

- > personal life coaching
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# our thoughts

## The Guest House

This being human is a guest house.  
Every morning a new arrival.

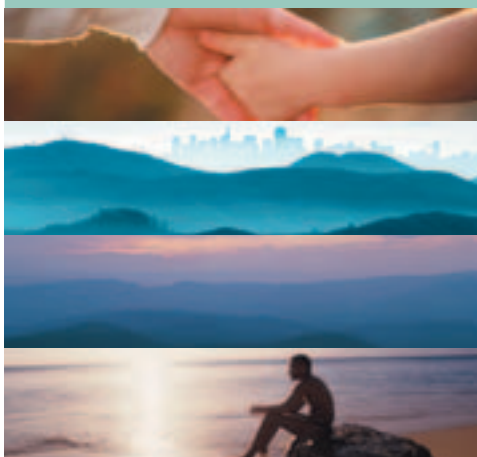
A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honourably.  
He may be cleaning you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

Rumi 1207-1273



We would like to begin by thanking everyone for registering for the truepotential newsletter.

We will be producing a quarterly newsletter aimed at keeping everyone up-to-date with the best articles, books, cds, research, and current issues in the world of personal development, coaching, meditation and business.

We would encourage our subscribers to contribute to our newsletter, and welcome your opinions, interests and suggestions. Please email: [newsletter@truepotential.co.uk](mailto:newsletter@truepotential.co.uk)

## Life Purpose

The theme of this issue is life purpose. This is a time for going on holiday, seeing other parts of the planet and perhaps realising that we can really travel to anywhere we wish. However we only consider doing this for a few weeks of the year.

We could actually work and live anywhere, but most of us stay within a relatively small area. When we think of our life purpose we sometimes adopt the same principals. We could actually do anything, anywhere in the world, if we really believe we can do it.

Think of something you are really passionate about and there is your starting point, something you would actually do for free because you enjoy it so much. Then create a business or a job for yourself. Make the first step and see where it leads, be open to experience. Don't have a vision, just a direction. Follow what arises and unfolds.

Sounds easy doesn't it?

Of course it isn't, you need huge amounts of commitment. You need to take a giant step outside your comfort zone, and above all, you have to trust that the universe will show you the way. Let's face it, what's the worst thing that could happen to you? - It doesn't work out and so



you start again. Once you start to think in a different way about your life, returning to old habits will not be an option.

We have just returned from the Mindfulness and Acceptance Conference in Bangor, North Wales, where we attended a workshop by Jon Kabat-Zinn titled, 'Coming to Our Senses'. We would like to use a quote from Jon Kabat-Zinn which is relevant to this newsletter when you analyse where you are going in your life...

**"Life is too short to do someone else's work".**

life  
coaching

The challenge is to be yourself, in a world that is trying to make you like everyone else.

Anon

Book of the month:

## A New Earth

- Awakening to your life's purpose,  
Eckhart Tolle.



When faced with a radical crisis, when the old ways of being in the world, of interacting with each other and with the realm of nature doesn't work anymore. When survival is threatened by seemingly insurmountable problems, an individual human - or species - will either die or become extinct, or rise above the limitations of their condition through an evolutionary leap. This is the state of humanity now, and this is its challenge. This book's main purpose is not to add new information or beliefs in your mind, or try to convince you of anything, but to bring about a shift in consciousness, that is to say awaken. This book is about you - Eckhart Tolle.

TruePotential rating ★★★★★

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# The Child within

Anyone who has experienced a young child discovering the world will know that the questions are endless, nothing is taken for granted, everything must be examined in infinite detail, and if we are lucky, an answer will finally be accepted after all possibilities have been exhausted.



Some people describe this period of a child's life as the "Why" time, learning by questioning. When we grow up we seem to lose this wonderful curiosity and settle for the easy way, forming habits and accepting that it must be the best way.

We stop seeking answers and let our conditioned mind dictate the direction we should go, when there might just be a better way.

Reverting back to our childhood learning patterns could open up a whole new way of tackling life's problems or building a business, ask yourself -

**Why do I do it this way? Is it the right way?**

**What other options do I have?**

**Who could I ask to help me with this?**

**Does everyone tackle this the same way?**

**Where is the best place to find the answers?**

**Be curious, inquisitive, don't accept the first answer. Keep asking the magic question WHY?**

This approach can be adapted to any part of our life, take confidence. To start building greater self

confidence, we must return to the child approach we once had, that wonderful curiosity, no fear just try it attitude. When we wanted to learn something we watched how to do it and kept at it until it happened. We didn't give up, if we failed a few times so what, let it go, keep moving forward, and guess what - with that positive attitude we learned to walk and talk and so on.

Fear of failing did not enter our head, and most important through all this we smiled and enjoyed ourselves and lapped up the applause when we succeeded.

So let's start again, but this time with a new approach, let's forget "I'll try" or "I would love to do that but", or "Oh I can't do that", let's forget about the past, let's not worry about the future, let's just concentrate on now.

Take the attitude that each challenge, each goal we think is beyond us, is just like riding a bike. At first we might wobble a bit, we might need some support, we will probably fall off a few times, but with practice we will eventually just let go and do it.

**When we have our confidence there is no limits to how far we can go.**