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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.

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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.

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