

Alison Smith

"Dream your dream,  
make your wish  
and dance to your own music"



[Passion in life - Change](#)  
[Passion in Business - Spirituality](#)  
[Transformation Game - Abundance](#)  
[Forthcoming events](#)  
[Feedback](#)  
[Subscribe](#)  
[Gift Vouchers](#)  
[Stories](#)

Developing Passion in Life    Developing Passion in Business

The workshop at solstice was wonderful. Everyone there has seen huge progress since and a new found enthusiasm for life. It certainly encompassed the learning from the last newsletter on following your joy and authenticity and also this month's story entitled **The Park**. See the end of the newsletter for details of a repeat session I'm arranging in August entitled "What gets you out of bed in the morning?"

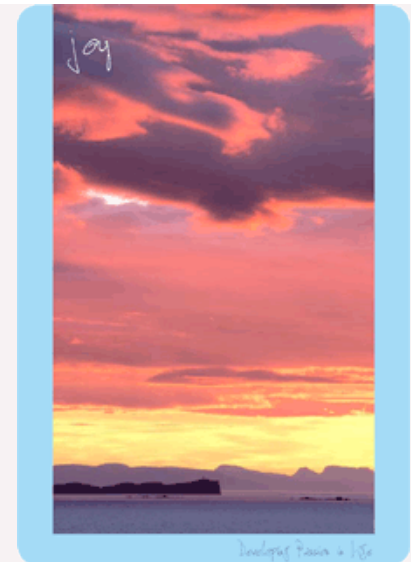
I was talking to my dad recently and he said he'd found the walk to the trig point of the Roaches near home a little more difficult than he used to. He'd walked up there in order to get a good photograph for a competition later in the year. He then said that the one he'd taken across the road in his partner Jean's garden was much better. For me this is a perfect example that life doesn't have to be difficult – that following the easier path can often provide the results that you want. That is I don't need to know more, do something different or jump through hoops to be of service to the person in front of me. The reason they have asked me to do something for them is because I can help them with all the skills and qualities I have today.

If anyone fancies sponsoring me to run/walk/or crawl at 1.00 in the morning as part of a 24 hour UK Relay for Life in aid of Cancer Research please see that attached web page: <http://www.donatetomyrelay.org/alisonsmith9>. Thank You.

Enjoy and find what gives you passion in life.

I'm also offering coaching and a taster workshop at The Big Tent in Falkland 26-27th July – see <http://www.bigtentfestival.co.uk>.

Alison x



## Passion in life

I was on a plane coming into land at Edinburgh airport recently. We'd just flown down the Forth and I'd waved at my house as we passed. As we approached the airport I heard the under carriage come down and prepared for landing. Suddenly we were accelerating upwards at a very steep incline away from the airport!

I turned to the man sitting next to me and said "that's good". You can imagine he thought I'd gone crazy "how's that good?" he asked. "because if we'd landed - that would have been bad".

How often in life have you perceived something that happened to you as bad to find out that if you'd continued on the course you were on that would have been really bad? My answer to that would be often. There are equally as many times where the change of direction whilst uncomfortable has led me in a more useful and positive direction than the one I was headed.

I wonder how much easier it would be when something we label as "bad" happens if we remember these other times and trust that the direction we're now headed will be a more productive and useful one for us?



## Passion in Business

I attended a presentation by Mike George ([www.relax7.com](http://www.relax7.com)) earlier this week. I took 2 things away from his session.

The first was on emotional intelligence (EQ). We discussed the many definitions of EGO? My own was 'that part of me that sees myself as separate from everyone else'. Mike suggested 'the attachment to (and identification with) the wrong image of myself or belief about myself. It is what I create when I forget who I am'. The subsequent discussion about all the many ways we identify and attach to an image of ourselves was very enlightening. We explored the variety of disempowering behaviours caused by EGO such as criticising, blaming, envying, defending, avoiding, desiring, disapproving, controlling etc. In each case we're attached and identify with an image of ourselves that leads to the behaviour. Understanding the attachments and releasing them are the first step to releasing EGO and demonstrating EQ.

The second was on spiritual intelligence (SQ). More an understanding of the definition really. That spirituality is about finding a reason for being here or meaning in life. So SQ is about taking this meaning and leaving a legacy or something worthwhile behind. I'm currently in the process of exploring what my legacy will be. The sense I get is that as I help businesses to solve problems and connect to their purpose that we can help young people to do the same. I'm currently talking to a number of organisations to understand how I can do this most effectively.

This month's challenges are:

- What attachments do you identify with and what do you need to do to

release them?

- What legacy do you intend to leave behind and what are you doing to make this happen?

Happy to provide coaching with either of these.

## Transformation Game

I had hoped to share the new Frameworks for Change Process this month (Transformation Game for business) but have run out of time to re-jig the newsletter. So I'm leaving you in suspense for another month. I'd just encourage you to think of an issue you'd like some clarity on and explore in what way the following cards provide insight into the situation.

The process, the insight, setback and angel cards used here are from the Transformation Game © Innerlinks - [www.innerlinks.com](http://www.innerlinks.com). ANGEL ® cards © Drake and Tyler



### **Setback**

"I'm right therefore you must be wrong"

I personally find this card a challenge. I do sometimes find it hard to accept that the point of view I have based on my logic might not be right :). However following on from the EQ discussion earlier it's my EGO identifying and being attached to my idea that causes the problem.

Consider what happens when I believe that my point of view is right? I stop listening to the other person, I get louder, I just restate my point of view from a different angle. Oh yes and I might even say the words "you're wrong!" In what way does that help me understand the other person's point of view? How does that behaviour affect the other person? How many options am I able to consider?

Notice how this belief is setting you back.

For me I am reminded of something S Covey says which is "seek first to understand". After all an opinion is neither right nor wrong just the most appropriate for a person (including me) given their values and beliefs and the available information they have at that moment in time.

### **Angel**

Abundance: What happens when you consider that there is an abundance of information available to us, an abundance of options available? Just look at the Abundance picture on the left. Wanting an apple doesn't make someone wanting a strawberry wrong. We just have different tastes and preferences.

### **Insight**

There is no power in all of creation greater than love.

Sometimes it would be easier for me writing this to decide not to go with the card that I've chosen and pick another. This is one of those situations. Where do I start? Simple - just invite you to consider what these words mean to you. If you were able to see love as the greatest power in all of creation how would it change your reaction to life? If you were able to see love as the greatest power in what way would it change your reaction to the situation you first thought of?



## Forthcoming Events

"What gets you out of bed in a morning?" workshop - August 30th - 10-4 @ Synergy centre, Glenrothes.

I'm also offering coaching card readings at a couple of events in the coming months:

- The Big Tent, Falkland, Fife, 26-27th July
- Relay for life - Dalgety Bay - 23rd August

There will also be a taster session for the above workshop at The Big Tent

## Feedback

Feedback as ever gratefully received.

Alison Smith - developing passion in life, developing passion in business  
[alison@passioninlife.co.uk](mailto:alison@passioninlife.co.uk) Mobile: +44(0)7770 538159 [www.passioninlife.co.uk](http://www.passioninlife.co.uk) [www.passioninbusiness.co.uk](http://www.passioninbusiness.co.uk)

Copyright Alison Smith & Andrew Jones This edition has been sent to many people whom I have met over the years. If you no longer wish to receive future copies please unsubscribe by using the link [here](#)

Sent this email by someone else? To subscribe directly [click here](#)

Designed and Produced by The Message Collective