



May '08 e-COACH

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Coaching for **conscious living** &  
planting the seeds to put **soul** back into  
**business**  
**Synthesizing** meta-coaching, NLP  
and kinesiology to **change**  
**behaviour** in mind•body•spirit



## adventures with my **FIRE WALK**



*I believe that I am always at the right place at the right time.* I questioned this belief as I stood in front of the hot coals that came from the huge bond fire next to me. The fire walk was a 5-6 meter red path ahead of me. In the background the universe echoed the relevance of my experience with fear as the raindrops tried to distract me and the lightning lit up the evening sky.

As I walked across the hot coals I faced my dragon – “Can I (little Adele) really defy the law that fire burns?” I learned that there are no mystical issues at play here as an inner illusion of the environment, but merely the ability of the mind to control the body.

This is echoed by the thought leaders of our time - Bruce Lipton, a cellular biologist specialising in cloning (Biology

And folks that is all there is to it. You keep your attention in the present on the goal of your choosing, instead of what is happening around you. You focus deliberately and with intent. You believe...

FACINATING stuff that we can defy the laws of nature with our minds *with merely being in the moment* as FEAR cannot operate here and now. I was scared to death thinking about it, but in the moments that counted I was present to the desired state of *cool moss*.

*Imagine if you could **just FOCUS IN THE MOMENT** what you could achieve in business today?* Action speaks louder than words!

Imagine a world without fear. A place where problems are mere events that

of Belief) and Deepak Chopra, a medical doctor who achieved success with many terminally ill patients (Quantum Healing).

Technically our physiology is controlled by our brain's neuro chemicals. Eastern literature vividly describes the fire walk experience by yogis. Research now supports that our minds hold the space for the body to act on. It is our beliefs that support our behaviours. If our beliefs are integrated into our being, then we will act accordingly. On paper this is very possible, but *the proof is in the pudding*.

The LESSON here is to *hold a vision with intense focus*. Your body has to believe without a shadow of doubt that those hot coals are COOL MOSS!

serves to align our values. There is total focus in business and play on our strengths and attaching a meaning so great that it manages to hold our minds ransome to succeed.

### **What opportunities exist in this place of fearlessness?**

Hold your vision so powerful and focussed that no limiting belief can block your view. This is the sacred space where we empower us to see our options. Are you focussed on the solution or the problem?

"What do you see, hear or feel?"

&

Are you in the moment or living in the past or future?

*"Energy flows where attention goes"*

## finding your inner TRUTH

I am spirit in a human body  
Because this is my way to evolve  
Therefore I experience change  
After I make meaning of it  
While I am present in the moment  
Whenever I feel with heart and soul  
So that I can just be who I truly am  
As if I am part of everything else  
Although I know everything  
In the same way that I recognise my truth



## IMAGE WATCH- attitude with latitude

*When life offers you many lemons,  
make them into lemonade.*

Are you aware of your attitude  
towards problems and how it can let  
you to grow or feel stuck?

ATTITUDE RECIPE– latitude lemonade

- Bring on those problems?
- How can I use this as a source of income, since I have so many and they cost so much to create?
- Use every problem as feedback to improve my life experience?
- Take on beliefs that support problem solving?
- Choose what I focus on by working with them towards my goal?
- Choose what you are responsible for (1) the person or the (2) events that occur.

Stretch goal method –  
Use every problem to generate  
motivation in the system towards your  
biggest dreams?

TIP – where there are problems there  
are unexpected outcomes, which  
create lots of emotional charge.



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