



Merry Christmas and a Happy New Year!

May this season be happy, peaceful, safe
and very special for you and your family



Making Mountains

For many months now I've been watching the construction of the Mitcham-Frankston Freeway - like many of you, I guess. What amazes me in particular is that the creation of the ramps forming the approaches to the various bridges seems to be made one truck-load at a time. Now, that might appear obvious, but when you think of it, if the truck drivers thought "my little load is a drop in the ocean and won't make much difference" they'd never get anywhere. It could seem an overwhelming task, one little truck at a time, and yet they go on for months, just building up the hill, bit by bit. It strikes me that there's a lot of that in

life and yet, when it comes to making changes in our lives we want them *NOW* or else we give up, assuming that it's never going to happen. We seem to do it most when it comes to changing ourselves, not able to notice the times we *don't* fall into the old habit but always feeling bad when we do. Our "instant gratification" lifestyle is of no help here, in some respects we've lost the ability to work consistently toward something with patience and determination. So, as you drive past a major construction (road or building) think of each tiny step that is being taken every day, notice the progress ----- then notice your own.



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You don't have to be flawed!

In times past, seeing anyone about what was going on in your inner world was a secret you'd keep to yourself if you possibly could! But the world has changed and with the introduction of coaching and personal development it's something that is increasingly common now. So, you don't have to be defective, flawed, incapable, incompetent etc. etc. to obtain assistance. The focus can now be on increasing your level of satisfaction, with yourself and your life, an intensely positive approach. The more content and happy you are, the easier

it is for the people around you to be happier too. Hang about with someone who's miserable, pessimistic and gloomy and you'll soon notice that it's harder for you to stay cheerful in their presence! So, as we increasingly take responsibility for our own mood and attitude and make whatever efforts we can to improve them, everyone benefits.

EFT is especially helpful in this respect, because *you* can be in charge of the process, it doesn't require equipment or (normally) another person to be there for you and you can then decide whether you want something to spoil your day or just tap your way past it.

Cosmic Quips

*Since nothing we intend is ever flawless,
and nothing we attempt ever without error,
and nothing we achieve without some measure of finitude and fallibility we call humanness,
we are saved by forgiveness.*

David Augsburg

(May 2007 be graced with such forgiveness, first for yourself and then also for others)

Knowing the Unknown

I recently read the following quote of a statement made by Donald Rumsfeld, the former US Defence Secretary "There are known knowns; there are things we know we know. We also know there are known unknowns; that is to say we know there are some things we do not know. But there are also unknown unknowns - the ones we don't know we don't know." I don't know the context of the original statement but for my purpose here, it doesn't really matter. Instead, it set me thinking about personal development and the reasons why people seek assistance from therapists, coaches, mentors etc. It's often the unknown unknowns - those pesky, hidden tendencies or habits or behaviours that we seem so completely unaware of that keep messing up our relationships, our performance and our happiness. The things that we know we do, we can more easily change; the things we know we don't know we can ask to get help with; but the things we don't know that we don't know - that's a different matter. We know something's not right, and probably we've tried many ways to bring about change, but nothing seems to work. From an EFT point of view these are most likely the core issues, those that either pervade our life and are therefore invisible by their encompassing nature, or lie hidden underneath all of the other "known" issues and thus become invisible. These are most likely situations we need more expert help with, **because** to us they are the unknown unknowns.

TIP

New Year Resolutions - I don't know about you, but over the years (and there are rather a lot of them now!) I've made heaps of resolutions and kept very few of them! So, I can't see the point anymore.

Instead, I've decided to use this opportunity that the New Year brings to assess what matters to me at the current stage of my life. For example:

What are my priorities? What have I been doing that's not satisfying and can I change or stop it or do I need to pay attention to the challenge in it and meet *that*? What has given me pleasure in the past year and how can I do, have or be more of it? Where am I going and do I still want to go there? What's missing and how can I fill it?

Throughout the process, I'll pay particular attention to the emotional components. I've written before about listening to your heart and getting your head to organise it - well for me, this is a perfect situation for doing that. It might seem that there isn't much difference between this process and making a resolution in the usual way, but my resolutions have always been about what I "should" be changing, whereas this is about what I believe will bring me more pleasure, fun and happiness simply because it's what I *want* in my life. I hope it helps you too.

Upcoming Events:

I will be offering EFT Level 1 at Holmesglen TAFE (Short Courses) in February 2007 at the Moorabbin campus and March 2007 at the Chadstone campus. Check the Holmesglen Guide or their web page for details.

www.shortcourses.holmesglen.vic.edu.au

Useful Websites

EFT: www.emofree.com

Melbourne health centre:
www.yournaturalhealthcentre.com.au

LOCATIONS

I'm Available for private sessions at:

[Your Natural Health Centre](#)
[The Peaceful Alternative](#)
937 Doncaster Rd
Doncaster East 3109
Phone: 9841 5199

And

For private sessions and workshops at:

[Monash Enterprise Centre](#)
5a Hartnett Close
Mulgrave 3170

Contact Linda Black direct on:
0413.313.440

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Food for Thought!

"There was once a wise woman travelling in the mountains who found a precious stone in a stream. The next day she met another traveller who was hungry, and she opened her bag to share her food. The hungry traveller saw the precious stone and asked if she might give it to him. She did so without hesitation. The traveller left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But only a few days later he came back to return the stone to the woman who had given it to him.. "I've been thinking," he said, "I know how valuable the stone is, but I'm giving it back in the hope that you can give me something even more precious. I want you to give me what you have within you that enabled you to give me the stone."

Author Unknown