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## Communication Corner



Motivation levels at work are suffering. A recent national survey showed that a fifth of the working population is not motivated at work, rising to 27% in the 35-44 age group. For further info see Page 4 of: [Changing Careers Magazine](#)

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## Motivation Tool No.16 – Project

A special project designed to achieve a high goal is one of the most motivational tools of all as the project becomes a life force of its own.

## Book Club

“Drive” by Daniel Pink

## 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](http://www.the6energies.net)

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

## View From A Coach Window – Groove Theory

A habit creates a groove or rut which can be hard to get out of. This may be habitual behavior or a routine way of thinking. The good news is that you can simply start a new groove and leave the old one behind. It is said that creating a new habit takes 21 days although for more ingrained behavior it could be considerably longer. Groove Theory says if you can identify the full range of benefits to making the change and that you are determined, in time you can create a new groove. Coaching is an effective method for starting new grooves.

Following on from our 3-part guide to anger and stress management, this month we welcome Greville Waterman, a teacher in autogenic therapy.

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## Autogenic Therapy – Greville Waterman

Taught individually or in Groups over a period of 8-10 weeks, Autogenic Therapy (AT) is a powerful and proven deep relaxation technique that empowers people to reduce stress and anxiety levels easily, quickly and safely. “Autogenic” means “generated from within” and the technique mobilizes our innate systems for healing and recuperation.

AT consists of a series of simple, easily learned mental exercises akin to meditation, which link mind and body together in association with deep relaxation. These exercises allow the mind to calm itself by switching off the body’s stress responses. Once learned, AT is a useful life-skill that can help people from all walks of life, providing a toolbox and the inner resources to maintain a healthy balance.

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## The A-Z of Meditation: Primordial

Primordial means “having existed from the beginning” and the teachings of Kabbalah go back to the Book of Formation written by Abraham. Primordial Meditation teaches natural breathing, imagining that as each breath goes out, it dissolves into infinity of space. Before the next inhalation, there will be a gap in which you should enter and discover the source of ‘pure and primordial being’.

Retain about a quarter of your attention on this breathing and let the remainder remain free. It is the gap that is important.

