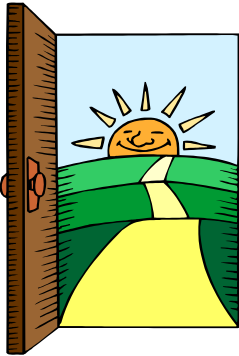


THE SIMPLE LIFE

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Self-Trust is the key...



Simplicity Life Coaching Ltd.

Find the Joy and Let go of the Struggle. Helping you de-stress, simplify and prioritise what you want from life and yourself!

One of my key areas of growth has been around learning to trust myself and my gut-feelings and this is an area I am particularly keen to share with others. The more I travel along my path of self-development, the more I realize there are few complete answers and guarantees. Whilst I want to do my best and have great results, I have become more comfortable taking risks and trusting my instincts.

So far, it is paying off! As a result of following my intuition, gut-feelings, instincts – whatever you want to call it - I have avoided unpleasant situations, made great friends and had some great successes – including starting up a new networking group for women entrepreneurs on Vancouver's North Shore. Ask me for details!

So, if you know someone looking for **balance**, **inner peace** or to work on being their **authentic self**, our contact details are at the end of this newsletter. Whether it's for more information or just a quick chat, simply pick up the phone or email me!

As always, thanks to my family, friends and clients.

Have a wonderful month, *Emma-Louise*.

THOUGHT FOR THE MONTH

"Trust your hunches. They're usually based on facts filed away just below the conscious level."

Dr. Joyce Brothers

"The Intuition Within"

We've all had those moments when we choose one path over the one our 'gut' was telling us to follow. We cannot logically explain our 'gut feeling' and so we take the logical route, only to kick ourselves later.

As a species we have evolved so far that we now prize logic over emotion and education and learning over people and relationship skills. As we continue to value the logical, explainable and rational, we devalue our emotions as crucial indicators of how life is going for us. We focus instead on the \$ value in the bank account, the car we drive, our career and qualifications.

But emotions play an extremely important role in our lives – they are a signal of how we are feeling about life - whether happy, dissatisfied or downright distressed.

Where do intuition and gut-feelings fit in? Well, these are all experienced somewhere in our bodies as feelings, whether a sense of 'knowing', discomfort or even excitement.

"So what?" some of you may be asking. It isn't logical to act on a feeling – if you can't explain or rationalize it then surely it doesn't make sense to follow it?

The thing is, it's our emotions and feelings that interpret the world for us. They let us know how the world is affecting us by taking those outside stimuli and filtering them through our past experiences and our anticipated future. We also possess a huge amount of 'innate' knowledge about things like body language that we don't always know how to verbally express.

So, consider the vast number of experiences we have had in our lives, our core-beliefs, our values and our innate knowledge. Suddenly we realize there is a great deal of information stored in our brains that is hard to logically explain or sum up in a sentence. And yet this information combined is incredibly powerful.

Our gut-feelings are simply a response to outside information that we process and compare to our vast 'vat' of accumulated experience, beliefs, values and innate knowledge.

We have got so good at repressing, ignoring or discounting our gut-feelings and emotions that we no longer know how to recognize these valuable signals our bodies send us. Obviously there are times when it is 'safer' to trust logic and reason, but if we learn to pay attention to our gut-feelings and intuition, over time we will balance logic and instinct to make better decisions.

Maybe you'll start small and begin to trust your instincts more. You won't always be right, but the chances are you will do things that are more congruent with who you are – and therefore also be happier in life.

RECOMMENDED READING

1. **The Heart of the Soul - Emotional Awareness**
Gary Zukav & Linda Francis ISBN: 0007111835
Apart from the 'Earth School' concept, which makes me think of aliens, a great book! Take back control of your life by becoming aware of and trusting your body's signals and emotions.
2. **The Tao of Pooh**
Benjamin Hoff ISBN: 0140067477
A fun and inspiring read! Wisdom (and plenty of it) found in Winnie the Pooh.

INTERESTING WEBSITES

www.susanjeffers.com

The website may be a little clunky, but the author of "Feel the Fear and do it Anyway" has provided interesting resources and an inspiring bio to read.

www.thetao.info

Lao Tzu was around at the same time as Confucius, Plato, Socrates and Buddha. A lunch-time read to learn about the person and philosophy behind the Tao Te Ching and many wise sayings including "Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power".

There is no such thing as... "Complicated"

Life is actually very simple. We get up, do what we have to do, hopefully do some things we want to do, try to be the best we can be and then we go to bed.

Sometimes, despite this apparent simplicity, we have to deal with unexpected events that happen in our lives. And it's us that make those things complicated - by how we react to them.

While we can choose how we respond to people and situations, our feelings are spontaneous and often unasked for. Life gets complicated when we react to those feelings from a place of fear or go to great lengths to analyze and build stories around our feelings and get ourselves worked up.

Instead, try allowing your feelings to just 'be' for a moment. Don't judge yourself - anger, hurt, frustration, jealousy are only bad if you think they are. If we press 'pause' these feelings reduce, saving us from blasting others, making rash decisions - and therefore making our lives complicated.

So, next time something unexpected happens, PAUSE. Then respond from a place of calm. Feelings are simple; it's us that make them complicated.

- ♥ **THOUGHT:** "You are as big as the smallest thing that makes you mad." **Unknown**

YOUR "YES/NO" METER

A simple technique to help you tune into your instinct/intuition more:

- ☆ Create a simple sign or meter in your mind where you can clearly see "Yes" and "No". Examples could be an on-off switch, a dial, a traffic light signal or even just using colours.
- ☆ Now ask yourself some questions with clear yes/no answers. For example "Do I like brussel sprouts?" or "Do I live in Canada?"
- ☆ Once you have the hang of it, try asking yourself questions where you don't know the answer.
- ☆ Once you become good at it, you will be able to use your "Yes/No Meter" even in difficult and pressured situations.

"Good instincts usually tell you what to do before your head has figured it out."

Michael Burke

"We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about."

Charles Kingsley



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If you know someone who might enjoy this e-zine, simply forward it on or ask them to send a blank email to newsletter@simplicitylifecoaching.com

REMEMBER

Gut-feelings and intuition are just extra tools available to us in the toolbox of life.

5 tips to help when making a decision:

1. Try turning your attention inwards and notice what your intuition may be telling you. You're not looking for facts, you're looking for a feeling, a sense, a 'gut' reaction.
2. Is there any unresolved energy or a feeling of discomfort? If so, you may need to clarify the situation, ask more questions, consider the impact on others or change how you approach the decision.
3. When you consider the options, how do you feel? Good ones will give you positive energy and strength. Negative options will leave you with doubts, a feeling of weakness.
4. Does the "Yes/No Meter" offer any insights?
5. As Oprah says, doubt often means don't. Maybe you need more time to come up with other solutions, or maybe the answer is simply 'no'.

Instinct is not infallible - it's up to us to learn to use it wisely.