

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 4

Commitment



Transcript Lesson 1:
Focus



Change Your Home, Change Your Life!

M4 LESSON 1 Transcript: Focus

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way". William Hutchinson Murray

Have you ever made similar experiences when you were really committed to something?

In order to make your ideal life more and more a reality, at one point or another you will most certainly need commitment.

Bonjour dear ladies, and welcome to a new module!

This week we are going to explore commitment under different angles, or rather we are going to look at how your home can help you to stay committed, so that Providence can start to move too and unleash all those unforeseen events to help you.

Maybe you already know what you are or what you want to be committed to in order to progress towards your best Self, your ideal life?

If not, now is the moment to go back to your notes of the guided meditation on lesson 1 of module 1: what kind of commitment will move you to your next step on your journey forward? It doesn't have to be something earth-shattering!

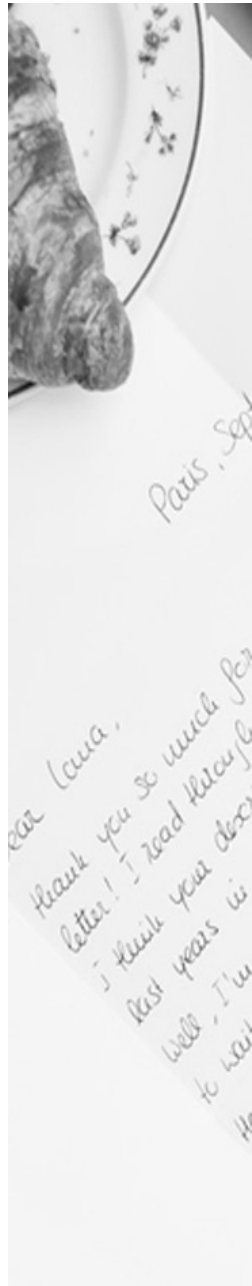
Please write it down in your worksheet, this will be the one commitment you are going to work with this week.

Now, onto lesson 1. We are going to start with Focus, because commitment requires focus, wouldn't you agree?

Let's explore focus. On your way towards your ideal life, home and Self, what do you want to focus on and how does this translate to your home?

Of course, we arguably worked with focus since the beginning of this program: we have been focusing on creating the kind of home for the kind of woman you want to be, on eliminating things that were drawing your focus into the wrong direction and on enhancing and growing things that were worth your energy.

We are now going to look at three major effects of focus, that will considerably help you to stay committed to whatever it is you choose.



M4 LESSON 1 Transcript: Focus

The first effect of focus is one of flow and grow.

The rule here is a simple one: energy flows where attention goes, or: what you focus on, grows. Of course, you want to grow the right things in your life, which starts by focussing on the right things.

To give you focus, your home needs focus, right? For that, every room in your home needs a focal point. When I say room, much like in Module 2, in the lesson about organisation, “room” can be replaced by zone, area, corner etc etc.

What is a focal point?

A focal point in your room is where the eye goes first, where the energy flows towards, the center of gravity, so to speak: in my office, the focal point is the desk. In my bedroom, the focal point is obviously the bed. Oftentimes the focal point in a room is the biggest piece of furniture.

A room without a focal point is a room where the eye has nothing to rest upon. For instance a room filled to the brim with clutter. You don't know where to look. Or a room with furniture that feels completely random, like the movers dropped it just somewhere without any rhyme or reason.

Each room (again: room as in any form of container) works best if it has a focal point. As does each life or even each day (of course the focal points develop: at certain stages in your life or times in your day, your focal point might be your family, at other stages it might be your relationship or your health or your career or your dog or travelling or your garden).

Like with your home, if there is a focal point, it doesn't mean that there is nothing else happening, there's nothing else in the room (or in the life), there can and will be many other beautiful ingredients and features- but it works best if they evolve around one focal point.

Let's have a look at what creating a focal point will do for you:

Creating focal points in each room will help you create them in other areas in your life - a) by the creative action itself you take and then of course b) by what the room then mirrors back to you.

As I said, ‘flow and grow’: the energy, the attention flows toward the focal point and the more focus is placed on something, the stronger it becomes, so you want to make sure that it is the right feature: if an ugly sofa, let's say, is tucked away in a dark corner, it doesn't have the same impact on you as if it takes the center of your living room.

Translate it to your life: if you have to do something that is really not your happy place, let's say accounting, and you have to do that 3 times a year, then it doesn't have the same, as if you had to make a living with it every single day.



M4 LESSON 1 Transcript: Focus

First effect of focus: help you emphasize the right flow and grow.

Discernment.

With a focal point you find it easier to see and in some cases to admit to the unimportance of nearly everything else. A focal point helps you to not get distracted by the other stuff.

Have you ever heard of the Pareto-principle, the 80/20 rule? Google it, it's very interesting. In a nutshell, it states that 80% of the effect comes from 20% of the causes.

Probably 80% of what most people fill their days with has a little as 20% of connection, of value or of results to what it is they see as their ideal life. And in that context: 20 % is probably optimistic.

In your home: 20% of all the things you have bring 80% of the results you want to have. So put the focus on those 20%, and not on everything else.

What in your home could be less but better to help you focus? Can you see how the right focal point makes so many other things in the room unimportant?

3 Landing

Sometimes - consciously or not - you might hesitate to properly land in a home, generally because a situation is not permanent: typically people do not want to invest into a home to make it more functional or beautiful, because it is rented.

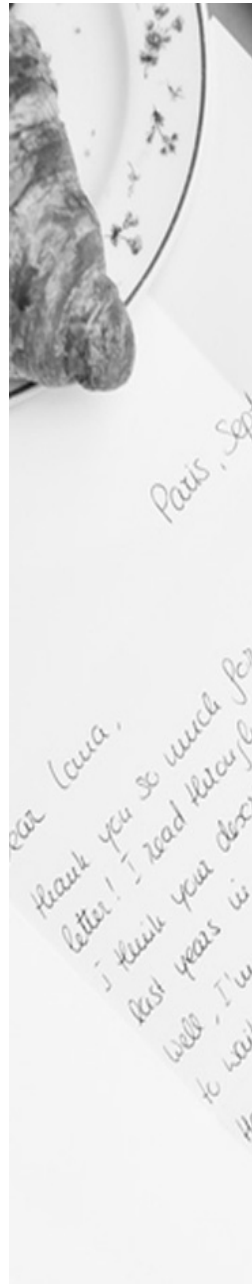
Of course there is an element of common sense to that.

But.

You always need to land properly before you can take off properly. Let me give you an example: whenever I travel, the first thing I do wherever I arrive is to unpack my suitcase and to put everything away, even if it is just for one night. Because that really helps me to land properly, and that has a huge effect on the quality and energy with which I do whatever it is I set out to do in that place.

Another example: a trampoline. If you want to have a good takeoff, you need to jump, so that you really land on the trampoline. Otherwise, if you don't do that, you don't really land, and you sort of hover around, and you don't really get traction, and clarity and energy and impetus to take off again.

Focus helps you landing (in a home, in a project, in work on yourself) and properly landing helps you focus.



M4 LESSON 1 Transcript: Focus

How can you land more in your space and anchor yourself: not because you plan to stay there until you die? But to gain stability for your next move.

So choose a room, take your worksheet and start to explore the room's focal point:

Is it the right focal point? Right for your commitment, right for what you want to do?

On a scale of 1-10, how much does your focal point in the room help you to actually FOCUS on what it is you are committed to?

Get clear: what's your intention with the focal point? Where do you want to land (not only with the feature in the room, but more importantly, with the activity, the feeling)?

If it is the right focal point for the room and for your current life situation (For example during the Corona lockdown, many people needed and wanted to switch the focal points in their home so that they fitted the new situation: kitchens became the true center of family life, dining tables became home offices and space in a room suddenly became more important than status furniture), how can you make it even more focussed?

For example: in my office I have books, shelves, plants, pictures, but the focal point is clearly the desk. To make that point even more focussed would mean that I have nothing else on the desk but computer, pens and notepad, candle and water. (Which, I should like to state for the record, happens very regularly).

Does the focal point have the appropriate strength? A focal point can be too weak. Let's say for example, the focal point in your kitchen is your kitchen table, but it's way too small for what you want to do - that would be a focal point that is too weak. It can also be too strong. To stay with our example - if the kitchen table is so big that it doesn't leave space for anything else, then the focal point is too strong.

Please share pictures of your rooms and their focal points and what they do for you. The more examples you'll see, the clearer you'll get, and I'll see you in the next lesson. Au Revoir!

