

This is the first newsletter that we have produced to support The Guiding Path, providing courses and coaching for motivational and personal growth work. We will be producing a newsletter on a relatively regular basis to keep people informed of what we are currently offering and to provide some the ideas and insights that we find fascinating.

The newsletter is supported by the website: www.TheGuidingPath.com

If you do *not* want to receive future newsletters please let us know so that we can remove your contact details from our distribution.

Events and Dates

The Power of Purpose £200 group course
6 Wednesday Evenings starting 22 April 2009

Free Workshop
2-hour workshop 16 May 2009

Micro-Coaching 1-hour themed sessions for £15
"Personal Confidence" 7pm Thurs 23 April
"Relationships" 2pm Sat 2 May

Motivational One-to-One Coaching
£50 per session at a time to suit you

To book or find out more, contact us as below

We have a number of opportunities this month.

The Power of Purpose is one of our core courses looking in depth over a 6-week period at what we spend our time doing, how that matches what we really want to do, what gets in the way when we miss the mark, how to become more focussed, and how to identify what our larger purposes in life actually are.

We have also set dates for the first Micro-Coaching sessions that offer themed low-cost sessions for personal learning and stimulation.

Some Thoughts on Mind, Body, and Spirit

There is a striking metaphor used to describe the roles of passion and intellect that was used by Kahlil Gibran in the work "The Prophet": "Your reason and your passion are the rudder and the sails of your seafaring soul.". This metaphor has previously been used by Alexander Pope and probably others as well.

Imagine a sailing boat. The wind drives the boat forward by filling the sails and the sailor guides the boat by application of the rudder. The wind in the sails represents passion and the influence of the rudder represents intellect. Without wind in the sails the boat is going nowhere. Push the rudder as you will, this boat is going nowhere other than round in circles. Without its rudder the boat lacks direction and will be blown from place to place at the mercy of the wind and is likely to be dashed against the rocks or driven ashore before too long. The sailing boat will become effective only when sails and rudder work together, when the driving force of passion is guided and controlled by wisdom.

This metaphor works well to describe the benefits of working with both passion and intellect to support one another, to use both heart and mind to travel through life. But there is another significant factor apparent in the metaphor that extends its value. A sailing boat can be used for

pleasure, to sail for the sake of sailing, but it may be better used to sail a planned course. Sails and rudder can only really work together when there is a pre-planned route to follow, an objective to achieve, a place to sail to. The place to sail to defines the course or journey that provides the reason and meaning for sailing in the first place and represents our own purpose in life, our own way. If we have no way we are little better than that boat with no rudder, we are simply drifting through life following the wind and ending up wherever it takes us rather than living a life of meaning.

Our life's purpose or meaning is not always an easy thing to know though. It can take dedication and effort to expose our meaning and there is always more to be found. Our life's purpose changes as we progress, just as the sailor's route extends from one port of call to another.

The search for meaning and purpose is basically an exploration of our own deeper self and our place in life. It is about 'self' and also about some essential connection to the life and universe that surrounds us. It is about finding our place within life whilst at the same time learning wisdom about our sense of self. This is essentially an exploration guided by our intuition, a spiritual journey that looks beyond what we know about ourselves to face the as yet unknown.

Our intuition provides access to a deeper level of knowing and creating than our normal day-to-day thought and can point to the route of our life's way, to the next thing to do, the next learning to be made, the next place to be.

The sailing metaphor requires intuitional or spiritual endeavour, represented by the sailor's route, to complete the picture. Life requires heart, mind, and spirit to live fully, effectively, and meaningfully.

Something to practise

When you find yourself stuck or angry or sad, and you don't quite know why, there is probably something going on in your life that you are unconsciously objecting to. One way forward is to take a moment or two out and ask yourself the question **"What am I objecting to?"** and see what comes up from your subconscious as the answer.

Even if you do not get a clear answer the next steps can give a great relief!

Ask yourself the question **"Am I willing to give up my objection to life being the way it is?"**

Finally, and even if you find yourself reluctant to let go your objection (after all, we all get self-righteous at times ☺), try saying this: **"I choose to let go of my objections so that I can get on with enjoying my life".**

Simple! And surprisingly effective.

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