

'yto - one'

Newsletter – June 2008

"Not life, but good life, is to be chiefly valued."

Socrates

Hi All Our Valued Friends, Partners, and Clients

June 2008

Welcome to our sixth edition of 2008 of 'yto - one'.

Theme for June – Make The Hard Decisions And Life Will Reward You – Values Part II

Welcome to June! Choices! Choices! Choices! That has been the mantra from many of you over May and you moved yourself out of your boundary conditions and learnt to be more flexible in all situations! Outstanding. For June, with the beginning of Winter, it is often a time when we turn inwards, of reflection and hibernation, and so also an ideal time to make those inner changes. I would like to dedicate the commencement of Winter to a previous theme (See Oct 07 Newsletter) – Values – however, in Part II this June, we emphasize what happens after we decide to follow our value system (and at times this can be painful in the short-term) and how we can deal with the transition until the Sun shines again and we are rebuilt even stronger! Infact, just like a hand in a glove we will feel more congruent when we live in alignment in this way. In a nutshell it is how to make the hard decisions and get life to reward you!!

For a Revision on Values Part I: Please refer back to October 2007 Newsletter for a detailed analysis on Values Part I.

Dedicated to Three people I know...

I have had the privilege recently to come across a number of people who have bravely decided to follow their values. I would like to honor them right here and now. One person I know had their integrity questioned at work – he now has started his own Real Estate Agency and is getting incredible referrals. Another person I know left a workplace where she was being bullied and now she is moving interstate and changing her life in many positive ways. Another person I know has ended a relationship with someone because there was no truth or commitment – she is now building up her qualifications, her career, and her self esteem. However, there is something I want to focus on in this Newsletter...about the stages we go through when we make our values-based decisions, and this transition is not always easy.

The Decision To Follow Our Highest Values Often Can Be Followed By A Sense of Loss/Pain/Fear/Sadness

After making the decision to follow their values in all the three circumstances above, each person went through a major transition of a range of painful emotions. Obviously, the person whose integrity was questioned in the workplace, had to stand his ground, and when it was clear he was not being listened to, he ultimately had to resign (imagine how you would feel?). The second person when she confronted her boss who led an organization of bullies, realized it was a culture that was entrenched with accepting this kind of intolerable behavior, and she decided to resign rather than dread going into work every day. She was a single mother with a small child (imagine if you were her what your future might be looking like?). The third person who in rediscovering love again, only to be disappointed by betrayal, decided she would not tolerate that situation and broke the connection (imagine if you were her, what you might say to yourself?).

In all these cases, the people felt loss, sadness, anger, fear, perhaps even guilt. There was loss in all of these situations, perhaps the loss of relationships, or possibly the loss of income, perhaps the loss of security, perhaps the loss of perceived reputation, and possibly the loss of a life-long dream shattered. The list can go on. **However, in each case the person bravely moved forward because he/she had the courage of their convictions. They followed the compass of the Values.**

Short Term Pain For Long Term Gain

If you had spoken to all three of the people above whilst they were going through this turmoil of the after-shock after making their values-based decisions, you may have felt that their world had ended. **For in a way it had. Each was letting go of something that was not working in their lives and this can be painful.** So, I really want to emphasize here – that you may have feelings of "why did I make this decision?" "perhaps I could have just stuck things out?" or "I've really destroyed my life now?" and this is 100% normal. Because

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you have stepped out of your comfort zone and whenever we step out of our comfort zones there are incredible feelings of discomfort, and possibly fear! However, now for the good news....

The Good News After You Have Followed Your Values – Your Character Develops

It may take some days, weeks, or even months but you will start to let go of the disappointment (by the way we have strategies to teach you about this transition stage) and then suddenly one morning you will start to feel different. You will feel the sadness has gone. You will remember the situation/person that you left behind however it won't have the same emotional attachment – you will be in a sense disassociated from it. **And then something else starts to happen – you will have a breakthrough! Yes, that is right – a breakthrough!** You will have a realization that you had been "kidding yourself" whilst you were in the old situation/relationship because deep down you knew you were not living congruently, **and now with this newfound confidence as being a person of character, of integrity, of being able to stand for what you value, something will change within you, your courage will emerge and you will step back into your own power. You will feel that you deserve even better. And then from that you will also find it easier to follow your values in other areas of your life.** Infact, in all three situations we talked about earlier, each person not only changed that one specific area of their life, they also changed locations, friendships, support networks, life directions, etc – so by following your values means that your life starts to shift into true alignment.

What Happens Next – Synchronicity!

Each of these people then found that synchronistic events started to happen. It was as if the universe/higher power/god was rewarding them for following their highest values and that other people with the same value systems started to align with them, amazing opportunities appeared! **They all realized that the short term pain was worth the long-term gain from following their highest values.**

Then You Live a Good Life - What Socrates Taught

Socrates believed that living well, living pleasantly and living virtuously are one and the same. Therefore, the deeds of doing the right thing are really the secrets to living a happy life. Perhaps that is why our values are such strong driving forces because they motivate us from deep down to do what is inherently good/right.

Winter Exercise 1: Who Are You and What Do You Stand For?

Spend some time now exploring **"who are you and what do you stand for?"** (ie your values)

Winter Exercise 2: Decide To Honor Your Values

Now make a decision to decide to **honor your values and decide what it is you must do. Take Action!**

Winter Exercise 3: Find a Book That Inspires You From the Library or From a Book Shop

Find a book that inspires you over winter to start living from your deepest values. "The Invitation" by Oriah Mountain Dreamer is a book that has traveled the world by word-of-mouth and is read often at weddings, funerals and spiritual gatherings. It is a guidebook for living a life full of integrity, commitment and passion.

Many of the Greatest Philosophers Taught There were Rewards For Living a Good Life

Congratulations! The exciting news is there are rewards for those of you following your values. It is time right now at the commencement of Winter to let go of living with conflict, confusion, doubt, frustration, anger, stress, a lack of purpose, a lack of confidence and self esteem. Now take charge by honoring your values and notice how fantastic you feel about yourself, as you enjoy high self esteem, a sense of purpose, with the complete congruence between your values and your goals, like a hand in a glove, you will feel happy, healthy, and strong as a fully integrated person. You will live a life of truth, of respect, of character, or reputation. And watch the rewards! I can't wait to connect again soon with the congruent new you!

Warmest Regards,
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