

**AWAKEN YOUR PRECIOUS PRESENT**  
**Discover What's Missing Find The Answers**  
**Ignite The Spark Within**

- **Welcome To Issue #36: June 2007**
- **Article: Early Lessons: Beliefs: The Rules We Live By.**
- **Article: "The Trance of Scarcity" (includes FREE exercise!)**
- **Are you ready? Truly Human Coaching**
- **Visit our website at [www.trulyhumancoaching.com](http://www.trulyhumancoaching.com)**



Greetings Friends,

Are you living in the trance of scarcity? In all likelihood, you have 'heard it', without even knowing. One might recognize it by one these sayings:  
1) *I wish I had more time*; 2) *We never seem to get ahead*; 3) *I ran out of time*  
Really... we always have more time. It is really in our decisions about how we use our time that matter. What are we trying to get 'ahead' of? And is budgeting really a matter of balancing how much one earns with how much one spends?  
Really, how can one 'run out of time'? Time continues endlessly, then we die, and time still continues. We humans created it, didn't we?

The *trance of scarcity* of one of many 'lenses' we humans use to view our world. As we learn about ourselves, we learn about the lenses we look through, and then can shift and change, adopting new more useful 'lenses' Unfortunately, many of our lenses are not useful as they were when we learned them and do not lead to our empowerment, our sense of choice, our human potential to create...and often lead to outcomes that we feel 'caught in'.

Enjoy the two articles:

*"Early Lessons"* points to how you can begin to examine your core beliefs that are the 'lenses' we look through... what do you believe?

*"The Trance of Scarcity"* addresses a very core cultural belief in our country about a lack of abundance... how does the trance of scarcity show up in your world?

I welcome your suggestions, feedback and any questions you might have about NLP and life coaching.... Really!

Namaste

Jim

**Want to enjoy life more? Ask yourself "is what I am doing now what I truly want to be doing?" ... then... do whatever it is you truly want to be doing... right now!**

## Early Lessons:

Feeling stuck? Like no matter what you try you're still doing some of the same things and getting the same results? Are you aware of how to get free from the early learnings may be keeping you stuck?

We learn how to survive in the world by depending on our parents...for food, for shelter, for emotional nurturing, for love... (See socialization article May 2005 [www.trulyhumancoaching.com](http://www.trulyhumancoaching.com) newsletters) the same time, we 'depend' on our parents, and then schools and the larger culture to 'socialize' and teach us how to live in the world?

*Think back for a moment, what are some of the early lessons you learned?*

By teaching us what works and what doesn't, from what they learned about how to live in the world... how to be upstanding adults...or in other words, we learn to be good little boys and girls...and in turn "good" women and men...

Yes, we learned what was right and what was wrong and the consequences of each. Some of the lessons we commonly have been taught:

- Good boys don't cry (or, only weak or 'bad' boys show emotion)
- Good children don't make a mess (If you get messy, or make a mess, you are bad and not approved of)
- Good girls play nicely (bad girls create a fuss or are aggressive)
- Good children don't question their parents (bad children have their own thoughts that may differ from their parents)
- Good people don't question 'such' things (there are certain things that are and are not ok to talk about, ie' money, sex, religion, one another, etc...)

The list can go on and on... good students, good (fill in your religion of choice), and now, good workers, good parents, good housekeepers...

Commonly, and unfortunately every single one of these prescriptions for how to do well in the world, hold inherently the presupposition that acceptance, love and being praised as good are connected and conditional....

These early lessons stay with us helping us to develop basic beliefs about who we are and the world we live in. A very common belief is that of scarcity, covered in the next article "*The Trance of Scarcity*".

The beliefs we formed early in life are, for most people, running our lives "behind the scenes"...Unconscious beliefs, forming values and behaviors... hard to believe? Well, you may have heard the myth that we humans only use 10% of our brains...are we then victim to the other 90%?

NO!!!!

It is up to each of us to uncover our potential as well as use our consciousness to point our brains in the direction we want!

Who are we being good to and what voices are we following? Take some time to listen to your voices...what are they saying?

Contact Jim at [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) on how to for a complimentary coaching call to begin to explore how you can discover your own limiting beliefs and live the life you truly want.

See all the new website changes at [www.trulyhumancoaching.com](http://www.trulyhumancoaching.com)

## The Trance of Scarcity

Is there ever enough: money, love, time... how often have you heard (or said): “I don’t have enough time”... or “I wish I had more time”... MORE TIME? REALLY?

Victoria Castle, in her “best seller?” “The Trance of Scarcity” refers to how we all honor our values:

“...our two most precious commodities—time and money—are good indexes for what really matters to us. We vote with our calendars and our checkbooks.” P. 158

You may not know, but there are 168 hours in every week...We each have the same, no more, no less. You, me, Einstein, all of us!

### *How do are you using your time?*

I encourage you now, do a quick assessment of your time... and thus one quick glimpse of how you are (or are not) honoring what you value. Here is a quick an easy exercise:

1. Take out a blank sheet of paper, at the top write in big numbers and letters: **168 hours** (yes, it does help to write it big ☺)
2. Now, start listing your activities, the ‘things you do to take up your time’. A common example might be:
  - 56 hours: work
  - 10 hours commute
  - 56 hours sleep (that’s 8 hours per night, for those mathematically challenged)
  - 10 hours meals
  - 10 hours internet/television
  - 10 hours household activities
  - 10 hours personal hygiene
  - 6 hours other? (this would be free time, relationship nourishing time, self nourishing time, see a trend here?)

Go ahead now and do complete the exercise. If your are like most people, you have some hours to 'account for'. Another more thorough and lengthy exercise is to document, daily, for one week each activity and the time you take in each...

So what do you notice? How do you use your time? What does it say about what you value now with your time?

Here is another exercise you can do to 'check in' on yourself about the choices you may want to make: From time to time, ask yourself: "Is what I'm doing right now, really what I want to be doing right now?"

Listen for the answer, notice...then follow your heart...

## **Are You Ready? Truly Human Coaching**

BIG GREETINGS LOVING SOULS!!!

I hope this email finds you and those you love enjoying all the moments in your days!

In the last 6 months I have redesigned my coaching practice following a deep passion to help people discover the beliefs that keep them stuck in their current life situation. The work has much to do with discovering and uncovering what are often referred to as 'hard truths' and 'core beliefs' about who you are in the world while focusing on moving forward, toward who you truly want to be.

***The work is deep and personal, requires commitment, is guaranteed to have some really tough moments, is very therapeutic in nature and promises great personal, emotional and spiritual rewards.***

In the movie 'The Secret', the power of manifesting and creating was popularized. In my work with clients, I have found over and over that it is not JUST the manifesting, but the believing and vibrating on a truly deep level with those dreams is where the true magic is.

***This is the work we will do together...***

The core beliefs we have developed as humans determine what we value and are the 'lense' we view the world. This lens then colors every area of life: food, work, relationships, exercise, body image, self esteem, our goals, our dreams, what we believe to be possible (and not), what we value and hold true (as well as conflicting values) all stem from what we believe about ourselves and the world around us.

***This is deep work for those truly interested in creating the life they want.***

I still enjoy coaching folks on the many life issues that are more common to coaching, so certainly if you know of someone who is interested in coaching, let me know. My passion is in helping people to live the kinds of life they truly want....every moment of every day. I will bring me great pleasure to do the same for you.

***If the type of very personal work I talk of interests you, or you know of someone who can benefit from such work, please give them my name, along with your recommendation.***

See more information by visiting <http://www.trulyhumancoaching.com>

