



**CULTIVATING THE SEEDS OF CHANGE ©
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Wide Open Spaces-How to make space in your life

It's exhilarating to imagine standing in a vast expanse of natural beauty: a glacial field, a mountain top, a tropical beach. The freedom you feel opens your mind to the experience. Many things seem possible when you are surrounded by so much space. Your surroundings allow you to expand your mind, free your thoughts.

How can you build some wide open spaces into your life? The benefit of having "space" for thoughts you want is critical to a healthy and successful life. Too much time is spent today worrying about things that haven't happened yet and fretting about those that already have passed. Most of us don't take the time to just breathe.

Pay attention to the conversation your mind has about what is happening around you. It may be criticizing you for eating a whole bowl of ice cream or it may be justifying cutting that truck off in traffic because "they don't know how to drive". Sometimes, the conversation in our head tells us that we are never going to succeed, that life is too hard, that struggling in this relationship isn't worth it.

When you take time to notice what those conversations are in your head, you may notice that your mind is reacting to something as if it happened in elementary school: it is identifying this situation in the context of a past situation. Past experiences are replayed using current circumstances.

For instance, you just got a terrific promotion. You call your father to share the good news and he says, "Hope you're up for the challenge. It's tough out there." All of a sudden, your internal conversation starts: "You never thought I was any good. You never had any faith in me". Although you are not saying these things aloud, your mind is playing it over and over again. You get off the phone and instead of experiencing the vast space of euphoria; you are hunched down in a very confining space, where only negative past experiences live; where there is no room for hope and certainly not for growth.

So, how do you create the space that encourages freeing thought?

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GARDENER'S ACTION PLAN FOR JULY 2005 ©

Renée Canali, Life Coach

Here are 5 steps for creating space in your life:

1. Become aware of your internal dialogs.

The first step in creating space in your life is to become aware of the thoughts that limit your space. Eckhart Tolle, author of The Power of NOW, suggests you “watch the thinker”. Observe the voice in your head without actually listening to it. Consciously acknowledge that you notice internal dialog.

2. Next, transform those thoughts into a pattern that supports the life you want.

Henry David Thoreau says this best:

As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.

3. Allow yourself to draw boundaries around your time. The most critical dimension of this step is that you have to make conscious choices to prevent scheduling any activity in which you have no interest. This involves the avoidance of accepting decisions others make for you. “Dad, I told them you would make cookies!”

4. Learn to say no to things you choose not to do. Although there are times you may need to step in when you truly don't want to, limit these situations. Volunteer for things you really get satisfaction from doing. Immerse yourself in activities that free you from “have to do's”.

5. Plan space in your life every day. Schedule time for yourself. Exercise, meditate or run through the sprinkler! Engage in activities that involve frivolity and play. Spend time with your mate stargazing. Stay away from reading current events, watching television and catching up on tasks after the kids are in bed.

There was this huge world out there, independent of us human beings and standing before us like a great, eternal riddle, at least partly accessible to our inspection and thought. The contemplation of that world beckoned like a liberation. Albert Einstein

For things to be different you have to cultivate change. If you are ready to change your habits and be more productive and satisfied and would like support, you may send an email to Renee@landofpossibility.com or call 866-337-2728. All rights reserved. This may be reproduced with copyright statement and credits intact.



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