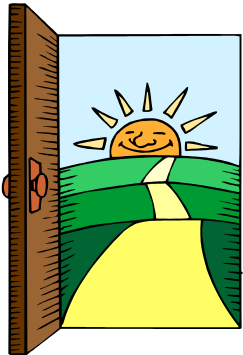


THE SIMPLE LIFE

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Take it Easy on Yourself...



Simplicity Life Coaching Ltd.

*Helping you **find the joy** and **let go of the struggle**. De-stress, simplify and re-prioritize your life by better understanding yourself and others.*

Hi there. These last few weeks have been big for me! I've finally let go of my 'inner critic'! On the drive home after a course I'd been taking I realized I have spent my entire life beating myself up – constantly trying to improve who I am, my behaviour and analyzing in great detail how I could have done things better. When did I ever just appreciate myself the way I am? At that point something in me just 'clicked' and I decided that enough was enough - no more doing self-improvement the hard way!

And so, the theme for this month's newsletter is "taking it easy... on yourself". I hope you enjoy it!

Simplicity Life Coaching offers one-on-one coaching to help you create the 'you' you would like to be, to live more purposefully and effortlessly and experience more joy in life.

If you think this might be of interest to you our contact details are at the bottom of this newsletter. Please simply phone or email for a chat, more information or maybe just to arrange a complimentary trial session.

Emma-Louise.

THOUGHT OF THE MONTH

"Self-acceptance is my refusal to be in an adversarial relationship to myself."

Thanks to Nathaniel Branden for that one!

"The Truth Within"

As children we start by being ourselves; authentic, true, wonderful beings. Yes, we may be 'selfish' beings – not yet understanding the concepts of sharing, our behaviour's impact on others – and yet we are all about love. We give love freely and seek to receive it from others. It is only as we gain knowledge, understand words and learn to read the unspoken messages from those around us that we can begin judging ourselves. And we usually fall short of the perfection that we, and others, seek on our behalf.

In Ben Renshaw's book 'The Secrets of Happiness', he states that "on average by the age of eighteen we will have been praised and encouraged 30,000 times - and most of this by the time we are 3. By contrast, we will have been criticized and discouraged over 250,000 times." It's not surprising that so many people think they're not good enough.

Maybe you can take a moment to think about the experience of being judged. I know I feel somehow lesser, inferior, physically restricted, maybe angry – "how dare they?" or defensive and upset – "how could they?". Not nice feelings to have.

What about when we do the judging? You might think back to a situation when you judged someone. How did you feel? Perhaps strength, power, correctness, a feeling of pleasure in being right, better than the other person?

So, when we judge ourselves – we are often left feeling confused. On one hand we feel defensive, upset, inferior. And on the other we feel 'in the right', superior, satisfied.

As a result of self-analysis and self-criticism we judge ourselves as falling short of the standards we have set. We learn to put on 'faces' that we think others will find acceptable. So, too often people are tired - not from lack of sleep or physical exertion - but from the effort of not being themselves. They are like actors trying to impress themselves and other people – hard work to maintain!

In contrast, an authentic person does not waste energy in these contradictions. Self-honesty reduces internal conflicts and people feel natural, at peace. Their energy is focused on doing what matters to them – not spent on conflicts.

The 'truth within' is that we are all ALREADY unique, special beings. We are already wonderful just the way we are. When we lose touch with our true nature we can feel bad, guilty, lost and afraid. It's when we remember and live the essence of who we are that we feel happy, connected and at peace.

RECOMMENDED READING

1. **Take Time for Your Life**
Cheryl Richardson ISBN: 0553813013
An easy to read book that encourages us to put ourselves first. On an aircraft they tell you to put your oxygen mask on first - before you help anyone else. Cheryl shows us a way to do this in life.
2. **Taming Your Gremlin (Revised Edition): A Surprisingly Simple Method for Getting Out of Your Own Way**
Richard Carson ISBN: 0060520221
A wonderful book that gives a nice way to think about, evaluate and learn from our 'inner critic'.
3. **Thoughts from the Heart of the Soul; Meditations for Emotional Awareness**
Gary Zukav & Linda Francis ISBN: 0743237285
Interesting points to ponder like "Emotions are only Energy" and "Perfection is the continual judgement of yourself or others as deficient"

INTERESTING WEBSITES

www.enneagraminstitute.com

A tool created to help people understand themselves. This site has various free personality tests you can take.

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

Have you noticed how it's often easier to look for the negative than focus on the positive?

We can only feel 'criticized' if we let it happen.

"If you feel blamed or criticized by others, first recognize the critic is talking about themselves. If what they are saying is beneficial to you, receive it as a blessing. If it is not about you, simply thank them for sharing and release the negativity with forgiveness and compassion." ¹

We can also apply this principle to ourselves. When our inner critic (also known as our 'gremlin') starts to voice its opinion - ask "What can I learn from this thought?". Receive the positive intention behind the thought, then release the negativity by thanking them for sharing and letting it go!

THOUGHT: When someone seems to act with unkindness, they are experiencing lack of love within themselves. They are in need of loving reminders. ¹

THOUGHT: "Children have more need of models than of critics." Carolyn Coats

¹ visit <http://www.lovingreminders.org/> for more like this



'MAKING A CHANGE' EXERCISE

An easy way to make a small change in your life:

- ☆ First acknowledge where you are right now. What's good about the current situation?
- ☆ Where would you like to be? On a scale of 1 to 10 - where are you now in making this change?
- ☆ Now, **focus your attention** and **simply start to notice** your behaviour in the area you would like to change. No criticism of self, just noticing - "that was good", "that bit could be better".

NB. It's VITAL your thoughts stay neutral - an observer noticing the facts who has no opinion, just interested noticing...

You should find as you continue 'noticing' that you naturally begin to improve. As you focus on where you want to be and place your attention neutrally on one area, the brain gradually & effortlessly makes minor corrections until one day, boom, you're doing it!

"Be patient with everyone, but above all with yourself."
St. Francis de Sales

Simply call or email to find out how coaching could help you or to arrange a complimentary trial session



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If you would received this from a friend and would like to receive future copies of this newsletter, simply send a blank email to newsletter@simplicitylifecoaching.com

REMEMBER

We have enough judgement from others in our lives...

5 ways to be kinder to yourself:

1. If everyone behaves to the best of their ability at any given moment - try applying this to yourself next time you make a mistake! You did the best you could AT THAT TIME. What can you learn? What will you DO differently in future?
2. Don't wait to receive a compliment. Pay yourself one - out loud! (just check who is around to hear you first!)
3. OBSERVE yourself with interest and compassion. Be CURIOUS not critical.
4. When you're feeling down, angry or fearful try stating your emotions in terms of what you would prefer. This way you focus on the positive instead of being drawn into the negative eg. "I prefer it when I am smiling" instead of being, "miserable", or "I prefer to be content" instead of being, "bored".
5. Try thinking of your emotions as your friends - even the painful ones. They point you to an area that could benefit from change and only you know what that could be.