

# Define Yourself

health and career coaching



May 2007

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**Be Irresistibly Attractive and Lifestyle and Weight Management**

starts July 12<sup>th</sup>? For more information see:

<http://www.defineyourself-coaching.com/secondarypages/classes.html>

## Simple Truth

“It is easier to act your way to a new way of thinking than to think your way to a new way of acting.

- Thomas Leonard

## FREE PODCAST

Episode 1  
Healthy Selfishness

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## Affect Others Profoundly

As I did in the early 70's I wonder a lot about peace and love. I know now that it is not about changing how other people think but perhaps about getting us all connected to our own profound peace.

How can we say we do not love another when we have not had the opportunity to see that divine place inside of them, or even in ourselves? Seek the place of universal love, beauty and peace, the place that connects us and allows us to never be abandoned, the place that is nurturing and generous, the place we call God, Allah, Buddha, heart, the divine spirit, or hope.

The fight or flight fear response to things we do not understand emotionally, culturally, or religiously, is natural. What is also natural to the human species is profoundness, a profoundness that transcends, a profoundness that connects, a profoundness that heals.

Facts and information have value but they may lack profundity. Peace and love are characteristics of the deeper who that a person is, and not necessarily what that person presents outwardly. In listening with the heart and responding to the innermost feelings we connect, and make allies and friends. Words and actions are sometimes so limiting. We must seek first to understand before being understood. This is our ultimate survival mechanism and here we find hope.

By accepting our own humanism, with all its faults, frailties and strengths we can be more forgiving of others, and thus, live more harmoniously. Perhaps this also opens the door for challenging old assumptions, ways of being, and antiquated beliefs. When we show our vulnerability we make it easier for people to accept and care for us.

We all have such great and wonderful talents, seek those out in others and experience the value and the joy it brings forth.

## Distinction:

### Peace vs. Boredom

**Boredom** is the gateway to peace. It must be experienced before you slow down enough to feel peace.

**Peace** comes after we slow down enough to face the parts of ourselves we have been ignoring.

## Tools:

### *Healthy is as healthy does*

Come treat yourself to two days and three nights of

- Daily guided morning exercise
- "Living Health Conscious" workshop
- Daily instructional trail rides
- "Being Extremely Selfish" workshop
- Daily one hour art class
- "Healthy Foods For You" workshop

For program schedule, fees, what to bring, and directions visit:

<http://www.defineyourself-coaching.com/secondarypages/classes.html>

## Is it Happiness We Seek?

More often than not I am a happy person. The more information I read about "The Science of Happiness" the more I question my happiness. Studies suggest that happiness is 50% genetic and 50% programming, be it circumstantial or individual intent.

Accordingly, if I intent to be happy I must do X, Y and Z on a regular basis, and I will be mostly happy. That is like saying I must exercise 5 times a week to be healthy, be a vegetarian to avoid cancer, or make my daily yoga class. This scheduling, and the formulas themselves can bring on toxic stress.

Perhaps we need to design our own individual course of joy. I am reminded of horses being whipped or pushed by the jockey to the finish line, and grey hounds being drawn or pulled to the finish line. It is much more effortless to be pulled than pushed.

When I live a life based on the information "du jour" I am on an emotional merry go round waiting for the next spin. Perhaps my happiness or joy is much simpler. Perhaps, if I quite my mind, and value what is now, I will be more at peace. Will I miss my present experience if I am focused on some scientific formula that tells me when, where, and how to be happy?

Goals are joyless for me. They have never motivated me. They have always been pushes. This is not to say that I do not have a vision of where I want to go, but I seem to have an intuitive knowing of what I need to do next, and when.

Timelines and pending results can cause angst. My tendency is to be pulled into a direction or action by what I believe and what I value, not by what I want to cause. In this way I enjoy the action steps and I place my attention on what is here now.

Consider that joy and happiness are not formulas or goals to strive for in the future, they are yours for the having today simply by knowing yourself, and coming from your heart with others.