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Reclaiming Your Life

LYNNE MORRELL

Tapping Into Personal Motivation

Does the word "Motivation" have a charge for you? Do you notice that when you get ready to begin certain projects curious personal behaviors emerge? Have you experienced the desire to stop reading this article altogether? This topic can be a bit overwhelming. How many of us have listened to "motivational speakers" and wanted someone to just, oh, I don't know...shush them up! Or how about reading books on motivation and finding that you don't even have the motivation to finish the book? As a human and a coach this issue comes up often. The common thread is that many of us have behaviors that seem to undermine the desire to complete something that we really want to do.

I looked up the word "motivation" in my dictionary and could not find a definition. I was going to leave it at that and thought, "Well, since I am writing an article on this subject...I probably could be a bit more thorough" (a curious behavior of mine is sometimes giving up too quickly!). So, I read further and found the definition for "motivate."

Motivate: To provide with a motive

This was interesting, though this did not say much. I read further. I was becoming more motivated now to find a definition that I could work with to make this an interesting and exciting article that would inspire readers! Here was the next definition:

Motive: An inner urge that prompts a person to action with a sense of purpose.

Much better! So there is an "inner urge" and a "sense of purpose," and the only part that can hinder us is the "action." Let's play with this a bit. The first step is to notice the "inner urge." Maybe you have an inner urge to clean out your closet, or paint a wall a different color, or write a book. Give this urge a voice. Maybe you could write about it, talk about it, or read about it.

The next step is to get clear about what this "sense of purpose" is for you. Maybe the clutter in your house is driving you nuts and you are tired of feeling crazy. Your purpose for painting may be that your walls were painted "dusty rose" in the 80's and you just want to bring in a more modern feel. The book? Well, that has been a secret dream for years and the purpose is to share something with the world that is uniquely you.

Now it's time to get clear about what needs to be in place in order for you to take "action." Maybe you need more time set aside, or some money saved. For larger projects finding supportive people to talk to may be helpful. Maybe you need an organized space for creativity. Being honest with yourself about what needs to be in place will support you in taking that action that could make your life a lot less crazy, a lot more modern and a lot more creative.

Take some time to release the charge around how you motivate... and watch yourself move into action. Enjoy the process!



Lynne Morrell is a Life Strategies Coach. Her practice focuses on people who are in transitions and who are in the process of reclaiming their lives. Her style blends intuition, compassion, humor, enthusiasm, fun and creativity. Call 970-204-0358 for a free experiential session and explore the value that coaching can have in your life.

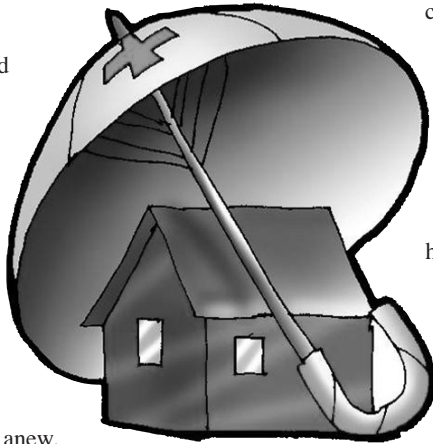
We are all healers with our own unique talents, insights and specialties. So, why do people who do not identify themselves as healers find those who do identify as healers to be strange or "out-there"? Recently, I have worked with several healers, helping them to clear their homes and offices.

One may suppose that healers, by definition, would live in houses that radiate divine love, making their living space a sanctuary. (And some healers do maintain an energetically clean living environment.) However, the characteristic that seems most common to those who practice the healing arts is that of being engaged with the process of life, which entails the ability to release and create anew. Most healers are like the mythical Phoenix, continually burning through those aspects of their lives that no longer serve them as they rise from the ashes each day more radiant. The gift that these healers provide is that of purification and renewal.

As healers release fear, shame or pain from any of their personal spaces, these energies can accumulate in their homes and offices. Likewise, the energies that the healers enable their clients to release can build up as well. The challenge, then, for healing arts practitioners becomes one of keeping each space

Healing Houses for Healers

Heidi Petersen



clean, not only one's personal space and one's relationship to the world, but also the home and office spaces as well.

Hence, the first difference between a self-identified healer's house and someone else's house is the rapidity of release and transformation occurring in the space, and, perhaps, the presence of clients who are engaged in a process of release and renewal

as well. However, there is a related but less obvious difference.

Spaces that are the same size physically may or may not be the same size energetically. For instance, a space set for "control" is much smaller than a space set for "permission." Transformation involves releasing those energies that are constricting one's space in order to make room for a more expansive vibration. Healers have a lot of space, and people with a lot of space not only have plenty of space for light, but plenty of space period. They are able

to create an environment in which people can release — and they tend to have plenty of space in that environment to store all that is being released. It is this abundance of space that most distinguishes healers, and can result in them having a reputation as strange, unusual, or eccentric. After all, someone with less space could not even imagine doing some of the things that someone with abundant space does regularly.

So, if you notice that your home or office space is filling up with fear and pain, take heart. It is likely that you are releasing those energies in order to make space for you to live your dreams. And, you may want to consider creating that expansive vibration in your home or office as well.

Heidi Petersen provides clairvoyant readings, energy healings and house healings. As a staff member of the Psychic Horizons Center in Boulder, she teaches house healing techniques to their students. For more information, or to schedule an appointment, please call Heidi at 303-652-2491.

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