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May 2009 - Newsletter

Better late than never

Well, this newsletter is running about two weeks behind. So far, May has been a-may-zing. The 'Work' as I like to think of it, is coming on very well. The website grows by the day and the Twitter and Facebook presence is growing. Behind the scenes, the ebooks and recordings are coming to the fore, and soon the web shop will be open on the site. I have that feeling of the world being a whirl, but loving every minute. So, now, on the 17th May, I am sat at the breakfast bar; outside, the sun is shining and I thought I will take a breath and hook into the newsletter.

The next Ten Steps course begins on Wednesday May 20th at 6pm. Have good number booked but always have room for more, so don't be shy, come on down and I'll find you a seat.

This month saw the first Wirral Mind Bank which was absolutely wonderful; see the write up on the Mind Bank page. We started with a Chi Yoga session and went into a meditation, we then 'broke bread' together in a shared breakfast. It is so magical to sit with a group of good souls and feel their warmth. People really are like batteries that increase in power the more you put together. There was a lot of good energy there, and we set out the foundation for what will be some pretty good work in the future.

In all honesty, I was gently having my ears chewed about the fact that I had not completed the newsletter this month and that got me thinking. I do most of my thinking on such things in the shower; it must all those negative ions being released by the drops of water hitting the air, leading to inspirational waves of energy. I was thinking about how kind or not we are to our self. I use an example when I am running the groups which is, what do you do if you tread in a cow pat? There are a limited amount of options, the first two of which are to get really cheesed off with yourself and generally give yourself a hard time, or you can smile and look to the sky, thanking God for this opportunity to grow, develop and wake up. For me, the issues that life requires us to face are purposeful and meaningful. In that sense, life can never be a problem, only, that is, if we choose to see it and treat it that way.

Living with your imperfection

I learned a long while ago that I was not perfect. The idea that anyone, whoever they are, and whatever their level of self-awareness or self-development, would never get anything wrong is an utter nonsense. Pity the poor perfectionist doomed to a life of disappointment in a world where, eventually, they will be let down by just about everyone at one time or another. The idea of being let down or not goes alongside the issues of trust. I can quite happily say that I do not trust anyone. This is a completely positive statement; let me explain.

One day, my teacher was talking to me about relationships and I am saying that I feel people are hard to trust because they let you down, as had been my experience to that point. He told me that my concept was in error and that it was unfair to trust anyone. The phrase he used was 'to trust someone is to truss them up just as you would a chicken before you put it in the oven'. His message was that each person would always do what they felt to be right for them, and if your needs fell into that remit, then your needs would be met. In reality, most people will do what they need to do to fulfil their own needs. This does actually work the other way round. The mother who sacrifices herself for the good of her children is doing what she feels is right. However, the mother who chooses not to sacrifice herself is doing the same thing.

Things that go bump in the driveway

I had a good example of cowpat syndrome yesterday. My 20-year old came to me and suggested that we change the parking arrangements in the drive. He is concerned that in manoeuvring in and out, he will hit one of the other cars. I should say at this point that I bought a new Mercedes a few weeks ago, hence some of his concern. We fit three cars in and have played with various combinations, none of which have really ever worked. So he and I



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decide to go out and play parking attendants. Well, in the scene that follows, I manage to scrape the front of the new Mercedes on a concrete post: as I said I am not perfect. What would you do at this point? Would you be jumping around at this point, doing the "Oh My God" routine?

For me, as I said before, I see the things that happen as meaningful messages that promote positive growth and self-development. So, I am not in the "Oh My God" camp. A car is a car, and it is sad when we whack it, especially when it is new, but life is life and we learn and grow. I now know that the front end of this car is bigger than that of its predecessor. Big Sean, the car God, who can make a rusty old nail shine like a showroom special, will take this car to his hospital and work his magic, and no-one will ever know that there was ever a problem.

Give yourself a break

One of the key elements to finding happiness and fulfilment is self-love. This is not a statement of arrogant assumption about our self. It is more a true understanding and acceptance of who we are, what we are, and where we are in the magic of creation. You are a wonderful being in a wonderful universe, and if enough of us can come together with a positive mind, we can create heaven on earth; alternatively we can all be negative and create hell.

Be good to yourself, be calm and be kind, and when you do the equivalent of whacking your new Merc on a concrete post, or being late with a newsletter, look at the sky, smile and thank the universe for giving you this opportunity to grow.

And now the sun has gone in so I won't be sitting in the garden, but I am really glad I took the time to write this to you.

Drop by the website Monday for the Focus, Wednesday for Psychology for Your Soul, Friday for 'Thank Sean its Friday', check out the courses, and if you are in the North West of England or Wales, book in for the next Mind Bank, you'll love it.

Be happy, stay lucky and be grateful for all the wonderful things that are around you right now.

See ya
Sean x



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