

Issue 10 – 15th July 2009



# Wisdom Mojo



Think of Wisdom Mojo as your Swiss Army Knife with a portfolio of tools to help you understand what it takes to achieve success.

## Living with Integrity

Living with integrity should be as natural as breathing but think of how Integrity is viewed in the halls of business and government. In my business career I've witnessed many instances where 'Real' integrity is considered a liability because it means its practitioner will do or tell what's true, and where the business or political objectives diverge from the truth, the practitioner won't be on board and risks losing his or her job – for telling the truth – they are considered an outsider, not a team player, not putting the company first. Many people are told in business to stretch the truth, as Mark twain said "There were things which he stretched, but mainly he told the truth."

Integrity doesn't help to prop up a dubious goal; integrity doesn't help to cover up mistakes or wrongdoing. From the official viewpoint, integrity is a problem – 'sometimes it doesn't get the order or they think may alienate the customer.' Shucks how wrong is that logic?

Yet Integrity is a kind of clear lens that the truth shines through, unobstructed and undeflected. Promises, answers, and proposals from people with integrity are refreshingly reliable. Integrity can be faked, but only for so long, because it is eventually either confirmed or denied by subsequent doings and events.

But living without integrity is not only a business issue it can also creep into our personal lives. Barbara De Angelis sums this up magically as follows:

"Living with integrity means: Not settling for less than what you know you deserve in your relationships. Asking for what you want and need from others. Speaking your truth, even though it might create conflict or tension. Behaving in ways that are in harmony with your personal values. Making choices based on what you believe, and not what others believe."

If we don't choose to live with integrity its feeding the battlefield for the war games in our mind. I don't raise this so we will all go and join depressed anonymous, but what I do hope is that even though we all know and accept and pay lip service to the idea that no one is perfect, we can start by living our own lives with integrity – only then will we feel a sense of clarity and peace in both our heart and our mind. And I am now a firm believer that through this can we achieve the holy grail of inner happiness. I'd love to know your thoughts too please...

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“Live with integrity, respect the rights of other people, and follow your own bliss.”

Nathaniel Branden

# Wisdom Mojo

## Dedication to a cause

Most of us are deeply committed to and actively involved in some endeavor or another. Most often this is a person's career, but what you are dedicated to matters less than being dedicated to something that gives your life meaning and purpose, something that demands all-out effort and the fullest expression of your talents and values. No matter how fat the paycheck, I realize that in my case at least, I am not a full person if the paycheck is all that I have to show at the end of the day. I genuinely believe it is important to devote our lives to something that we truly care about – for some this is nurturing children for others it is helping those less fortunate. For Coaches there is another way to consider it. Dr. Nathaniel Branden offers the following regarding this from the perspective of his own work:

“The need, the desirability of having something central to your life, for which you are fully accountable, and you are willing and able to stay focused on and deal with purposefully is absolute. It's not enough to have glorious goals or great aspirations. If we don't also have the ability to focus, the discipline to stay on Purpose with regard to the achievement of those goals or dreams, they aren't really goals, they're just daydreams.

One of the most important tasks in the work that I do, either in psychotherapy or in life coaching, is to help people become aware of and articulate the Goals and dreams which may be completely submerged, and therefore never get handled or acted on appropriately.

Even ahead of knowing what to do, is the need to know what the target is, what the mission is, what the goal is, what the dream is, what the aspiration is.”

This is often easier said than done, we are all caught up in our day to day lives – and believe me when I say I know how hard it is. There have been days when I was unable to put a meal on the table – living from the goodness and generosity of my adopted family. Now I hope to turn that around and put something BIG back – next week find out more.....

**Friendship:  
Conversation is the lyrics,  
Laughter is the music,  
Making time spent together a melody.**

## Rat Race Trap

A Zen story tells of a man who heard that somewhere far away there was a valley carpeted in beautiful flowers. According to all accounts, it was a place of wonder and delight. Determined to see this valley, he set off in search of it. As he walked and walked, and walked some more, he became increasingly unhappy at not reaching his destination.

Eventually, quite distraught after many months of travel and many hardships, the man found himself exhausted at the edge of a forest. To his delight, he saw in the distance an old man sitting on a bench in front of a tree. He said, “Old man, somewhere there exists a valley full of beautiful flowers. I've walked for many months on end to find this valley. I'm worn out and at my wit's end. Please, can you tell me where that valley is?”

The old man answered, “Behind you!”

This Zen story is a reminder of St Augustine's point:

“People travel and wonder at the heights of mountains, at the huge waves of the seas, at the long course of rivers, at the vast compass of the oceans, at the circular motion of the stars, and they pass themselves without even wondering.”

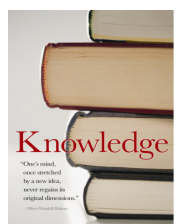
Too many of us do nothing but run, never allowing ourselves to reflect on where we're running to or what we're running for. Too many executives, especially, are like the rat in the proverbial maze, not only running endlessly but running in circles. And yet we all benefit from stopping occasionally to reflect and to change direction. Life goes on no matter what we do, but personal growth and development happen only if we choose wisely.

## Wisdom Notes Testimonials

Colin your Wisdom Note on *Tao Te Ching* is fantastic. Todd Kashdan Phd Professor of Psychology & Author of *Curious? Discover the Missing Ingredients to a Fulfilling Life*

Colin, Just read your Wisdom Notes on *Tao Te Ching*. Love how you bring the richness of your own knowledge to these notes. Bravo! Kat Tansey, Author *Choosing to Be. Lessons in Living from a feline Zen Master*

Library at <http://www.mindtram.com>  
Or mail me for a sample!  
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## Sharon Eden - Women of Courage



Sharon's an evolutionary coach and trainer with a multi-disciplinary approach and 'tool box'. She blends experience and skills from executive business roles with professional skills and artistry from diverse disciplines within Psychology. These include systemic approaches, emotional intelligence, accelerated learning and NLP which she mixes with humour, warmth and surprise for effective and lasting results.

A self made woman, she began working in the area of leadership and coaching in the wine trade moving into executive marketing roles there and with similar organisations. Later she began an ongoing academic journey studying psychology and positive psychology.

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## Purpose & Meaning

I wanted to start this article with a very school girlish joke about what the meaning of life's all about as if to lampoon the whole idea. I'm not the first. Philosophical and religious thoughts have veered between your 'purpose' being divine realisation to 'there is no purpose' to the absurdity of it and all points between ([http://en.wikipedia.org/wiki/Meaning\\_of\\_life](http://en.wikipedia.org/wiki/Meaning_of_life)).

And I know myself well enough to realise the desired joke's intention was to put you off my scent. It was to cover my embarrassment at writing about something so centrally important to me. Like you've caught me with my knickers showing!

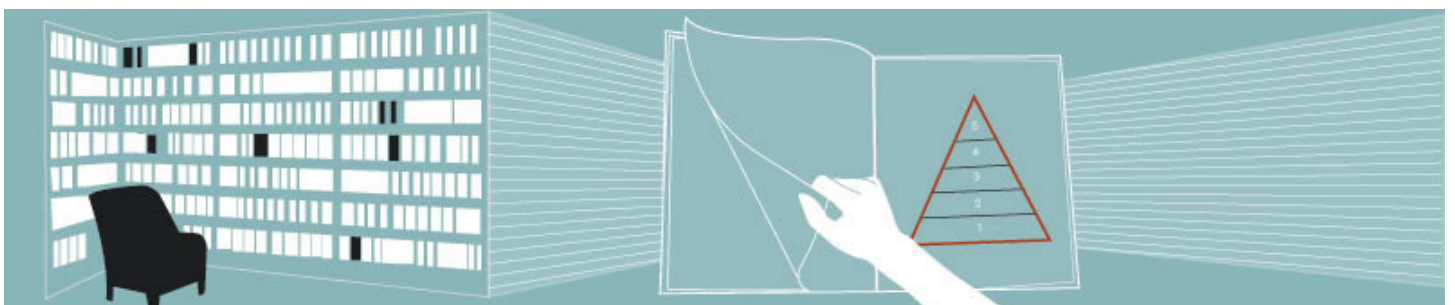
For I think of my purpose as both my transpersonal\* guiding principle and my grounded, earthy rock from which I operate in the world. And in the same way, I experience meaning and purpose as two expressions of one face. Purpose informs and gives meaning to what I do while meaning reflects back to me my purpose and the nature of my being.

And while the words of my purpose have changed over time, its central theme remains constant; one of service for the growth of myself and others.

Phew! I've come out of the closet feeling a bit shy and gauche and tearful... and glad that I did it. Not unlike the people I work with who are searching for something more in their lives and discover that 'something' within rather than without.

Paradoxically, their discoveries come from our conversations about *not* having purpose or meaning. They come from starting points like change or dissatisfaction or feeling inadequate or things not living up to expectations. And those of us working in organisations are increasingly having those kind of conversations.

A consequence of economic downturn? I don't think so. I've been having those conversations for years. Indeed, it seems to me that there's a push from humanity's collective unconscious which is now gaining momentum. And I see it as an organic urge for humans to be and experience ourselves as 'more than' our personalities... as 'more than' our personal identities, positions and posturing.



## Purpose & Meaning (Continued)

My core training in the '80s was in Psychosynthesis, a transpersonal psychology founded by Roberto Assagioli. One of its propositions is that, when we integrate both the personal and transpersonal dimensions of our being, there are at least four identifiable characteristics in our life and work as a whole.

1. Being 'response-able', able to take responsibility and make choices in the moment... rather than act from reactive habits or patterns of behaviour.
2. Having a deep preference for living in line with your purpose and a disinclination to get involved in things which detract from or conflict with it.
3. Having a willingness to live in the world just 'as it is' which doesn't deny possibilities for development of 'what is' yet paradoxically also brings acceptance.
4. *Having a sense of having a destiny, a meaning to live and overall purpose in life.*

Now, I'm not such a purist. From working with thousands of people, I believe that *anyone* can connect with their purpose and meaning without that integration. I believe that connection *of itself* can be the catalyst for understanding yourself as more than your body, feelings & mind; for connecting with your 'oomph' whatever you believe it to be!

If you've already become aware of your purpose and meaning, you'll know the experience of expandedness, of deeply felt engagement and purposeful action for your own and the higher good. And if you've not yet become aware of your purpose, that might sound like so much high falutin' mumbo jumbo! And maybe it won't.

I was once on a course where we students strained like a bad case of constipation to find our 'purpose', i.e., in line with the leader's definition of what it was. Wrong!!! How your purpose shows up can be through words, sounds, pictures, sensations, symbols and metaphors of all kinds.

And the most delicious thing is that you'll already be manifesting it in some way, even if you don't know what it is. Because your purpose can be expressed in an infinite number of ways and, with its urge to manifest, will use whatever means are at its disposal.

Some people think you have to totally change your life to find purpose and meaning. That's why I help people discover theirs exactly where they are in their lives right now. Then you have real choice about what you do... or do not!

Your own purpose and meaning are right in front of your nose just a hair's breadth away. And whatever they are, once known, you and your life will never ever be the same again... even if it is!

\*Referring to experience which goes beyond personal, individual identity and meaning. It involves values, meaning, purpose and alignment with universal principles.

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**Sharon** has an enduring passion for enabling her clients to access and develop their purpose, passion and power creating a greater sense of meaningfulness, personal and professional identity. Her clients experience authentic confidence, purposeful focus and the kind of impactful inner and outer leadership which generates and sustains creative change and development for themselves and others. Mail to: [sharon.eden@womenofcourage.co.uk](mailto:sharon.eden@womenofcourage.co.uk)



""We are visitors on this planet. We are here for one hundred years at the very most. During that period we must try to do something good, something useful, with our lives. If you contribute to other people's happiness, you will find the true meaning of life." H.H. The 14th Dalai Lama

When we accept rather than resist we become a pipeline through which wisdom and goodness can flow.

# Wisdom Mojo

## Self Awareness

Ever since Dan Goleman published Emotional Intelligence there has been a growing 'awakening' of self-awareness. Here's what self-awareness means to me:

- Knows beliefs and feelings
- Awareness of the perception of others
- Committed to ongoing growth and transformation
- Finds joy in self without criticism, shame, or regret
- Trusts own perceptions
- Sees the world realistically
- Cares for self physically, emotionally, spiritually

Sometimes we are not so far away from being our best as we may think. It is through self-awareness that we find self-acceptance. **It is not so much that we need to change *who we are* as it is that we need to accept ourselves *as we are*.** *It is through the process of looking for and finding the best in ourselves that we become even better.* And, as in most other aspects of life, we find what we are looking for—so look for your goodness.



## More on Purpose

As this issue covers a great deal on finding purpose and meaning in your life I thought I'd share this from a Wisdom Note:

"You see, without a purpose in life, it's easy to get sidetracked on your life's journey. It's easy to wander and drift, accomplishing little. But with a purpose, everything in life seems to fall into place. To be "on purpose" means you're doing what you love to do, doing what you're good at and accomplishing what's important to you. When you truly are on purpose, the people, resources, and opportunities you need naturally gravitate toward you. The world benefits, too, because when you act in alignment with your true life purpose, all of your actions automatically serve others." ~ Jack Canfield from *The Success Principles*

*That's simply brilliant* - Canfield goes further starting with the fact that our guidance system will let us know if we're on target or not by how good we feel doing what we're doing, think: Joseph Campbell's "Follow your bliss!" and Carlos Castaneda's Path with a heart or what about Dante's *la verace via* (the true path). As Martha Beck said what if truth, love and joy are the one true path we have? Now that's a beautiful thought – I wish you success on your path with a heart, Colin



### Books for Wisdom

Coaches should learn to think outside the box to help clients succeed. I occasionally do book reviews at <http://weeklyleader.net> or subscribe to **Reflections on Wisdom Notes** at <http://www.wisdomnote.com>

#### **Curious?**

*Discover the Missing Ingredients to a Fulfilling Life*

Todd Kashdan Phd

### Useful Web Sites

**I've been rummaging around Kat Tansey's blog recently and I'd recommend you do too.**

<http://choosingtobe.com/blog/>

Food for thought. The water we drink has to be purified, but look at the trash we feed our minds.

### Words on my Mind

The term charisma comes from the Greek word *kharisma*, or gift. Although it's generally used to describe the ability to charm or influence people, it also has religious connotations, meaning "of the spirit" or "inspired"—that is, having God's light shining through one.

People with charisma are seen as possessing invisible energy that creates highly visible effects.