TIMELESS WISDOM & PROFESSIONAL PRACTICE

WHY THIS TOPIC

- There seems to be a hidden architecture to life, to the universe…
- Principles and energies are often guiding us that we don't fully notice
- Knowledge of this dynamic architecture can help us in the material world, in our business, with money, and in our journey to become effective practitioners
- In other words, knowledge is power…
- Let's look at some potentially useful principles and distinctions here
- Let's see if and how we each can use these to better ourselves, and our professional practice…

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SOME POSTULATIONS

- Just about everything that is visible is preceded by the invisible
- Therefore, to create results in the tangible world, we need to study, understand and honor the invisibles
- We are here to learn and grow and explore our world, our inner world
- We are here to listen to the whisperings of life
- We are here to help one another experience life in a good way, to help one another heal whatever wounds we may have

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PRINCIPLE #1

- **WE ARE HERE TO REMEMBER**
- Yes, so much of life is about learning, is about adding to our knowledge base, is about accumulating information and new experience…
- And, so much of what we come into this world to do is remember
- Our cells and our soul contain so much of the wisdom of the ages, the memories of our ancestors
- We come into this world in a state of forgetfulness
- We are ultimately here to remember our wholeness
- We are ultimately here to remember our connection to a higher power

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PRINCIPLE #2

- **WE ARE HERE TO HEAL & LEARN & GROW**
- Our task is to embrace the workshop called “my life”
- Indeed, we each have our own story, our own epic tale
- We are here to make that story right
- To honor it
- To bless it
- To forgive it
- To heal the wounds, as best we can, that have caused us to pull away from life, from our greater expression and destiny

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PRINCIPLE #3

- **WE ARE HERE TO DO WORK**
- Of course, there's more to life than just work, and -
- Life requires work of all kinds, on all levels
- Work is love made visible
- Work on self is paramount to our existence
- Not everyone knows this, or believes this
- Not knowing this is a cause of undue pain and suffering
- Work on self may be some of the hardest work in the world
- Which is why so many shy away from it
- And yet, the rewards are greater than we could imagine…

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PRINCIPLE #4

- **WE ARE HERE TO UNLEARN…**
- Learning happens by addition, wisdom happens by subtraction
- We are conditioned by the world to learn much nonsense
- That's just the way life in this world is set up for us
- We are unlearning toxic beliefs of all kinds
- We are unlearning the worship of "false gods" - money, fame, power, perfection, glamor, career, hoarding, ego, winning at all costs, and much more…
- We are unlearning ways of thinking and being that we have adopted that simply do not serve us…

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PRINCIPLE #5

- **WE ARE HERE TO PLAY A LONG GAME**
- An effective life and a life well lived is born from such an approach
- This simply means we are not stuck in instant gratification
- It means we're looking down the road we are already traversing, and doing our best to make good decisions that may impact us in the future
- It means we are honoring father time in a wise way
- It means we are earning what we receive
- It means we are working with the wisdom of life, and not against it…

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PRINCIPLE #6

- **TIME INDEED HELPS HEAL ALL WOUNDS**
- So many people live in a state of stress, anxiety, fear around their hurts and ailments and challenges
- We try to fix ourselves from this place of fear, from a place where we feel as if we are running out of time
- From this place, our strategies are ineffective
- The stress response speeds up our time sense
- We heal in a relaxation response - a physiologic state that has more timelessness to it
- Our task is to “time-shift” - to relax into our healing journey…

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PRINCIPLE #7

- **IN MANY WAYS, WE ARE WOUNDED HEALERS**
- The wounded healer is a timeless archetype
- It's all about how we are qualified to help others, to serve others, to understand others, to help people along on their healing journey in large part because we have suffered with our own wounds and have gone on our own healing journey
- The wounded healer is not perfect, and is not without scars or personal challenges. But they have come a long way…
- They are drawn to helping others because they can surely empathize
- This archetype asks us to embrace and honor our own wounds, and use them as fuel to serve others…

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PRINCIPLE #8

- **WE CANNOT FULLY GRASP THE MAGNITUDE OF OUR OWN LIFE**
- There's a place where it's difficult to see ourselves, our journey, our story, and the lessons that life is teaching us
- It's oftentimes much easier to see someone else's problems, their strengths, their beauty, all of it - than it is to see our own
- That's why life made it such that there are other people in the world besides just us
- We are here to reflect each other back to each other
- That's why we seek help, we seek out loved ones, friends, or a coach…

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PRINCIPLE #9

- **LIFE IS FULL OF HIDDEN CONNECTIONS**
- There is an invisible web that connects us all, and there are invisible connections between so many aspects of the world
- This is what the sciences are based upon - seeing the connections between things that we previously hadn't noticed…
- We must train ourselves to see the hidden connections
- We must be alert to them
- That's what working with food, body, health, weight, nutrition and eating psychology is all about
- As we have been seeing, the magic of transformation is often revealed when we see the connections between our unwanted challenges - and the rest of our life…

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PRINCIPLE #10

- **WE ARE HERE TO LEARN TO SEE & EMBRACE THE OPPOSITES**
- The known universe is founded upon polarities or opposites
- Up and down, right and left, positive and negative, love and hate, light and dark, male and female, anabolic and catabolic, stress and relaxation, movement and stillness, consciousness and unconsciousness, and so on…
- We often get attached to a particular polarity - pleasure as opposed to pain, fast as opposed to slow, peace as opposed to discord…
- Also, a part of our human nature is life seeking, and another part of us is often destructive
- Can we embrace the paradox of life?
- Can we see and accept the world for what it is?

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PRINCIPLE #11

- **THE TRUTH SHALL SET YOU FREE**
- This may be more true than we realize
- The truth is a powerful force
- There are so many truths that transcend our limited knowing, truths that life oftentimes must teach us. Truths such as:
- You are lovable as you are
- Your body is not your enemy, nor has it abandoned you
- We are not broken, and there is nothing in us to fix
- We need to learn certain lessons, despite how hard…

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PRINCIPLE #12

- **THOUGHTS, BELIEFS & IMAGES CAN HAVE A HARMFUL VIRAL NATURE**
- These can literally cause the mind to obsess and self harm
- In other words, thoughts, beliefs and images are powerful
- It's our responsibility to determine when we're afflicted with such viral energies
- It's our responsibility to grow stronger than these energies
- It's our responsibility to protect and detoxify our mind
- It's our responsibility to help others in this regard

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PRINCIPLE #13

- **OUR MIND IS A TOOL: WE MUST LEARN TO USE IT EFFECTIVELY**
- Just because we have a mind doesn't guarantee it will function well
- We must learn to operate it, otherwise it will tend to go to its default settings
- One of our primary concerns in life is to **harness** the mind
- This takes work and practice and vigilance
- Meaning, learn how to use it rather than have it running and using us
- Our thoughts shape and define our reality
- Whatever the mind focuses on, expands…

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PRINCIPLE #14

- **WE ARE HERE TO LEARN TO NAVIGATE OUR DISCOMFORT**
- By nature, there is so much to human existence, to being in a body, that's just uncomfortable for us. This is the way of life
- When we effectively manage our discomfort, we can move beyond it
- When we manage it in ineffective ways, we cause ourselves unnecessary pain and suffering
- This is key to understanding our unwanted food and body challenges
- We are here to learn good ways, healthy ways, clever ways, sustainable ways, wise ways to manage that which is uncomfortable…

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PRINCIPLE #15

- **EXISTENCE IS METAPHORIC AND POETIC IN NATURE**
- The body is metaphoric -
- For example - how we digest food is often how we are digesting life
- How our body's immunity protects us is often how we protect our own heart and soul
- How we relate with food is similar to how we relate with life
- How we do one thing is how we do anything
- How we love ourselves is how the body loves us back…

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PRINCIPLE #16

- **LOVE IS A GREAT POWER, AND GREATER THAN WE THINK**
- How we love each other can be profoundly healing
- How you love your clients - meaning how you show up with an open heart, a caring heart, an accepting heart - can be deeply healing
- We are here to love ourselves along our journey, to love our shortcomings, our challenges, and the parts of us that we consider unlovable. Hating ourselves into transformation is a strategy that always fails
- Perhaps this is the core dis-ease for so many people with unwanted food and body challenges - they simply withdraw love from self…

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PRINCIPLE #17

- **LIFE IS A FLOW…**
- Meaning, things change, they shift, they transform, and there's a movement, a current that flows through us, through the world, through existence…
- In this regard, metabolism is a flow
- Meaning, the body changes, our chemistry changes, and we never quite know where the flow may be taking us, or what it means
- Our relationship with food is a flow
- It changes, morphs, shifts, has its ups and downs, its unexpected turns…
- Our task: trust the flow, more and more. Go with it. Work with it. Listen to it. Respect it. Adjust to it…

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PRINCIPLE #18

- **MONEY IS MONEY. AND IT IS ENERGY…**
- Money is value
- Cultivate your skill, and believe in the value of what you offer
- Keep giving real value if you want more money
- Keep valuing what you do if you want more money
- Value all the small successes and baby steps
- Value is something you **feel**

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PRINCIPLE #19

- **SERVICE TO OTHERS IS AN UNSEEN CURRENCY OF THE DIVINE**
- There's a magic available to us when we become helping professionals and choose to serve others
- We become conduits for an unseen wisdom and power
- We are used by the universe, by life
- We are asked to do unexpected things
- We are gifted and rewarded in unexpected ways
- Trust…

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PRINCIPLE #20

- **OUR ONGOING TASK IN THIS WORLD: AGREEING TO BE HERE**
- You are here. So you might as well truly be here…
- This is a secret to life. Agreeing to be here…
- Agreeing to life, to our life, to the life we have lived, and are living
- The sooner we do this, the better
- And it's an ongoing lifelong choice that we must make again and again
- Agree to your body. The one you have right now. By doing so, you have the best chance to shift it, morph it, heal it…

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PRINCIPLE #21

- **THE BODY IS A BEAUTIFUL MYSTERY**
- We don't know when it will feel better, worse, get sick, heal, get tired, have energy, die…
- The body has a wisdom and brilliance to it that is scientifically unfathomable
- The body is taking us along a fascinating and unpredictable journey
- The body can be a hard place to live for so many of us at so many different times
- The body can teach us some very hard and uncomfortable lessons
- The body needs us, as we surely need it
- The body often asks a lot of us
- We get so attached to the body, and then at some point we need to let it go
- And the body has given and gives us so much…

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PRINCIPLE #22

- **RELATIONSHIP IS A BEAUTIFUL MYSTERY**
- Our relationships with others defines who we are
- We are deeply drawn to relationship
- We are here on Earth because of relationship: your parents, your ancestors
- And we often learn lessons in relationship that are some of the most difficult ones, and the most beautiful ones in life
- Relationship is a paradox
- And so many of our food and body concerns are connected to, in some way, our relationship to relationships…

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PRINCIPLE #23

- **WE ARE HERE TO FIND THE LIGHT…**
- To reconnect with something greater
- A higher power
- A higher code
- We are here to move beyond the false beliefs of the world
- We are here to represent something greater
- To become more conscious
- To demonstrate that consciousness

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SOME FINAL MUSINGS

- Consistency is the secret sauce for professional success
- When in doubt, just smile and give your gift
- Find the place in you that cares beyond your doubts
- Pray, or ask powerful questions of life…
- Your client has answers. Help them discover…
- Coach as if it's your last session ever
- Be a lifelong learner
- Trust your journey…

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THIS IS THE END OF

Timeless Wisdom & Professional Practice

PLEASE GO TO

Deepening Into Weight