



June '08 e-COACH

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Coaching for **conscious living** &
planting the seeds to put **soul** back into
business from the inside

mind•body connection for **change**



philosophy towards **SELF MASTERY**



"And the day will come when the risk to remain tight in a bud was more painful than the risk it took to blossom" - author unknown. These words stuck to my bones as I read it, almost as if I was ready to understand its meaning, like a nursery rhyme that remains long after you hear it...

When it seems like we just do not know which way to turn, we feel compelled to take action. Inside of us we feel divided and there is an expectation that the answer should come from outside of us. If this is how you are dealing with crossroads in your life it might leave you feeling energetically drained.

Sometimes we carry on dancing with it, hoping for a miracle to appear out of thin air. Other times we avoid dealing with it and develop coping skills that

Is this why the ancient map makers wrote at the end of the drawn maps "here be dragons"?

How are we supposed to overcome our fears where we find our deepest pain? Why even go there? We have learned from experience not to go there – we rather *mask it* with *dragons*.

To deal with the underlying fear, we need to face the dragon that mask it. The dragons can also be called our different identities as mother, business owner etc. Or if we look at personal qualities our need to appear *strong* when we are really hiding our *weakness* is also a dragon-mask.

The reason the risk of staying in a tight bud is becoming too painful is because the **coping skills** that mask the pain

might eventually prove unresourceful. Hopefully we have the courage deep inside to feel like that pain from the bud – the pain that is becoming too hard to bear and it is then that we are ready for change.

This change is not something that only take place on the outside. In fact the outside is a clear reflection of our inner reality. The change needs to happen on the inside to sustain the change. When we are ready, whether we move away from the pain of being a tight bud, or towards being a blossoming flower – we are making a conscious decision to face our fears of becoming something else.

In neuro-linguistic programming this is called the '*map*' – the way we relate to our reality. We have a map of the *tight bud*, but we do not yet have a map for the *blossoming flower*. Our fear is **not knowing** what we will be dealing with? We have no map of relating to being a 'blossoming flower'.

from the fear is no longer working the way it should. What was once resourceful has now become **irrelevant?** What we want or our environment has changed. Change within ourselves is demanded to evolve as a human being.

What opportunities exist beyond fear?

Liberation and freedom to be true to your potential is the reward. When you make the decision internally to accept the consequences of the risk of what you do not know, you are free from the fear. You accept it and you let it go. There in lies the freedom.

Freedom allows you to be whoever you want to become, and to direct your energy in the direction of your dreams.

“What is holding you back?”


Learn more about how you can benefit from life philosophy coaching contact Adele at agreen@global.co.za.

facing your inner **FEAR**itale

To find the dragon
Go beyond the senses
Look inside the fire of knowledge
Dragons stay in darkness of the cave
Where the key to freedom is being hidden
from our conscious vision
When you find the dragon you will face
your fear
Look the dragon in the eye
It will bow to the purity of your intention
You will find you are the dragon's master
And you always were
What was once painful
Now becomes the gift you give yourself
And remember fear only fear itself




THE DRAGON- the real life experience



What one client said about Life Philosophy's freestyle sessions:

"When I started, I had no idea what to expect. As I started the process I realised where the blocks lay, thanks to your astute guidance in the right direction.

When I got home, I continued what you asked me to think about, and came to some very important realisations that had been sitting below the conscious level. I know that now I have to absorb what I have discovered and gently release the unproductive thoughts that are not serving me any longer. I know that this is not an overnight process, and the changes will be far reaching. Thank you for facilitating this process with me, it could have been years before I reached these realisations on my own. Having someone to coach and guide me has been profoundly important, as we have so many excuses not to deal with these things on our own."



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