



Coaches Corner



Edition I,

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PONDER THIS
Life Coaching with me can assist you in the following ways:

- *Every problem and every conflict has a solution*
- *All answers exist in a clear and a calm mind*
- *We are both the cause and the cure of our difficulties*
- *If you deeply wish to abolish strife, you can do so*
- *A self-harmonious nature does not create problems*
- *Use your losses as lessons in living a free life*
- *As a crisis rises to consciousness, it begins to fade*
- *Do not have a fondness for habitual, but useless, ideas*
- *Work diligently at self-insight and self-understanding*
- *Realize that your efforts to live from within are right*

Adapted from Vernon Howard, *The Mystic Masters Speak!* 1974, 1976, 1981, 1994 New Life Foundation

The Tug on The Heart title borrowed from Dr. Jon Mundy*

Dr. Jon Mundy writes in his new book, *What is Mysticism?*, "When birds are migrating to other lands, the instinct to migrate is strong. If a migratory bird is put into a cage, it will pace back and forth. It will beat its breast against the bars. It will do everything in its power to get out of the cage. If the same bird is put into a cage when it is not migration time, the bird will not try to break free. Throw it up into the air, and it won't fly far away. The tug at the heart is gone. Something tugs at the heart. We want to come Home to God. We want to fully be the Love we already are."

Do you feel the tug on your heart? Do you long to go home? Is time moving too fast or too slow? Is it fear of loss? Is it fear of gain? Is it a severe dislike of living in uncertainty? Is it a need for comfort? Is it a need for a mate? Is it a desire for the perfect career?

What tugs at your heart?

When I tell people I am a Life Coach, one of their first state-

ments is, "I don't know what I want *or* what I want to be." The unspoken is, but I know I *want* something. Byron Katie, in her book, *A Thousand Names for Joy*, says: "Once you understand yourself. . . You are the pleasure you were seeking. . . You yourself are the way and the truth and the life. . ." That sounds almost blasphemous until one actually experiences it.

If it is the heart that is feeling the tug, why not access the heart to find the answers?

This is a question that the founders of the Institute of HeartMath asked themselves. The great philosophers, mystics, sages, prophets, and writers of sacred and holy scripture all spoke of the heart as though it were to be relied upon, looked into. They described it as "thinking," "happy," "joyful," "wise," etc. "Is it the heart, the organ?" But often, I hear: "Every time I rely upon my heart, I do stupid stuff."

What is the difference between sentiment and the heart that answers? The heart [organ] is a

sophisticated, information coding, processing center, with an intrinsic nervous system or "little brain," which enables it to learn, remember, and make functional decisions independent of the head. Sentiment is from the head, a belief system triggering a feeling. The feeling does not come from the heart. *You do learn the difference.*

How do I tap into this heart that tugs me? Please see "Enter your Heart", p. 2, for more information.

ABOUT MY COACHING

As a professionally trained coach, I know that I do not have your answers. I am trained to "think outside the box", and I perceive everybody as whole; I know the answer you seek is *within you*. This is **not** self-improvement, it is delightful self-discovery. Life coaches, like sports coaches, cheer you on, challenge you, hold you accountable in an atmosphere of *belief, confidence, affirmation and validation*. **Save time and energy — stop seeking—start experiencing for yourself.**

"The purposes of a man's heart are deep waters, but a man of understanding draws them out." Proverbs 20:5 NIV

*What is Mysticism? Jon Mundy, PhD, Royal Fireworks Press, Unionville, NY, © 2008 Please visit: www.miraclesmagazine.org

Anxiety and Your Heart

In 1951, Zen philosopher and mystic Alan Watts wrote: *"I have always been fascinated by the law of reversed effort. Sometimes I call it the 'backwards law.' When you try to stay on the surface of the water, you sink; but when you try to sink you float. When you hold your breath you lose it—which immediately calls to mind an ancient and much neglected saying, 'Whosoever would save his soul shall lose it.' Further, 'Insecurity is the result of trying to be secure, and that, contrariwise, salvation and sanity consist in the most radical recognition that we have no way of saving ourselves."* [Preface to the book by Alan Watts, *The Wisdom of Anxiety, A Message for an Age of Anxiety*, Vintage Books 1951.]

Today, 2009, we seem to be more insecure than ever. We are just an "electronic signal" away from all the catastrophes in the world and we insist upon being turned on and tuned in 24/7/365 so that we miss nothing. Ironically, we are "in touch" with the world, but "out of touch" with ourselves. We find ourselves flailing about to stay afloat. We not only are *anxious*, we have full-blown *anxiety disorders*.

GENERALIZED ANXIETY DISORDER (GAD) is the most common anxiety disorder. "It starts with repetitive, unmanaged thoughts and emotions and becomes GAD when anxious thoughts and feelings are chronic for six or more months. If you have GAD, you may be irritable or edgy, tire easily, find it hard to focus, have muscle tension, or have difficulty relaxing or sleeping. The National Institute of Mental Health reports that the number of people with generalized anxiety disorder has increased dramatically since 1994, and the number of children taking antianxiety and antidepressant drugs is now soaring."

OBSESSIVE-COMPULSIVE DISORDER (OCD) is when "obsessive thoughts or impulses keep intruding into your awareness. This can be very wearing, and if you suffer from OCD you can feel like a victim of these thoughts. Obsessive thoughts lead to compulsive behaviors. Bulimia, anorexia, and cutting (on the rise in teens) are compulsive behaviors people engage in in an attempt to release deep anxiety."

PANIC DISORDER is identified by recurring panic attacks. "The heart beats fast, and there may be tension or pain in the chest. The physical sensations of panic attacks can be overwhelming and scary as you feel as if you are losing control. Many with panic disorder also have phobias or irrational fears. They often have undiagnosed cardiac arrhythmias."

PHOBIA DISORDER "is a fear of panicking or losing control in certain

situations, so those situations are avoided. There are many kinds of phobias, but the most common are fear of heights, fear of panicking in an elevator or elsewhere in public, and fear of what others will think of you if you panic."

POST-TRAUMATIC STRESS DISORDER (PTSD) "occurs after a deep emotional shock or traumatic event, such as witnessing extreme violence, experiencing war, or emotional or physical injury that has left you feeling betrayed or violated." *Transforming Anxiety, The HeartMath Solution for Overcoming Fear and Worry and Creating Serenity*, Doc Childre and Deborah Rozman, PhD, New Harbinger Publications, Inc.

MANAGING ANXIETY

In this 21st century, the *law of reversal* is alive and well. We are at war within ourselves. The more we fight and resist, the more it persists. *What does it profit us to "win" in the world and lose our soul?*

"Treatment for anxiety disorders to date have been drug treatments combined with cognitive behavioral therapies (CBT) to help you take a more rational approach toward your thoughts and reactions and better control them. CBT often includes cognitive restructuring therapy. . . Other therapies include breathing, relaxation, visualization, or meditation techniques." These can temporarily calm you, slow you down, and distract you. In the moment. You can also learn to accept and dissipate these feelings over time.

A major part of managing anxiety is to interrupt the cycle, introduce dynamic new patterns and reinforce them until they are familiar. Once a new reference pattern becomes stabilized, your system will strive to maintain a match with this new baseline (McCraty 2006). **Enter your Heart.** "It has been discovered that therapies or interventions to release and transform anxiety are most effective when they intentionally engage the heart's intelligence. You can go right to the "heart of the matter" by learning to engage with your heart's rhythmic activity. Learning to intentionally change the pattern of your heart's rhythm will change how you feel and perceive." (McCraty and Childre 2004; McCraty 2006)²



My own experience. My disposition from birth has been highly sensitive; nervous and easily agitated. Early on our family doctor prescribed vitamins and herbs to "calm that child." They work well, but as an adult, I wanted to be able to manage that myself. I learned many of the cognitive therapies and I still use them, but

the ones that are the quickest, the most effective, are the ones I learned via the Institute of HeartMath. *These I incorporate in my Spirit-Life Coaching to bring harmony to you. Call for your free consultation today; FEEL the DIFFERENCE.* ¹² <http://www.spirit-lifecoaching.com/html/tools.html> *Transforming Anxiety* HeartMath is a registered trademark of the Institute of HeartMath. www.heartmath.com