three cycle method":

1. Breathe in (slowly through the nose with the abdomen expanding)
2. Hold the breath (for a few seconds)
3. Breathe out (slowly through the mouth with the abdomen contracting).



Communication Corner



Ted spotted Ned sprinkling bread crumbs over his garden lawn.

Ted: The birds have gone south.

Ned: Sorry?

Ted: The birds, they've left for the winter, there's no point in leaving bread out for them.

Ned: Oh, it's not for the birds; it's to keep the zebras away.

Ted: But there aren't any zebras within a thousand miles of here.

Ned: Yes; effective isn't it?

(Based on an old Sufi joke)

Motivation Tool No.2 - Bounce

A very simple and effective way of sourcing inner energy and motivation is to jump up and down six times while clapping at the same time.
WARNING: uncontrollable laughter sometimes accompanies this exercise.

Book Club

"The Power of Now" by Eckhart Tolle – simple, delightful

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Issue 3: March 2010

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Communication Corner



We are disturbed not by events, but by the views which we take of them.

Epictetus, Philosopher of ancient Greece

View From A Coach Window – Communication Heroes

What Big Conversations are you currently avoiding? If you need to have a difficult conversation with someone and are not looking forward to it, try using the HERO Model and adopt the following mindset:

Start with the premise that you are both **H**uman with similar needs and concerns; adopt an "I'm ok you're ok" approach". Show **E**mpathy and seek to understand the motivation behind their behaviour. Demonstrate sincere **R**espect to the person whatever has gone on in the past. Talk with an **O**penness that will build bridges and move things forward. Ask yourself: what can I do to improve this relationship? What would be the benefits of having this conversation? What are the costs of not having it?

Our special guest this month is Frankie Hall who is going to tell us a little about what Counselling brings to her clients; then we will continue our journey through the meditation alphabet while the third in our series of motivation tools is shown right.

DavidFinney@TheEnergyofConversation.co.uk

A Safe Place To Talk – Frankie Hall

Counselling provides time, space, empathy and a safe place to talk, breaking down the emotional blocks that prevent people from finding inner confidence and peace. There are times when conversations are unfinished and issues are not addressed. Sometimes anger becomes repressed, but the soul remains agitated. The fast pace of day to day living leaves us little time for reflection and suddenly another year has gone and we are still living a life that is wrong for us. Eclectic counselling draws on elements of different therapeutic models which enables the counsellor to select the right approach for the individual and their situation.

Frankie Hall is a fully qualified eclectic counselor; visit www.frankiehall.co.uk

The A-Z of Meditation: Counting

The essence of counting as part of a meditation exercise is to focus wholly on each number as if nothing else in the world existed apart from that number at that moment. Here is a simple exercise you can try:



Breathe in - take in a deep breath through the nose, and as you do so, count 1
Breathe out - let out a deep breath through the mouth, and as you do so, count 2
Breathe in - take in a deep breath, and as you do so, count 3.
Breathe out - let out a deep breath, and as you do so, count 4 and so on.

Motivation Tool No.3 – Create

Create something - a poem, a story, an article, a model, an idea, a special event, an opportunity, a special gift, a conversation, a special moment for a loved one – and release the motivating power of creation.

Book Club

"I'm OK You're OK" by Thomas A Harris – the definitive book on Transactional Analysis in human relationships.

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Issue 4: April 2010



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Communication Corner



Initiating a big conversation is often a 3-stage process:

1. Recognising the potential positive impact of having the conversation v the risks of not having it
2. Passing the ACID test
3. Defining the essence of the issue and preparing for the conversation.

Motivation Tool No.4 – Diary

Troubling incidents can chip away at motivation levels. Releasing the incident onto paper can resurrect levels: describe the event, express all feelings, summarise learning and decide on action. It can also be also useful to record positive experiences for later referral.

Book Club

“Fierce Conversations” by Susan Scott.

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View From A Coach Window – We Need to Talk

Last month we touched on those big conversations that we need to have but would prefer not to. What is the cost though of not having the conversation? There are four barriers that can prevent us from having great conversations; next time a conversation needs having see if can you pass The ACID Test:

- Apathy** – easier to defer/avoid
- Convenience** – choosing email or text
- Interference** – pride, fear, embarrassment, anger, hurt, depression, stress
- Distraction** – workload, pressure, online communities, TV, Radio, Press etc.

Our special guest this month is Silva Garton-Rogers who will tell us about Dru Yoga; and then we will continue our journey through the meditation alphabet while the 4th in our series of motivation tools is shown right.

DavidFinney@TheEnergyofConversation.co.uk

Dru Yoga: Stillness in Motion – Silva Garton-Rogers

I first encountered Dru Yoga whilst on my teacher training course for the British Wheel of Yoga some twenty years. There was something special about Dru that seemed to touch people at a very deep level, and I subsequently went on to take the Dru teacher training course.

“Dru” translates from Sanskrit as “still point” and offers practical methods to achieve that transcendent mode we call “stillness in motion”. One of the key practices is Energy Block Release, sequences consisting of amazingly gentle yet powerful, flowing movements, helping to bring harmony, balance and good health in a very enjoyable way!

The techniques and principles support the inter-relationship between body, heart and mind, recognising the need to develop emotional resilience and mental agility, as much as physical strength and suppleness. Classical yoga postures are combined with a “soft joint” approach, so that energy is smooth and flowing. Dru Yoga is an unfolding journey of self-exploration and magic!

VISIT www.lifestream-retreats.co.uk for more information.

The A-Z of Meditation: Dhyana

Dhyana is a level of meditation which allows you to find your true nature without feeling as though you are meditating. To try it, just sit still for as long as possible and think of absolutely nothing. This is quite a challenge for those with busy and active minds. *In a nutshell: “Don’t just do something, sit there!” (Old Buddhist joke).* In the next issue we will introduce an exercise that you can practice to get nearer to the state of Dhyana.





Issue 5: May 2010



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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 Fritz – useful resource with motivational sound-bites.

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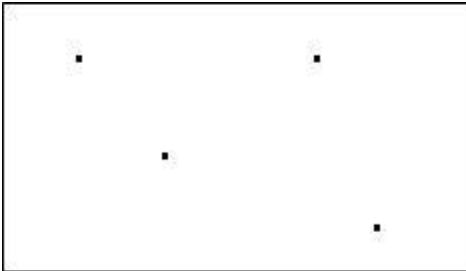
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View From A Coach Window – The Gift of Attention

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?

DavidFinney@TheEnergyofConversation.co.uk

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) 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. To find a qualified and suitable reflexologist in your area you can visit 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



Issue 6: June 2010



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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.

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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.

DavidFinney@TheEnergyofConversation.co.uk

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.

*Cathy Burdett, Pilates Foundation®, REPs Level 3, Member NHS Directory
Complementary and Alternative Practitioners 07981 239 650*

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.





Issue 7: July 2010



For enquiries call **07521 991645**

Communication Corner



When Paul McCartney woke up in the middle of one night in 1965 with a song in his head, he was very worried that he had lifted the melody from another song. At first he called it "Scrambled Eggs" and went round playing it to people to check they didn't recognise the tune. Two years later, rumour had it that he built a meditation chapel in his garden while "Yesterday" went on to become the most covered song of all time.

Motivation Tool No.7 – Goals

It seems fitting that World Cup fever should coincide with the one of the most motivational tools of humankind: the setting of powerful goals.

Book Club

"Doing Nothing" by Steven Harrison.

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View From A Coach Window – Radio Silence

Sometimes there is so much noise in your head you can't hear the birds sing when you step outside in the morning. It's a bit like interference on a radio and once aware of it, you can turn down the volume or tune in to another channel. Incredibly – and as easy as it sounds to control one's own thoughts, they often control us and can intrude like unwanted party guests.

When you are trying to achieve a personal objective it can be a challenge to quieten this interference to retain focus. In meditation you can replace this background noise with a noise of your choosing; maybe the beautiful noise of silence or your favourite meditation CD.

My thanks to this month's special guest, Daniel Thomas.

DavidFinney@TheEnergyofConversation.co.uk

Music Therapy – Daniel Thomas

Music therapy is the use of music, musical interactions and a counseling approach to work towards explicit and discovered goals. It's commonly used within special schools, prisons, mental health facilities and within palliative/elderly care settings. During regular sessions, participants work with a State Registered Music Therapist either in a group or one-to-one.

It's a highly recommended therapeutic intervention for people with a range of conditions including Autism, Cerebral Palsy, Dementia or social difficulties. Musicatwork facilitate sessions for organisations including The National Autistic Society among others. Musicatwork also run team building days and staff training.

For more information visit www.musicatwork.co.uk

The A-Z of Meditation: Guan Yin

The one who practices Guan Yin aims to conquer negative forces (within and around the self) and reach the "Fifth Level of Consciousness". Guan Yin is Chinese for "contemplation on the sound" and in this sense 'the sound' is derived from a silent meditation.



To practise Guan Yin, empty your mind and focus on the centre of the forehead in between and just behind the eyebrows - Third Eye or Mind's Eye - the 'wisdom centre'. Hindu traditions point to the soul being located here.



Issue 8: August 2010

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View From A Coach Window – Mind the Gap

The Library of Congress in Washington is the largest library in the world. In 1991 it carried out a survey to discover the books that changed people's lives. Number 1 was The Bible and at Number 9 was "Man's Search for Meaning" by Auschwitz survivor, Viktor Frankl. The book delivers two distinct messages:

1. Once someone has found meaning in their life, that person can tolerate more or less anything
2. Between stimulus and response there is a gap; within that space we have the freedom and the power to choose our response to any situation that we come across.

Managing our frustrations can be quite a challenge. Sometimes it's just a case of channeling energy. My thanks to this month's special guest, Nikki Barnett.

DavidFinney@TheEnergyofConversation.co.uk

What is Nordic Walking? – Nikkii Barnett

Nordic Walking is an enhancement of ordinary walking. It is a specific technique and not simply walking with poles like hiking. The poles are planted behind you in order to propel you along which engages the upper body as well as the legs. This makes it easier to work harder. Its popularity is now spreading across the UK due to the increased number of people of all ages and fitness levels realising its many health and fitness benefits. Outdoor exercise has been proven to re-energise the body.

For information about Nordic walking, visit www.nordicwalking.co.uk or contact Nikkii on 07989 938 242.

The A-Z of Meditation: Hara

Hara is a Japanese word for "abdomen" and is that place just below your navel. In traditional Japanese and Chinese philosophy, Hara is seen as the Energy centre of the body – the seat of power and balance and where the soul resides (*Hindu traditions place the soul just behind the centre of the forehead*). To practice Hara Breathing, you simply focus all of your awareness into this area and take in deep breaths. If practiced with steady constancy, it can lead to a pleasant tingling situation in various parts of the body – the fingertips for example. Traditionally, Hara meditation would be performed cross-legged on the floor but it is also fine to sit on a chair with your spine straight and your gaze pointing slightly downward so that the tip of your nose forms a straight line down to your Hara. Release all tension and breathe slowly and deeply, from the abdomen and imagine the breath traveling through the various channels of your body. Then return the focus to the Hara. From hereon, whether you feel energized or at peace, retain focus in the Hara. This method of meditation gave rise to the phrase "contemplating the navel".



Communication Corner



The Ifaluk people do not approve of anger so they don't have a word for it; instead they have a word "Song". If someone is in a state of Song, they must have a very good reason for it – for instance, the person causing them to experience Song must have acted in a very immoral way. Then, the person experiencing Song must find a way to express it in a non-violent and controlled manner.

Motivation Tool No.8 – Help

Offering help can be very motivating. Whether it's simply offering to make someone a drink, sharing their workload or just listening to their problems.

Book Club

"The 7 Habits of Highly Successful People" by Stephen Covey.

IMAGE by Francesco Marino

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Issue 9: September 2010

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Communication Corner



Looking for an inspiring evening or weekend course this autumn? The Institute, the home of adult education in North London is launching a brand new personal development course this month. **COMMUNICATE & MOTIVATE** is the ultimate course to enhance your self-awareness and improve your communication skills. There are a few places left: **FOR FURTHER INFORMATION, VISIT:** www.hgsi.ac.uk/courses-4330

Motivation Tool No.9 – Initiate

Sometimes a project can seem daunting. Merely making a start can be a satisfying and motivating experience. Go on, make a start; initiate something.

Book Club

"Eat That Frog!" by Bryan Tracy – *very useful time management techniques.*

IMAGE by *m_bartosch*

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View From A Coach Window – Who knows?

Who was it that said "*Television won't last because people will soon get tired of staring at a plywood box every night.*" I believe it was a 20th Century Fox movie producer just after the war. A few years earlier the chairman of IBM stated "*I think there is a world market for maybe five computers.*" And in 1962 the president of Decca Records rejected The Beatles declaring "*We don't like their sound, and guitar music is on the way out anyway.*" Ah the benefits of hindsight, but do stay true to your dreams, who knows where they will lead?

My thanks to this month's special guest, Nicoletta Adda who reminds us of the relevance of public image.

DavidFinney@TheEnergyofConversation.co.uk

What is Image Consultancy? – Nicoletta Adda

Image is a very powerful means of non verbal communication because the way we present ourselves has a major impact on our chances of success. An Image Consultant advises individuals on personal style and branding, helping them align their appearance to their values and identity. Through Colour and Style Analysis, clients learn how to best complement their natural colouring, face and body shape in line with their preferences, lifestyle and goals. The "look good feel good" factor increases our self-confidence and the belief that we can succeed. Talent alone is no longer sufficient: we must "look the part to get the part"!

For information about Pinkananas Image Consultancy visit www.pinkananas.com or contact Nicoletta on 07986 462633 or e-mail nicoletta@pinkananas.com

The A-Z of Meditation: Integral Yoga

Integral Yoga is about transformation of the whole being, rather than just one specific aspect: i.e. Physical, emotional, intellectual and spiritual. The Practice is centered round a type of breath control called Pranayama.



When practicing breath control, it is advised that the first thing to do - for a minimum of a month - is to develop long and deep in and out breaths (without retention); the second stage of Pranayama practice is 'alternate nostril breathing': close the right nostril with the right thumb. Inhale slowly through the left nostril. Close the left nostril with the right ring finger and removing the right thumb from the right nostril, exhale very slowly through the right nostril.

Then, reverse the process commencing with inhalation through the right nostril. In the third stage, you can do either of the above methods but include a period of breath retention: usually in the proportion 1:4:2 – a second to inhale, 4 to hold and 2 to exhale.



Issue 10: October 2010

For enquiries call **07521 991645**

View From A Coach Window – A Question of Balance

I have a problem with the term 'work/life balance'. It implies that life begins when work finishes. The phrase originated in the eighties and it seemed ok at the time: a way of interpreting stress, a reminder to leave the office before dark. It's a phrase we have picked up, taken on board and maybe even formed a goal around. But what if WLB is reinforcing the belief that the working day is simply a prelude to a sigh of relief at the end of it? What if these words are encouraging us to view work as an interruption in our lives?

Our thanks to this month's special guest, Nicola Court who tells us about balance via acupuncture.

*If you have concerns over balance in your life or if you are currently troubled by any work or career issues, please email DavidFinney@TheEnergyofConversation.co.uk for a **free and confidential** 30-minute telephone coaching session.*

Acupuncture: maintaining a balance – Nicola Court

Acupuncture has an incredible 2500 year history and an ability to treat many conditions that Western medicine 'gives up' on or resorts to medication as treatment... Its effects are wide-ranging and broad – holistically not focusing on isolated symptoms but treating people in body, mind and spirit, plus happily dealing with acute and chronic problems. It regards pain and illness, physical, mental or emotional, to be a sign of imbalance. The overall aim of acupuncture treatment, then, is to restore the body's equilibrium.

Nicola Court MBACc LicAc – Visit www.nicolacourt.co.uk call 07760435279.

The A-Z of Meditation: Japa

Japa is a ritualistic meditation through the (silent or aloud) chanting of the name of God (Naam Japa) or a Mantra. Japa can begin with vocal chanting and then progress to silent once the chant is permanently 'registered'. And so with Japa, one can focus on a chant and block out other thoughts. It is recommended to recite the chant 108 times; this is because the Japa Mala (a set of prayer beads) usually has 108 beads and so the number became significant in this way.

Japa usually begins with deep breathing to settle the mind and relax the body. A popular Japa mantra is "So Hum"; So is chanted on the in-breath, Hum on the out-breath. A rhythm is established and with each inhalation, one envisages a life-force entering and sending energy throughout the body.



Communication Corner



Rumor has it that the post-it note was an accidental invention created out of a glue that did not work properly.

"Success is going from failure to failure to failure with no loss of enthusiasm" - Winston Churchill

Motivation Tool No.10 – Join

A group of people can often lift our spirits when we most need it. Join an association, class or club to feel the encouraging energy of collaboration & community.

Book Club

"The Art of Happiness" by The Dalai Lama and Howard Cutler – a glorious marriage of east meet west philosophy and learning.

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



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For enquiries call **07521 991645**

Communication Corner



The Bhagavad Gita (ancient Hindu text) discusses 3 different types of energy given from 3 different food groups and explains how diet can influence state of mind:

SATTVA: lightness + purity
= a still, quiet mind
RAJAS: greed + attachment
= a restless mind
TAMAS: darkness + inertia
= a sluggish mind

Motivation Tool No.11 – Knowledge

Become energized through knowledge from study and through knowing yourself. Know your strengths and never forget them.

Book Club

"Time to Think" by Nancy Kline

BREAKTIME IMAGE by br3akthru

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View From A Coach Window – Time & Mastery

Sourcing energy when in the middle of a packed schedule is a great challenge as often energy is expended through trying to arrive at decisions. When facing a big task list, Bryan Tracy's **ABCDE** method is a quick and effective prioritization tool.

List all the tasks on your to-do list and 'code' them as follows: **A** = Must do or else face dire consequences! **B** = Should do or else face mild consequences! **C** = Could do - i.e. would be *nice* to do but would have low impact. **D** = Delegate! and **E** = Eliminate! The rule is to not do *any* ('B' or 'C') tasks until *all* 'A' tasks are completed and to not do any 'C' tasks until all 'B' tasks are completed. Then when the important work is done, reward yourself with some 'C' tasks.

Thank you to this month's guest, Penny Crowther for her article on nutrition.

DavidFinney@TheEnergyofConversation.co.uk

Energy through Nutrition – Penny Crowther

It's important to remember that how we feel both physically and emotionally and our resistance to stress, can be strongly influenced by diet. The "right" diet varies somewhat according to the constitution and health of the person. A nutritional therapist will devise an individually tailored wellness programme that includes diet as the foundation. Nutritional therapy (NT) integrates age old naturopathic principles with the latest research from the field of functional medicine.

Some of the factors looked at are imbalances such as hormone, fatty acid and blood sugar irregularities (which are often too subtle to show up in conventional tests), gastro intestinal function, immune dysregulation and poor detoxification processes. NT is about much more than eating a "balanced diet" (whatever that is!) and aims to create a balanced internal environment in which optimal health can flourish.

For more information visit www.nutritionistlondon.co.uk

The A-Z of Meditation: Kundalini

Kundalini is a multi-faceted set of yoga and meditation disciplines which include the *Kirtan Kriya* chant:



Begin by establishing an even breathing pattern with two counts on each in-breath and two counts on each out-breath. Then gradually extend to three counts on each and then to four counts. When a gentle rhythm is established, chant four sounds that represent the cycle of creation: SA (birth), TA (life), NA (death) and MA (re-birth). Each sound should match each count in the block of four.



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Communication Corner



Communication is a fascinating subject in itself and when you bring culture into it, complexities can occur. For instance, interrupting someone in a meeting can be seen as rude in one country but can signify high interest and involvement in another.

Motivation Tool No.12 – Laugh

Laughter not only triggers the release of the body's natural feel-good endorphins but is also a highly contagious activity. Watch something funny during the holiday season and roar into the New Year.

Book Club

"The Tibetan Book of Living & Dying" by Sogyal Rinpoche

SPIRALS IMAGE by jscreationzs

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View From A Coach Window – Searching for Meaning

His Holiness The 14th Dalai Lama says that the aim of life should be simply to achieve *happiness* rather than success; of course sometimes we believe that 'success' – however we define it - leads to happiness. The Dalai Lama also says that in order to keep his mind filled with peaceful and positive thoughts he has to meditate for many hours each day.

Stress affects all of us in some way at some time. There are many causes of stress and many manifestations of it too. Stress can often lead to anger or depression and affects our communication. Being angry is ok but losing our temper often has serious implications.

Next month we are going to feature the first in a 3-part guide to anger management from a specialist in this area. In the meantime we are going to lead into the holiday season with a much lighter look at an ancient healing art. Thank you to this month's guest, Emma Arden for her article on Reiki.

DavidFinney@TheEnergyofConversation.co.uk

Reiki: A Japanese Healing Art – Emma Arden

Add some get-up-and-go to your energy flow

Reiki can be translated as 'life force energy', which will nourish all the cells and organs in the body, supporting them in their vital functions. The practitioner's hands are placed over the body in a series of unobtrusive positions - each position being held for several minutes to gently re-energise and stimulate the client's body's natural healing process. A Reiki session will focus on the physical, emotional, mental and spiritual aspects - treating the whole person, not just specific isolated areas. People leave Reiki sessions feeling calm, de-stressed and totally refreshed.

Emma Arden is a Reiki Master & Reiki Teacher. For more information email queenofnarnia59@hotmail.com or call 07956 690271

The A-Z of Meditation: Laya Yoga

Laya Yoga is about sound and rhythm and the dissolving of all negative influence. Laya Yoga is practiced very simply as follows:
Lie on your back and put your thumbs or fingers in your ears.

Lie for five minutes and listen to the sounds and vibrations inside your ears and inside your head. Practice twice daily and extend the session as required. You can try listening to the sounds in your right ear first, then your left and then those inside your head, or you can simply listen for any sounds that are evident. By absorbing the mind in sound and rhythm, one steadies and settles the mind.



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