



Issue 15: March 2011

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View From A Coach Window – The Six Energies

What is it that ignites your internal spark? What animates you? And how can you inject more energy into your life? The Six Energies - if sourced on a daily basis - can provide us with the required motivation: the energy of **conversation, humour, learning, meditation, movement** and **music**. If you find your energy levels dipping, from which of The Six Energies can you find new motivation? Strong emotions - if channeled correctly - can fill us with vital energy and determination and can propel us to take a stand or achieve our ambitions. If we allow them to take control, they can work against us, encourage negative behavior and destroy relationships. My sincere thanks to Jenny Charles for her 3-part guide to managing stress and anger. Here is the concluding part and do get in contact with Jenny if you'd like further information or help in this area.

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Managing Stress & Anger: Part 3 – Jenny Charles

Many people focus on the negative impact of anger, this is reinforced by messages that we hear around us or say to ourselves. Quite often what we are referring to is aggression. Anger itself is an emotion just like happiness or sadness. It can, and often is, used as a positive force to change things in the world. What message do you give to yourself about anger? When we react to stress or anger aggressively, we are effecting saying I have no control over my emotions but that could not be further from the truth. Of course you have control. Imagine you have been caught in a traffic jam on your way to work, do you shout at your boss because of it when you get to work? I doubt it, yet if it was on your way home from work, chances are you might shout at someone at home. Why the difference? Does it feel safer? Not for the person you shouted at! Sometimes our aggression needs an outlet, some examples are: going for a run; punching a pillow; having a punch bag or simply going somewhere secluded and screaming at the top of our voice.

Step 3: Ask yourself am I keeping myself and others around me safe in my anger? Who am I causing emotional damage to in my stress or anger and is it appropriate? Do I need a safe outlet for my anger, and if so what might that be?

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The A-Z of Meditation: Orbit Meditation

Orbit Meditation is concerned with The Meridian Network, a series of connected channels in the body that allow energy to flow. Taoist meditation aims to improve JING (stillness/calmness) and DING (focus/concentration). The idea is to take in 'fresh light' when breathing in and exhale the 'stale light' when breathing out. While breathing in (through the nose, slowly), imagine that all the positive energy of the universe enters your body with the breath. Visualise this positive energy as pure white light which enters all the parts of your body. While breathing out (through the mouth, slowly), imagine that all your unwanted emotions leave your body with the breath. Visualise this negative energy as black smoke, which goes out into space and completely disappears. In Orbit meditation it is the visualisation of the light that enables a full orbit in one breath.



Communication Corner



Jurgen Wolff, the author, says there are 3 essential conversations of marketing and has written an article especially for *The Energy of Conversation*. To find out more, just click on [Three](#)

To extend your network, you can connect via [LinkedIn](#)

For Energy Tweets you can follow me on [Twitter](#)

Motivation Tool No.15 – Organise

It can be empowering and motivating when you set out to organize something: maybe the spare room, the study or your office desk.

Book Club

"The Obvious" by James Dale – *sometimes we just need reminding...*

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

If you currently do not receive *The Energy Magazine* on a regular basis and would like to, please contact David Finney on the number or email address shown above.

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