



combining coaching & kinesiology
is our speciality

our passion
professionals and corporate leaders

- coaching
- kinesiology
- team intervention
- corporate wellness

The balance of. Being vs. Doing

This is the age of thought leaders that influence as opposed to managing people - a paradigm shift is on the horizon.

"Are you ready to be what you do?"

I can not help but to refer here to Eckhart Tolle's work of art "A new Earth" that so many are now reading as a kind of pop psychology in which he highlights the role of the ego.

Being in the business of facilitating change I often observe resistance and often recognise this as the ego.

Out of balance ego can let us feel stuck- like when things are not working out. If we can call the game and recognise it for what it is, we now have a chance to align the ego with the self. This generally results in a sort of surrender or acceptance. And this is how we let go and let the magic happen.

Taking that step to transit from fear to love releases us from resistance. When we are able to create the change we desire, we have to become that person with aligned thoughts, behaviours and values in order to be authentic.

Breaking through being afraid to live is about motion and the opposite of 'stuckness'. Kind of like walking, *we keep moving forward not really knowing where we are going* until we put our feet down on the ground to balance us. How do we do it? We have forgotten and taken it for granted. We don't know **how** we do that any more. But when we have to move forward from fear it is the same. Not sure where we are going, we need courage, faith and trust in something bigger than us – like a dream. We need to take a risk voluntarily. It is an active movement. While we feel stuck we go in circles until we find direction towards something which is more important than that which is holding us back..

By pulling it apart as many of our analytical types do we realise that it has its roots in our ego. There is generally an ego investment in what we can not let go of, and when we uncover it we can see it as something separate from us. Until that point we experience this as taking it personally at an unconscious level. The issue is really how it relates to us – **who it makes us when we change**. And we ask the question: "What part of our identity do we have to give up."

When we take it apart, because we realise it is not fixed it can be changed. Moving anything from the unconscious to the conscious allows us to choose in the moment. To choose who we are and not be limited by our conditioning. (Remember Pavlov's dog that salivate every time he hears a bell even when no food is presented anymore.) What becomes available to us is that we are given a conscious choice to choose who we want to be. We may even choose to become what we do, and great if you love what you do.

Work is love made manifest – The Prophet

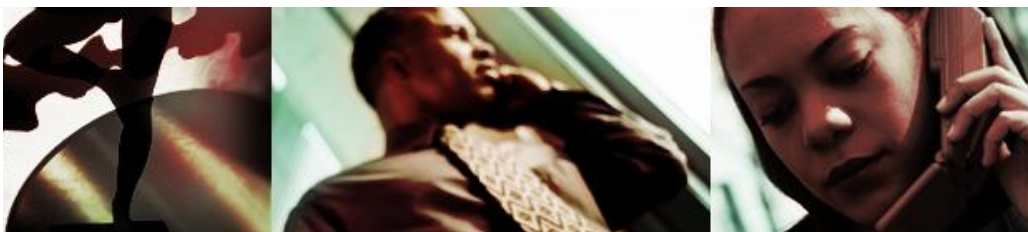
Something else is happening which has not been clearly defined in the cognitive sciences, but it is indicative of what we refer to as flow.

Think of when you are running and although you are performing optimally what should be hard is easy, and it happens automatically. You are in the zone.

This phenomenon, synchronicity, was first coined by Carl Jung. This is what leadership calls for today. To become what you do, to love what you do and become part of something bigger than you. And this is how we are making a difference in the world.

"We let go of resistance and ego- attachment".

We become what we do – or do we do what we are?



life PHILOSOPHY dream

What is next –

Launching personal **workshops** of common interest. So far we have a program for SPIRITUALITY Money and SYNCHRONICITY planned again in November (7th).

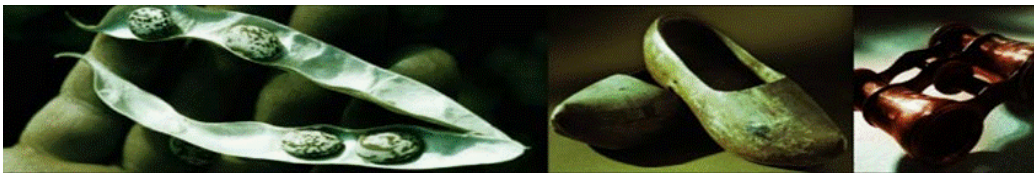
Creating **consciousness circles** as support groups for exploring personal mastery. If you are interested to learn more about these, please contact me as these will be closed groups meeting once a month.

Developing **online coaching** facility for the just in time client.

Planned **studies** towards psycho somatic integration which is all about applied psycho-neuroimmunology.

A general exploratory approach to epistemology and **researching** *how we know what we know*. This is ongoing in specialising in a new frontier thinking with our muscles and working with colleagues in a collective ethos.

The **life PHILOSOPHY** dream is bigger than me, and any interested parties are welcomed to take a leading role in any of these - please make yourselves known.



about adelé **coach, kinesiologist, artist, business owner, mother, life student, budding writer**

the mind • body coach

- ❖ Passionate about individuals and professionals in the corporate market in leading positions
- ❖ Adelé creates safe spaces for exploring, decisions, and managing potential in business and life
- ❖ She plants the seeds to put soul back into business and creates awareness in teams
- ❖ Private coaching and kinesiology sessions available at our premises in Linden at Dr Janne Dannerup's psychology practice

signature

- ❖ Combining meta-coaching with integrated healing kinesiology
- ❖ To address change with balance
- ❖ Driven by her background in corporate retail (FMCG and FASHION) with its constant demands for change makes her passionate about individuals in business today

contact us

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