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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 MBAC 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