

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 1: Connection



Lesson 1: Connect To Your Vision Transcript



CYHCYL

Lesson 1: Connection to your Vision

Abraham Lincoln once famously said *"Give me six hours to cut down a tree and I will spend the first four sharpening the axe."*

Welcome ladies, to lesson 1 of Change Your Home, Change Your Life! We are finally getting started and I'm so excited. This week in Module 1 we are focussing on Connection.

You are going to connect to your vision, the vision of the person you want to be or to become, your vision of the kind of life she is living and the kind of home she is living in.

Why are we starting like this, you might ask?

Two main reasons: You want to know where you are going. Imagine that you step into a taxi and you don't give the driver any instructions, you just tell him: *"Just drive and I'll see what happens"*. Well, there is a slim chance that you end up in a place you'll enjoy and which makes sense for you. It'll take a long time, it'll cost a lot of money, it'll be very frustrating and you might as well not arrive there.

Now, let's take another example: imagine that you tell the driver: just drive me somewhere nice. So, you have a bit of a better chance to go where you want to go, but again, you might discover that 'nice' is quite a fluid concept and that still the journey might not be so quick and so effortless than you'd hope.

This is unfortunately what happens for most people when it comes to where they want to go in life and what they really want for themselves. It rarely gets clearer than that.

"I want to have more money. I want a better relationship. I want to lose weight. I want to get fit."

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Now, as long as things are stated that vaguely, you cannot really connect to them, and that is reason no.2, why we start this week with connection.

When you are not connected to something or someone for that matter, not much can happen, and certainly not inspired action. So what we are going to do this week is to establish connection between you and your dream, connection between you and your reality, and finally, connection between you and all those things and the action you are going to take.

Now let's dive in, shall we: Connection to your Vision.

What is a vision? A vision, an Elegant Alchemy vision is a beautiful picture set in the future of something you want to experience and create.

Remember, alchemy is transformation, which is what we do here, and elegant is how we do it.

Now when I ask my private clients the first time we talk about the vision they have for themselves, guess what the most common answer is: --

Exactly. I'm met with a blank stare and a "I don't know". Oftentimes they ask me to tell them, which I do not do!

The fact is that many women are not used to spending time exploring their vision. Seems like a waste of time, a bit indulgent, it's just daydreaming, what good it will do, and so they never really go there in detail and this is how they never get a clear picture of their vision.

They actually, literally, do not know what they want.

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But, here it comes, this is where the mind kicks in: as soon as we get a glimpse of what we really want and we start moving towards that, we start to change things, the mind goes:

I can't possibly want that. That is way too big, or too small or what would my mother say, I don't have the money for that, people will make fun of me and it's never been done before and who do I think I am to do that, right? I

Basically, limiting beliefs will spring up faster than mushrooms after a summer rain!

The mind doesn't like change! Which is why today we are going to explore your vision in a way that will bypass the mind and will go straight to the essence: how you feel:

I'm going to guide you through a visualisation or meditation of your ideal day in your ideal home (please note that I said ideal, not perfect).

Whatever images come up, just let them come and be happy to explore them. It doesn't mean that what you'll come up with HAS to be your future, it's not written in stone, don't worry!

a)Because when you do this exercise again in a couple of weeks, maybe even in a couple of days, something else might come up.

b)What we are going to work with are the feelings you'll have during the experience. What matters most in this exercise is that you get a very clear FEELING. In your ideal day, in your ideal life, in your ideal home: How do you feel, how does each room in your home feel, how do you feel in each room in your home?

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b)What we are going to work with are the feelings you'll have during the experience. What matters most in this exercise is that you get a very clear FEELING. In your ideal day, in your ideal life, in your ideal home: How do you feel, how does each room in your home feel, how do you feel in each room in your home?

Just relax and enjoy the ride.

You have an audio recording, put yourself somewhere comfortable, switch off the phone, make sure that you are not disturbed, cover yourself with a blanket, have a notebook and your worksheet ready and just enjoy the ride.

Afterwards take your time to take very thorough notes, you really do not want to skip that step, because these notes are the foundation for everything we are going to work on in this course.

You are going to be asked again and again and again to refer back to these notes. So please make sure to really take your time to write down in detail what you saw and how you felt. I cannot stress how important it is to anchor yourself in your vision first. It has been said that if you can dream it, you can do it. I'd go further and say, to do it well you need to dream it well first. And: if you don't dream it, you won't do it! It is the foundation for everything that you're going to be learning during our journey together. Have fun exploring your very own Elegant Alchemy vision of your ideal home and your ideal life, share your experiences and findings in the group and I'll see you for lesson no.2.