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June 2009 - Newsletter

Hi, how are you?

It furthers our dreams when we have somewhere to go.

For me, June is profound as it is the sixth month, half-way through the year. Now we have the option to review our progress. So how are you doing? Go back to New Year's Eve 2008. What dreams did you have for 2009 and how are they progressing? Are you forwarding your desire and dreams?

I used to believe in fate and thought that the path of my life was mapped out ahead of me, and I believed that other people, such as gurus, sensitives, mediums and clairvoyants, could tell what would happen next in my life, tell me things that I couldn't see. As I grew, I learned that I was creating what happened next. I discovered that a clairvoyant does have the capacity for accuracy, mainly because most people's behaviour is predictable. Most people do not make any meaningful changes in their lives from cradle to grave. I know that there are many wise and sensitive people who have insight and empathy but...

Free will rules, OK!

While there are people that do have real sensitivity and mediumistic insight, we have only to visit the local spiritualist church to experience the paucity of psychic talent around us. You need to search a little to find the real ones.

Along with the above idea, I had many other misconceptions, such as the idea that there was 'another half' of me out there and that if I met them, we would live in blissful happiness in the perfect relationship. I think that I have, at last, found my perfect partner, though I had to snog a lot of frogs before I found my princess. However, she is not another half of me. We are independent people who choose to be together and share with each other the magic of our lives. We are very much in tune. We do things alike and get the same answers in a quiz that we take independently. We have plans and common goals and dreams. The dreams become our goals, so that we...

dream our lives and then live our dreams

In his book 'The Prophet', Kahlil Gibran suggests that a couple should be close and in tune, but far enough apart to 'allow the winds of heaven to dance between them'. So we have long and short term goals in common, we have somewhere to go. I believe this is important for both individuals and couples. We can only further our dreams when we have somewhere to take them; there needs to be an end point.

What is your time line?

In research and development, we always created a time line. This is measure against which we can test our progress. For me, June is the midpoint in my time line for 2009. Now is the time when I look at where I expected to be, set against where I am. I am not quite as far as I had planned and I have needed to learn more than I expected this year. With my positive head on, I see the delays that I have experienced as timely periods of consolidation, allowing me to reset the compass so that I get the overall year right. With my negative head on, I am impatient to progress my ideas and dreams and get frustrated by the delays.

At the midpoint in a project, and to me, a project exactly is what a year is, I am full of questions and needing to obtain feedback; I want to know how I am doing. I want to know because I want to grow, and I want to get it



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right. I guess 'right' is my end point, my goal.

In my review, I realise with gratitude, that I have attracted a good team of people around me and that the second half of the year can only get better. The game for me is how much life can I live in the second half of the year and do I have enough time to fit all that I want to do in the next six months? Well, I am going to have a good go at it.

One of the big successes for me so far this year has been the start of the Ten Steps programme. Around 120 people have completed the programme so far and it is now being fine-tuned for a real launch in September 2009. I would really like to thank you all for taking part and for your feedback that is a true and useful gift.

The second is the Mind Bank that holds the seed of success for so many. It is the positive basis of community and mutual support.

Where do you want to be by Christmas?

Life is often the thing that passes you by while you are attending to other things. If you live with intentional creativity, you can use your gift of life to achieve whatever you want. If you don't yet know what you want, you need to get on the Ten Steps programme and then it will become clear.

How about you set some goals for the second half of your year? These need to be achievable, so that on New Years Eve 2009 you can look back with pride at all you have done.

If you are stuck, give me a call. Sometimes a therapeutic push is all you need.

Take care
Sean x



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