

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 4

Commitment



Transcript Lesson 2:
Lightness and Ease



Change Your Home, Change Your Life!

M4 LESSON 2 Transcript: Lightness and Ease

Welcome to lesson 2 on Commitment. Most people associate commitment with discipline and willpower, and you will certainly need both to commit to for whatever you are committed to create.

But you can't white-knuckle your way to commitment. This bread and water and nose to the grindstone approach doesn't work, not in the long run.

I remember how I once told a client: you can't think yourself alive. You can't pain your way to joy. You can't force your way to commitment. Like standing on your toes all your life. Possible for a certain amount of time. But even trained ballerinas do it only every so often, and even they wreck their feet by doing so.

Many of us have been brought up with the concept that things have to be hard in order to be worth something. It's exhausting, you get cramps, boring, it's utterly inelegant.

With this lesson we are going to add some Ease and Lightness into the package.

In lesson 1 we explored Focus, which is a great antidote to that toiling attitude, we already sharpened your axe and allowed you to land, so to speak.

When I thought about the qualities of a home that radiates ease and lightness, I realised that this is invariably a home where you can land and where you feel held.

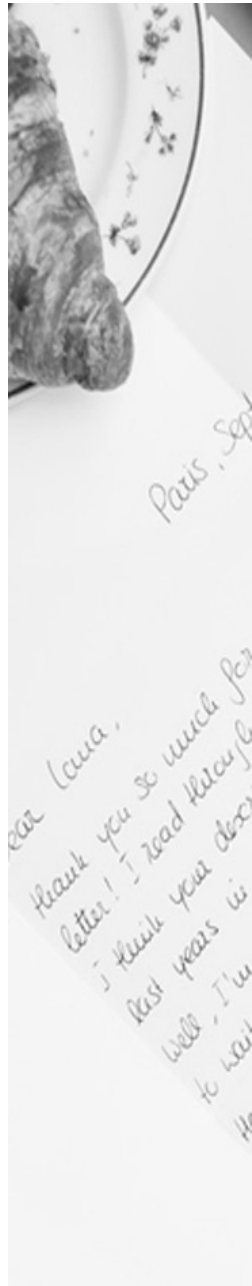
You can't spread, you can't fly, you can't let go, if you don't feel held. Think of a baby. When you hold a baby and it feels safe, then it can relax. But when a baby is lying in the middle of a huge bed with empty space all around, it doesn't feel held. When a baby feels insecure, it won't relax, no way!

We, even being adults, function very similarly. When you feel held, then you can anchor yourself in that feeling and then you can spread. You need to have roots in order to have wings. A home that holds you then allows you that feeling of lightness and ease from which you can do whatever you want to.

How does that relate to commitment?

And it is much much better to stay committed to something with a sense of lightness than with a sense of 'this has to be hard'.

So let's see how you are going to create lightness and ease in a room.



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Please go back to the room you already worked on for your focal point. Ideally it's a room that is important for a commitment you have or you want to have from now on. It's important that you first create what is needed for you to be able to land in that room, so if you haven't done the lesson on focus, I would suggest that you do that first.

So take your worksheet and recapitulate:

What anchors me in that room?

How do I feel held in that room?

Now onto lightness:

Look at the room and imagine yourself being an ice dancer gliding through the room in a flowing chiffon dress.

When you look at the room, where would you stumble?

Where would you bump into something because there is no space for you to glide along?

Where would your dress get caught in something sharp and edgy and catch and rip?

And now please think of what you want to commit to and with the help of this room:

My commitment is ...

On a scale of 1 - 10, where is this room in terms of ease, lightness, fluidity in regards to my commitment? How can you bring this room one point higher?

Let's take an example: you are committed to eat healthier. So let's have a look at your kitchen:

How easy is it to store the ingredients, to prepare and to eat three healthy meals a day in there?

You might give it 5.

What works already well in terms of fluidity, of flow, of ease, of lightness? Maybe you have the perfect WOK and a thermomix and a Kitchen Aid, and your countertop is uncluttered and you love your china.



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One point higher in terms of ease would be that you pull out the Thermomix from the dark corner and put it on your countertop so that it's really easy to prepare and to dance around the Thermomix whilst you chop your vegetables and prepare your meals.

How easy is it to do in the room what is essential?

Of course, we are all dying to see what you come up with, so do share, post pics, ask questions and above all, accept the idea that you can be 100% committed to something and do it with ease and lightness.

I'll see you in the next lesson, where we are going to enjoy some inspiration!

How will that impact my commitment?

OF course, we are all dying to see what you come up with, so do share, show us how your room holds you and the lightness and ease it gives you, post pics, ask questions and above all, get a feeling for letting a space hold you and create your commitment with a quality of lightness.

Enjoy creating lightness and ease, which will prepare you for the next lesson: inspiration!

