

Define Yourself

health and career coaching



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A bird does not sing because it has an answer, it sings because it has a song to sing.

- Maya Angelou

Check www.defineyourself-coaching.com for helpful tips, inspirations, and assessments for growth and fulfillment

You are always welcome to e-mail me with feedback, questions, thoughts or suggestions. I enjoy receiving them.

VALUES, HOW DO THEY SERVE YOU?

A truly evolved individual orients their life to live honoring what they value and not what they feel. Feelings are reactive; values are a response based on our self-awareness, our imagination, our conscience, and our independent will. Our feelings come from pathways forged by conditions, conditioning, past experiences, and biases. Feelings are not very freeing. They keep us trapped in a prison of what we were, and do not help us to evolve to our full potential.

In any relationship, be it love, friendship, or other interdependent connections values are the healthy foundational bond. So often we abandon connections, based on feelings of hurt, fear, or anger, when all we really need to use as a barometer is "are we honoring our values". Does this relationship honor what I value? Do I choose to respond based on what I value, or do I react without any option to choose what I hear, or see.

Here is a little exercise that will help you evolve from reacting to responding. Like any behavioral change it must be practiced, practiced, and practiced. Next time an opportunity to choose between reacting and responding arises I challenge you to think of five possible scenarios on which to base your feedback. I say five, not 2, or 3, because you want to exercise your ability to create, be self aware, be of independent will, and be conscious of what you value.

Victor Frankl was a great believer in choosing to respond based on his values, rather than reacting to his death camp environment, over which he had no control. He created for himself and others a world of his own choosing and survived his suffering with integrity and dignity. He was able to inspire many people with his ability to live in his values, and not in his external situation. When we see such fortitude we admire it. Let's admire ourselves. Challenge yourself to unhook from past behaviors by choosing to respond from your deeper self. Respond to opportunities as a way to reinforce your values and honor your integrity. Evolve to a higher level of yourself, a more spiritual self who responds from a more value-based place. Become more attractive to yourself, honoring your values, and you will have greater impact.

One of my top values is to inspire others. It is a passion. If the words I speak today elicit a spark of renewed vitality, or boost someone's energy then I have a joy filled day.

Is your life centered around your values? Do you know your top values?

Contact me for an assessment to discovering your values.

Do you blog? I blog
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DISTINCTION;

SPIRITUALITY VS. RELIGION

Spirituality comes from our sense of a mysterious connection to each other and the universe. Religion is an organized system that serves as the framework for verbalizing and acting upon this sense of mystery and connection.

WHAT IS SPIRITUALITY?

The dictionary says that we are spiritual when we belong to a church or when we contemplate matters of the soul. For me, matters of the soul, of my innermost spirit, are about being connected to myself and everything outside of me. Nature, in all its diversity, is out there and in here. We are all of the same vast fabric affecting each other directly or indirectly.

As I perceive this all-consuming canvas of natural energy, it makes me aware of a collectiveness that is bigger than all of us. I become more respectful of nature, humans included. I also become thankful for my place in it all. How marvelous the gift I have been given in myself. So it seems only honorable to worship myself and be the best that I can be in order to respect the universal order.

So why is spirituality important to me? It makes me civilized when I see that we are all the same, yet uniquely gifted. I look for the best in others rather than the worst. When I am in touch with my spirit I am better at relating to others, and we can co-create. When I focus on my higher self I gossip less, accept more, give more, love deeper, listen better, and see more.