



EmpowerChangeNow Newsletter

Life Transformations, LLC. – *empowering change*

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Life Transformations was

founded in 2002 by Joanne Aaronson. Joanne's mission is to foster empowerment in the individual to achieve his/her ideal life including relationships, career, and financial situation. Or for the executive, to achieve Enlightened Leadership to empower their best organization possible. The [Empower Change Now Newsletter](#) was started in 2007 to support this mission by sharing information about the underlying paradigm shift necessary to empower change in the individual for unlimited possibilities.



Dear Readers, in the evolutionary process of becoming more self-aware to achieve our highest potential, we must consider our own power. It's important to understand how to use our power and to know when we are giving it up both intentionally and by those that would take it from us. Once again balance plays a role. Check out this month's articles on power to further your success whether for your professional or your personal lives. As usual, I welcome your comments or experiences with this material.

**Always in light, Joanne
Joanne Aaronson, PMP, Ct Reiki, Ct EIIS**

Power, Principles and Perspectives

Has anyone ever questioned your belief system? If so, how does it make you feel? Our beliefs are deep-rooted, often starting in childhood, cultivated from our own experiences and influenced by our parents' direction. Once we have a belief, we hold it as "knowledge" as if it were "the truth". Very quickly and easily for us, our beliefs become our truth and thus "the only right way". As a result, we can back ourselves into a corner by polarizing with other's beliefs since they consider them to be the truth also. This is the basis for much of the hardcore disagreement in the world.

How does holding beliefs affect you at work and in your daily life? What can you do about it? So now you're in the workplace and a co-worker makes a statement. You are this, did this; appear to be so and so... Why are you dressed that way or wearing that particular makeup? Why did you write the report like that?

Do you immediately take offense? Does the comment go to your core being? Do you respond as if it were a family member criticizing you? Sit back and think about where the response is really coming from for a moment. When I encounter such behavior while working with clients I realize it's an old message from childhood rearing its ugly head.

Translation – it's a negative pattern that keeps repeating in various aspects of the person's life. It may have begun years ago, but it repeats whenever the person feels threatened as they may have done in childhood when their parent criticized them for not following direction.

Here are some simple principles to follow when you feel yourself over reacting to a simple situation: continued on page 3

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Know Your Own Power- A Facilitator of Success

Last month I introduced one of the five facilitators of success according to my Enlightened Leadership paradigm, which is to engage the heart as well as your head. This month, I focus on another facilitator to being successful as a leader—to know and use your own power appropriately.

To be in your power you must:

- ◆ Know what you stand for and who you are. What's worth fighting for and what can you let go by? Your team will respect you for doing your best to support the view you presented to them. However, they also understand that you must follow the program if upper management disagrees.
- ◆ Know your goals so that you can decide where there is or is not common ground with the organizational strategic plan or management's specific objectives. This will help you find a compromise. Your sense of creativity will help you find different solutions based on this different perspective. Try this approach to be known as a flexible, can-do leader!
- ◆ Knowing your manager's motivations will give you insights into his/her belief system so that you can understand their perspective. Give those around you credit for having a valid belief system as a starting point. Then do your best to explain your perspective. If you don't *win*, *accept that your plan needs to be tweaked*. As the point above states, show flexibility and you'll be a hero. Find a balance and a win-win for all.



Remember:

- **Know what you stand for**
- **Stay balanced**
- **Don't give your power away**

Remember that beliefs can be changed by shifting one's perspective as the story of the blind man and the elephant captures for us. Depending on where the blind man felt, he told a different story of what he was touching.

On a final note, to totally lose your power:

- ◆ is to give up without trying
- ◆ allow someone else to take advantage of you
- ◆ to feel your energy drained from your solar plexus

Stay balanced and don't give your power away!

SET YOUR IDEAL VISION

Are you repeating the same mistakes over and over?

Ready to re-evaluate your life or professional vision?

Check in with me regarding my spring promotion for

a 1/2 hour complementary life coaching session.

Call or write today, 703-624-0130 or

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Balance Your Life Corner



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Want to know more?

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Easy Spicy String Beans

I always enjoy finding new ways to add fresh vegetables to my diet that's easy and tasty.



Here's a simple recipe that's sure to please. Like Chinese food? Try steaming snapped fresh string beans with chopped garlic and schezuan sauce (available at the grocery store) in the microwave for five minutes. Serve with chicken and rice or any other dish you'd like!

Enjoy!

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1. Step back for a moment to reflect and get back into balance.
2. What underlying perspective are you holding at the moment?
3. Is there a basic belief system at work that originated in childhood that may no longer be appropriate?
4. Is another perspective possible?

By changing one's perspective, often beliefs will change also. If you are dressed to go out after work, then wearing more makeup would be appropriate. This is a simple example but one that might explain why one individual could do something that's contrary to your way of thinking. Or, if your boss takes a different perspective in a meeting, try to find out under what belief system they are operating. Then you might be able to change your perspective to accommodate their way of thinking. Often it's just that simple.

Power is partly in ourselves and partly in how we interact with others. Don't give your power away simply because you disagree with others.

