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View From A Coach Window – Permission to scratch

In his writings, Eckhart Tolle says that we often mar the present moment by worrying about something that has happened or not happened in the past, or by worrying about something that may or may not happen in the future. In this way we allow stress to destroy 'the now'. Meditation can help to restore emotional balance although even in meditation a beginner may get stressed because they feel they are not doing it properly. It may be because they find it difficult to sit still, to stop worrying or maybe they just need to have a scratch! In Meditation we can give ourselves 'permission' not to be perfect and this extends to our lives outside of meditation where we might give ourselves permission to feel angry or to be a little depressed about something. Of course there is a difference between showing anger in a controlled manner and losing our temper. Psychotherapist and counsellor Jenny Charles presents the second in her 3-part guide to managing strong emotions.

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Managing Stress & Anger: Part 2 – Jenny Charles

Last month we looked at the link between anger and stress and I asked you to look at balance in your life and keep an anger/stress diary. Pick up the diary now as if you had found it on the street and didn't know the person who had written it. What do you think it says about that person? If you had to give them some advice what would that be? Many people create their own stress. That isn't to say that the pressures of life aren't stressful but quite often how we deal with it is more reflective on how we have learnt to deal with it; what we experienced from those around us; or what we believe about ourselves. We often push ourselves too hard, believing we have to be better or perfect and when events in our world don't go the way we had planned we may become angry.

Step 2: Take a look around you at someone you admire who you feel handles stress or anger really well, what can you learn from them? If you could take one thing that they do and incorporate that into your daily life what would it be?

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The A-Z of Meditation: NeiGong

NeiGong is pronounced *Nay Gong* and means 'inner exercise' or 'inner work'. It is a traditional Taoist 'silent meditation' and is about 'internal energy cultivation'. In practicing Nei Gong, it is said that you cultivate The Three Treasures: Jing (Essence), Qi (Vitality) and Shen (Spirit).



At the centre of Nei Gong is breathing which is divided into 4 types: NATURAL, REVERSE, PRE-NATAL & TORTOISE. In NATURAL Breathing (aka Post-Natal or Abdominal Breathing), as you breathe in, the abdomen expands; as you breathe out the abdomen contracts. This is the breathing style that newborn babies and animals default to, the style we use when we are at our most relaxed (maybe when reading or just prior to falling asleep). Abdominal breathing creates more room to hold in more air and fills the blood with more/new oxygen and hence is also refreshing. Abdominal breathing should be slow and deep to maximize its effects.

Communication Corner



Nick Williams, author of "The Work We Were Born To Do" has written an article especially for readers of *The Energy Magazine* which includes tips on how to discover your true vocation; to read, click [here](#)

Motivation Tool No.14 – New

Something new entering our lives can be highly motivating; a new project, a new job, a new hobby, a new life direction or even a new way of thinking.

Book Club

"How to have a beautiful mind" by Edward de Bono – *another gem from the master of lateral thinking*

IMAGE by Prozac1

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

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