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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Shaking Things Up

By Kathy Browning and Sibyl McLendon

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Do you ever turn your keyboard upside down and give it a good shake? I strongly recommend it. You will

be surprised at the stuff that falls out! Giving your keyboard a good shake every now and then is essential

to keeping it working properly. If you are expecting a metaphor here, we are not going to let you down! At the risk of sounding like Forrest Gump (life is like a box of chocolates...), life can be a lot like your keyboard! Giving it a good shake every now and again is essential to keeping it working well, too.

Now, we are not suggesting that you do anything drastic here! Don't write to us and tell us that we said you should quit your job or leave your mate. All we mean by a shake-up is that sometimes we all get too complacent, or set in our routines. We forget to stop and take a good hard look at ourselves and what we are doing. It is really easy to get into feedback loops, acting and reacting in the same ways, whether or not they are positive or productive for us.

In an old Star Trek, The Next Generation, the beloved Enterprise was stuck in a time warp loop, experiencing the same two days over and over again. Their reactions to this crisis, over and over again, would lead to their destruction. It was only after they became aware and changed their reactions, that they were able to escape the loop.

We all do this. We react in the same, predictable way to people in our lives, and situations that reoccur. Taking time to stop and examine our routines, and then changing the way that we act and react (shaking the keyboard) can make a huge difference in our lives! Is there a person in your life that just annoys the heck out of you? If you are forced to deal with this person on a regular basis, you may be in a loop, reacting to them in the same way each time. Try changing how you perceive this person and change the way that you respond and react to them. If nothing else, it will really shock them, but it might change the entire dynamic of the relationship.

Personal coaching can be a lot like shaking your keyboard. It can lead to a renewed feeling of peace and harmony in your life. Personal Coaches can show you the loops that you are in and guide you out

Shaking Things Up

of them, to a new way of life. It is important to choose a coach that is compatible to you. You also need to find a coach who is living what they teach. If you encounter a coach who seems to be just reading things to you from a script, and then sending you the script that they just read to you over the phone, then you need to try a new one. You should be able to chat easily with your coach. If you don't feel at ease with him/her, then you are not going to gain much from the work. All good coaches will offer you a free session, and it is your best interest to use it. That way, you can see how it feels to you, and make an informed judgment about it.

And metaphors aside, really do turn over your keyboard and give it a shake; it makes the keys work a lot better!

Kathy Browning and Sibyl McLendon are the owners of Circle Of Grace <http://www.circle-of-grace.com> They offer personal wellness and spirituality coaching based on Eastern Philosophy and American Indian Spirituality, along with a Total Wellness Plan – designed specifically for you – plus the free Sacred Treasures Kit, makes for a coaching experience you won't find anywhere else. Come and join the Circle today!

Use Your Unique Abilities to Shake The World

By Wendy Hearn

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I awoke to the feeling of being shook and felt scared because I didn't know what was happening. It later transpired that we had experienced an earthquake. As I reflected on this occurrence and my feelings at the time, for me, it was a metaphor for shaking up our lives. What do I mean by shaking up our lives? I mean taking the opportunity to really go for our dreams or to take that leap of faith, that step that feels huge. Most people don't take the opportunity to shake or change their world, or even their own environment, such as work, family or community.

Shaking up your world means taking your own unique ability, strengths and gifts to either change things dramatically or to make progress towards change. The number one reason that I see stopping people from doing this is that they are unaware that they personally have so much more to offer. There are also the people who at times have fleeting thoughts of their brilliance, but they let these thoughts pass without belief or action, probably due to fear.

Shaking Things Up

I believe that you as an individual possess much more than you ever tap into. This may be in the form of wisdom, skills, beliefs, strengths, intuition, ability, and gifts.

A whole unique combination of all these things belongs to each of you as individuals. It may seem easier to play small in the world and not to look at your unique and true potential. However, by doing this, what are you and others missing out on?

Just as the earthquake was scary for me in the feeling of being shook, it can feel very scary to consider what you have, that potentially could add to or shake up your life and possibly others around you. Fear is a major factor that holds people back from going for many things. Thank the fearful part of you for being there, become its friend and embrace it on your journey, rather than be stopped by it. If rather than being stopped by fear, you took it by the hand and led it forward, what could you offer out to the world? Perhaps you're someone who works in a corporate company and has some insight into improving communication,

employee retention or leadership development. Possibly you run your own business and sense that there is a more innovative way of offering your product or service. Maybe you're an individual who wants to build a stronger community that you live in or have ideas on helping drug-addicts or single mothers.

Although it may feel scary to consider what you have to offer, it can also be very exciting. I believe that you do have a sense of your magnificence, even if it's buried very deeply. Perhaps you just haven't given it an opportunity to be unlocked and to shine brightly. You can unlock this at your own pace and this usually requires you stepping out of your comfort zone. Although when you first step out of your comfort zone it may feel difficult and fearful, you will at some point become comfortable again. The first step out of your comfort zone is to start the process of seeing clearly what you have to offer that may potentially shake the world. Whether you have much of an idea of what it is or not, start by committing your thoughts to paper. This allows you to see it clearer as it is today, and the opportunity to add to it and explore it more. Exploring it more involves considering the following:

Shaking Things Up

- What are your ideas?
- What are you really good at?
- What do you want to change?
- Your values.
- What's important to you?

At this stage you may not know how you're going to go about using your unique abilities and that's okay. Continue to write about them, dream about them and allow yourself to get really excited about them. When your enthusiasm and inspiration is increased dramatically, you will find that you naturally know what needs to be done. Your excitement and inspiration is infectious to people around you, even if they don't know of your idea. This often draws the right people and opportunities to you.

What I want for you is to stop playing small and discover what your unique brilliance is.

Wendy Hearn Personal and Professional Coach She works with business owners, professionals and executives to discover and unlock their own inspiration, to effortlessly take the actions required to have the success they desire. To receive Wendy's free newsletter, send an email to: newsletter@wendyhearn.par32.com <http://www.Business-Personal-Coaching.com> Copyright 2002,

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