



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, starting with my January newsletter, I've been building on the theme of slowing down, and taking a fresh look at ourselves to prepare for the coming year. This month, I focus on the importance of understanding our own energy in order to be able to work with others, whether for our professional lives or on a more personal level. I repeat that we need to go back to basics, keep it simple and to let go of any extras that are impeding our way. As usual, I welcome your comments or experiences with this material.

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

Understand Your Old Tapes

Last month I talked about preparing for the new year by cleaning out closets as a way of making room for new things in your life. This month, I carry the theme forward by taking a look at repeating patterns that are leftovers from childhood. Ever wonder where those old tapes comes from that play over and over in your head? In my coaching practice, I see many of the same types of negative tapes that people play out that may manifest in the workplace, but actually began in childhood. By taking a hard look at where these negative messages come from, one can open the door to change. The idea is to make lemonade with all those old lemons! Convert the negatives to positives. Here are a few examples:

- ◆ "I take on more work than I can handle. I have to do it, as no one else will do it, can do it or something along this line." My response: Who said YOU have to pick up the pieces and FIX everything? Those with this pattern, often were told that they weren't good enough by their parents or other authority figures.
 - ⇒ This message got translated into, "If I do it all, they will like me", or "I can prove that I am worthy". Think about it? Is this why you take on more than you need to.
 - ⇒ Once I explain the pattern and my client understands, there is often a sigh of relief. Take a look at your childhood messages to understand the nuances further. Take a break from overwork and you will be less stressed and be happier.
- ◆ I have to protect my team from my director who's crazy. She/he puts out way too much work so I have to cover for them (the team). Again, the message is one of You do it all, be the hero and be liked. take care of themselves. Much like children, they have to learn to make

Continued on page 3...

In this issue:

- **Understand Your Old Tapes** 1
- **Heart Energy & Emotional Intelligence** 2
- **Balance Your Life Corner** 3
- **Old Tapes cont'd** 3

Heart Energy and Emotional Intelligence— A Facilitator of Success

As part of my Enlightened Leadership paradigm, I describe five facilitators of success, one of which is to engage the heart as well as your head. As I was reading the popular book by Daniel Goleman, *Emotional Intelligence*, I recognized several of the author's key points as part of this key element. Here is my interpretation of the relationship between emotional intelligence and heart energy as it supports my paradigm of Enlightened Leadership as a facilitator of success:



Remember:

- Use your
- Heart
- And your
- Head!

- ♦ **Operating with compassion for others** – Do you think before you act? There are actually several aspects to this point. Have you considered the impact of what you are about to say or do? This analysis should not only be analytical, but should also include an engagement of what I call *heart energy*, including compassion. Other elements of heart energy are nurturing, caring and love, in general. Use this energy whenever appropriate and possible.
- ♦ **Understand a situation from the other person's perspective.** Remember the old Indian proverb: "Before you criticize someone, walk a mile in his shoes; actually, I think its walk a mile in their moccasins" but you get the idea.
- ♦ **Another perspective** – how would you want to be treated? Remember the "Golden Rule", or "Do unto others as you want them to do unto you". I have my own version of this universal rule as represented by the Law of Attraction – "What you give out comes back to you multiplied". These are all different ways of expressing the same ideas. Not only should you treat others with respect because that's how you would want to be treated, but in doing so you create the same energy that WILL come back to you anyway. In the end, it's best to do the right thing for the right reasons since I do believe that it will catch up with us at some point. We might as well do it for our own good reasons and not because we're afraid of getting some bad energy staring us in the face at some point in the future.

Remember these ingredients for emotional intelligence whether working with people, teams, organizations or projects and be respected as a person of compassion and empathy. One day you may need the same in return.

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 free introductory life coaching session. Call or write today

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Want to know more?

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Balance Your Life Corner

Acid/Alkaline Balance—watch your dairy and red meat!



There's a lot to this subject, but I hope I can get the point across quickly as it's important to maintain a healthy balance between acid and alkaline foods. Foods such as dairy and red meats create an acid PH in the body whereas most vegetables and a majority of fruits are more alkaline. Why? An acid system is the cause of many diseases such as osteoporosis. Take time to investigate this condition, check out a book or two or just watch your intake of the two biggies—dairy and red meat and increase your intake of veggies and fruits. It's an easy way to be healthier!

Continued from Page 1

- ⇒ Who said You have to be everyone's baby sitter? If your team is over worked, allow them to be grownups and speak up for themselves. They have to learn to mistakes and learn from them.
- ⇒ Nurture yourself as well as your team, but do it appropriately. What message did you get as a child? How do you interpret it? How can you convert it to be more useful to you?
- ◆ The next time you think that something negative that's happening feels familiar, review the tape that's playing in your head for clues of it's origin. Most likely it's a remnant from childhood. Take a fresh look at the situation. How can you turn it around to be positive? How can you make lemonade from it? If it were a life lesson, what would the lesson be? Before you know it, you'll be making lots of lemonade and your life will be full of opportunities, rather than challenges.

