



talking about...

October 2006

... designing better relationships for better outcomes

A newsletter for those interested in ontological coaching

Perspective

"To see life from the perspective of intuition is to have vision. To see life from the perspective of intuition is to see life from the perspective of wholeness. It is to understand that life is basically one and that we are part of life. While the intellect can only see the details, intuition sees the whole. To see life from the perspective of intuition is like looking at life from the summit of the mountain, whereas seeing life only from the perspective of intellect is like looking at life from the foot of the mountain. Through learning to listen to our intuition, we learn to be in contact with the Whole."

... Swami Dhyam Giten

I am often asked how I come up with something to write about each month. Not being the most structured person in the world, I do not sit down and plan out what will be in our newsletter for the next twelve months, rather I tend to reflect on what has happened to me in the past few weeks and use that as the basis for my writing. The overwhelming situation in my life recently has been my father's illness, which culminated with him passing away a couple of weeks ago. Not something you would normally hear about in a newsletter, but his passing brought home to me, as if I wasn't aware already, just what is really important in my life.

I have written a number of times in the past about the way in which we make meaning of our lives. One of the fundamentals of the way in which we do this lies in the perspective or context from which we observe. If you have been reading our newsletter for some time, you will no doubt recall the idea that we are all unique observers of the world. Our uniqueness has us each observe out of our own unique perspective. As I was reflecting on this, an image came to my mind of a desert. The analogy this provoked was that in many ways we see a great deal of sameness about our own unique view of the world. It is as though we do not see that we constantly change the context in which we observe as we largely live moment to moment observing and making sense of what we observe without considering the context of our observations. Yet a desert is a continually shifting sea of sand. The wind moves the sand in small and generally unnoticeable ways unless you are looking for the changes. However, every now and then a major sandstorm occurs, which dramatically changes the shape of the desert. The death of a loved one is but one example of a sandstorm in our lives.

Like the desert, the small changes in our perspective are so transparent to us most of the time that we end up doing some things that would not make sense if seen from a broader perspective. This is particularly so when we are caught up in a constant such as the workplace where many people today are swamped to such an extent that they cannot even see how to find a broader perspective. As with the desert, it is only when a sandstorm jolts their everyday world that they find a different perspective and create a different sense of what is important.

Of course, we do not have to be like that. We can choose to find a vantage point to provide us with a broader perspective and then regularly

visit it and ensure we are living the life we want to live. The first step in doing this is to take some time out and articulate what is important in your world and what you would like to create. One of the classic ideas here is to write your own eulogy – how you would like those who are important to you to review your life and the legacy you have left behind. It is also important to declare these things to those we care about and write them down for future reference. When we make our dreams public, we also make it more likely that they will come into being. We can then regularly set aside time to come back to those things that are important to us and see how we are traveling on life's journey.

The choice to design your life is yours. Rather than waiting for your own personal sandstorm to get perspective in your world, think about what you would gain if you stepped back and got a clearer view now.

"The Moral leadership, by definition, cannot be situational or contingent. The reason is simple: if ever leaders revert to paternalistic behaviour ... They will break trust with followers. The ultimate in disrespect of individuals is to attempt to impose one's will on them without regard for what they want or need and without consulting them."

... Leading Change, James O'Toole

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More Perspective ...

Not sure where this one came from, but it speaks eloquently to our topic this month.

One day a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from their trip, the father asked his son, "How was the trip?"

"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

So, tell me, what did you learn from the trip?" asked the father.

The son answered:

"I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them."

The boy's father was speechless.

Then his son added, "Thanks, Dad, for showing me how poor we are."

Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have. Appreciate every single thing you have, especially your friends!

"A day without laughter is a day wasted."

... **Charlie Chaplin**

More Interesting Links

This month, we would return to the age old question of "who am I?" When we ask that question we invariably end up trying to explain what constitutes consciousness. If you have ever wanted to explore these questions in more depth, we invite to go to Dr. Susan Blackmore's web site at <http://www.susanblackmore.co.uk> and read some of her work. Chances are you will find some answers but many more questions to open up your exploration of self.

Our Web Site

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