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For enquiries call **07521 991645**

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.

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 – 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.

