



Ten Weeks

To change your life forever

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News Letter

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Hello.

I hope that your month has been all that you desired and that you have made, if not great strides then, some steps towards achieving your goals.

The first of my new courses on the Law of Attraction started last week and what a bunch of wonderful people are they, who have taken the plunge into their own self development? On the course are twenty people, all different, with varying aspirations, but all are headed in the same direction, towards self fulfilment. What a wonderful opportunity. I was intending to start a Chi Yoga programme at the same time but the demand for the Law of Attraction is so great that I will now be starting a second course on Wednesday evenings from 6-8pm as of 28 February 2009. So book your place now and join us on the journey to your own happiness and the fulfilment of your desires.

I was privileged to do the key note speech at a conference in Stafford, England for Directors of Personnel from all over the British Isles. I was asked to choose a topic that I thought would be relevant to the assembled throng at this time. My choice was 'Using Love as a Management Tool'. Now, for those in the audience that were emotionally literate, mainly the women, this was an understandable topic, greeted with understanding and appreciation. Those from the armed forces and the police service seemed somewhat incredulous. Yet it would seem to me that supporting staff with positive reinforcement, feelings of well being and belonging or even giving staff the feeling that they are valued would be the art of bleeding obvious in creating a productive and committed workforce with minimal absenteeism and maximum growth. The fact that some organisations and businesses might see this as a stupid concept is a sad indictment of our attitude to our fellow man/woman.

I went on to use the same format when training some managers in an NHS Trust. While most of the people on the group were working well with these concepts, one manager was huffing and puffing, scraping his chair and nonverbally making his opinions very clear. I let it ride for a while and then turned and suggested that if he had a problem then he should vocalise it. He became mildly explosive stating that not only did he have a reduced work force and a limited budget but now I expected him to cuddle his staff as well. Needless to say he had the highest absenteeism figures of everyone around the table.

Stress is real and I would be naïve in the extreme to suggest otherwise. However, what we see as stress is often more appropriately termed pressure. The stresses that we do feel often come from the attitude that we have to the workplace and the process of work and the attitudes of our colleagues, which are often negative. We, as human beings have a tremendous capacity to achieve great things, much greater than we realise. The trick is that we don't need to slow down what we need to do, as Bob Proctor put it, is "calm down not slow down". A calm mind can be amazingly productive where as a busy mind is clouded and confused.

Gandhi said that he would meditate for one hour everyday because if he didn't then he lacked the clarity of mind to do what needed to be done. He had one exception to this rule. If he was really, really busy and the pressure was really on, then he would meditate for two hours. He maintained that more pressure was on him then the more he had to attend to his needs. We do exactly the reverse of this. The more we have to do the harder we work and the less we get done. We need to work smart not hard.

Sometime ago, in the reign of Chairman Mao, the Chinese system experimented with easing stress for the workers. In the factories a new system was adopted where for five minutes in every hour the workforce would down tools and dance about, do some exercises, but most importantly, would laugh and feel good. Not surprisingly the result was that productivity went up. We, in the West at least, are not very good at learning such simple lessons. Since the reign of Maggie Thatcher and the Yuppie ideals of 'I, me, my, must have now' the concepts of community and mutual support have been sidelined in favour of individual selfishness.

There is confusion in our society and in our thinking. We have ceased to understand that in a universe of abundance there is enough of everything for all, there are no limits, only those that we impose. There is enough food in the World to feed everyone, yet people are starving and dying. As Michael Beckwith put it, we share a virus in our thinking that in our fears of loss and limitation we have become mean and miserly. Protecting, what we see as limited resources, we deny the fulfilment to others that we demand for ourselves.

For all of us either, in or out of a credit crunch, we need to give. We need to give of ourselves and to give lovingly. We need to give as employers and managers but also as employees. We need to give as parents, and children as partners and lovers, as friends, as members of our local communities and members of the human race.

We could have, and we should have, Heaven on Earth. The power to do that is in your hands everyday of your life. So how about you share a bit of love with those around you. Think what you can do and not what you cannot, ensuring that in every interaction, communication and experience you contribute positively. So that whatever situation you are in you leave it better than when you arrived, better off for your own unique contribution.

I have included an application form for the next course, would be good to see you on it.

Take care and create your own luck, you can you know!

With love

Sean x

Sean Orford is a fully qualified and accredited consultant psychotherapist, course leader, clinical supervisor, author, coach, mentor and speaker

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