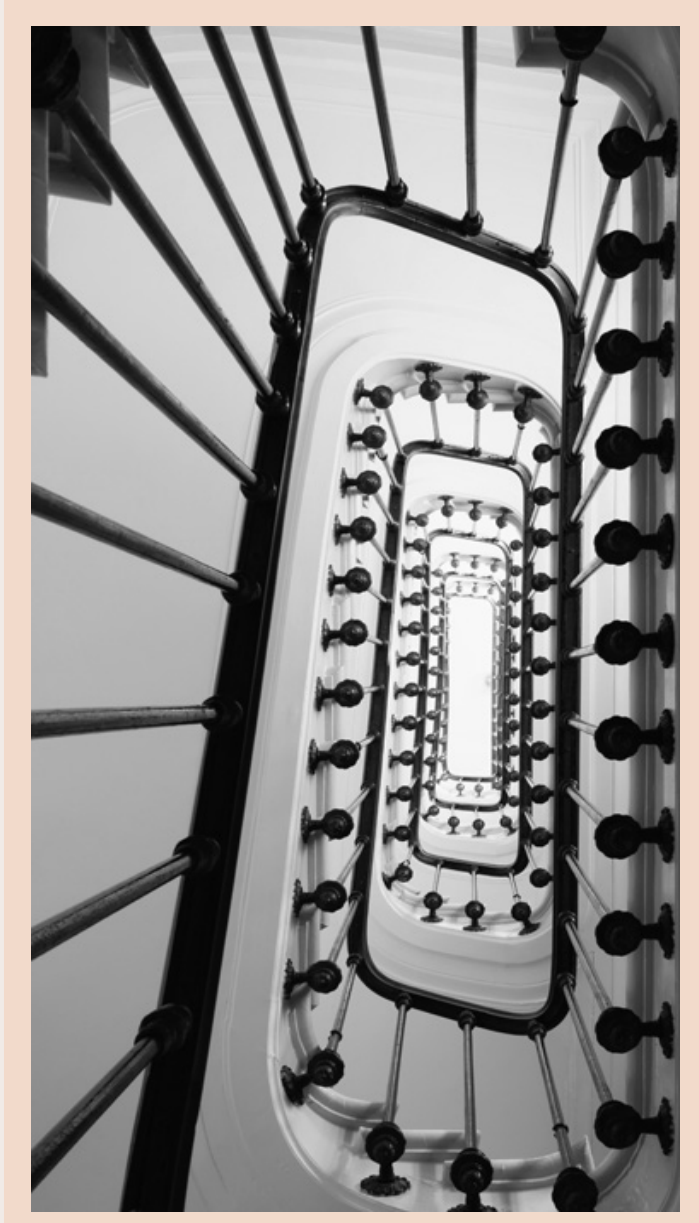


Elegant Alchemy

Life Coaching
with Rima Nouri

Module 6

Continuity



Transcript Lesson 2:
Progress



Change Your Home, Change Your Life!

M6 LESSON 2 Transcript: Progress

Ladies,

We are nearly at the end of our course, but of course the one thing we don't want is for that to be the end of your journey towards your ideal home and your ideal life and hence: Continuity.

So today we are having a look at progress. Progress is THE most effective way to keep people going. When you feel you make progress, well you are just more motivated to continue.

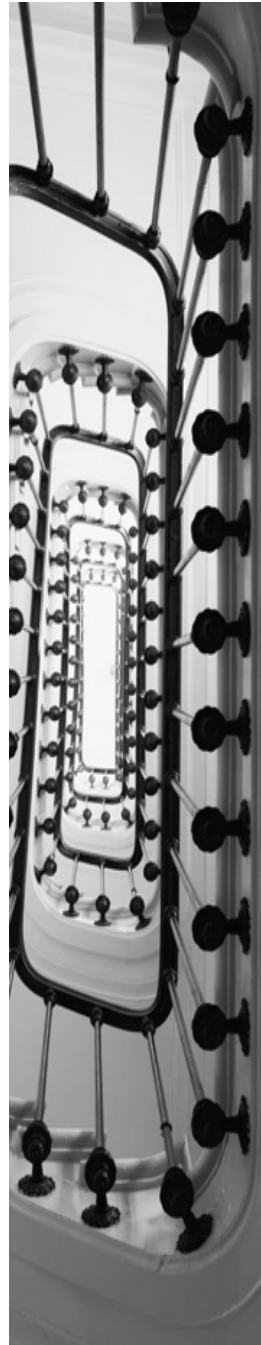
More than anything else, progress ensures motivation and continuity. What we all wish for, of course, is that feeling of making sizable progress, preferably with minimum effort. Hopefully you already had some of those experiences during the course in the last weeks, and if so, please remember that very elegant principle : when something works, do more of it.

So, arguably, progress has been at the heart of every single lesson we had since the beginning. But there is one aspect I want to highlight today, and that is your progress and others, and why that is important.

Martha Beck, who is a very accomplished life coach, once used a very apt picture: that of a jigsaw puzzle: imagine that you are doing a 5000 piece jigsaw puzzle of, I don't know, the Chippendales or a litter of kittens or a flower, whatever. Now suddenly one piece of that 5000 piece-puzzle morphs into a different shape.

Now we have a situation: none of the surrounding pieces of that one piece fit any longer. So what do you do: you reshape, change the shape of all the surrounding pieces? Do you reshape the one piece? Give up on the puzzle altogether?

This, in a nutshell, is what happens when someone shifts. We are all part of complex and complicated, social systems and interactions, and when you change, it will affect others. And here is the thing: not everyone will be thrilled about that. Especially when you change by progressing.



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One should think that when you progress, that those who proclaim to like you or to love you are overjoyed and cheer you on, but that's not exactly how human nature works. Many people, out of fear, reject or at least resist change and transformation. And they lash back on those who bring it, especially if those people bring change by their own progress and thus involuntarily hold a mirror to those who don't.

When you progress, it's sad to say, but nevertheless still true: especially when you progress as a woman, at one point your nearest and dearest will send you the message (in subtle or not so subtle ways) that they like it better if you stayed as you were. They might become angry, they might resort to emotional blackmailing, they might refuse to cooperate.

And since progress is, more often than not, not a linear affair, much like success is not a precise goal to reach, so progress can be messy, it can be a lot of one step forward, two steps backward, another half step forward, two steps to the side, three steps forward etc. Since that is the nature of progress, the person who is progressing is in a potentially vulnerable position, and when you get attacked, often the reaction is either to be defensive or to feel guilty about the change you bring upon, or both, and then it's very easy to revert back to your old behaviour, which is what the others want of course, because then things are as they always were. All the pieces of the puzzle are back as they were. Adieu, progress.

The elegant way to handle those reactions, because they will come, make no mistake, they will come, the elegant way is to understand that they are part of progress, like with our last lesson, where we discussed that setbacks are part of the progress and of continuing your journey.

So will be the reactions of others. So you don't counter-react, you don't lash back, but you listen, because that's what you owe the other person, if he or she is part of your life and you want them to stay that way, and then you find the space to reconnect to your truth

If it feels absolutely right, if you feel that the other person is right, well then you do a U-turn and you start afresh, which in itself is progress - because now you know what works and what doesn't.



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Or maybe it feels partially right – you change a bit your direction – or you feel that it has nothing to do with you, it's really the other person's story. The best thing you can do for him, for her, for yourself, for the world, is to stick to your truth and to make it clear that this is the best you can offer. Standing your ground sometimes is the biggest gift you can give to the other person.

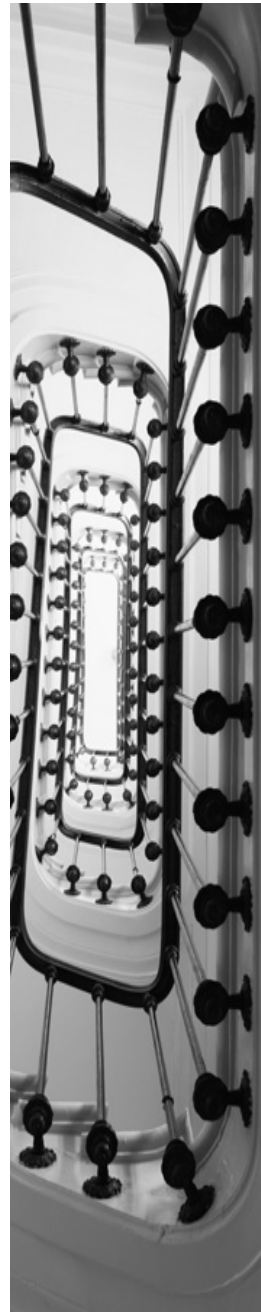
And this is where your home comes into the game (once more, once again):

1. The more you have created a physical environment, the more you have physically manifested, so to speak, that true foundation in your environment, that really reflects who you are and who you want to be, the safer you will feel to anchor there and to reconnect to what's really true for you. The environment will really help you to stand your ground.

2. If you have created already in your home the kind of environment for the kind of person you want to be and to become, then it will be easier for those around you to acknowledge, to understand who you are and what you do, hopefully even to accept your progress, even if sometimes the simple fact to create a home of your own will trigger reactions. To give you one example: I remember once someone saying to me: but your cat bowls are made of china! Mine are of plastic!" as if the world turned the wrong way around. So you will get reactions anyway.

And it's important that when you create your home, even when you get that kind of reaction of "Who do you think you are?" because that is what it meant, that, you know, "that is who I am. That's my home, my rules, that is my truth and I take it seriously. So you better take it seriously too!"

3. The third point: we have been discussing how you want to create a home that reflects the vision of your ideal home, of your ideal life – meaning one that is already up to a certain degree reflecting your future. That kind of home, that is already set, at least partially, in your ideal future, will nudge you on the way towards it. It will hopefully be a much stronger influence than the toxic remarks of your aunt, uncle, snooty cousin or whoever.



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During the whole trajectory of CYHCYL you have come back again and again to your vision of your ideal home and life, to YOUR vision, which demands, I'm sure you noticed, a certain practice and dedication and courage. Everything we have been doing so far aims at you creating a home that is true to your true Self which is the foundation of true progress.

Based on all this, let's come to today's exercise: it's a simple way to strengthen your progress and your position towards others with the help of your home: make sure that everything in your home which is either a gift or an heirloom is something you absolutely adore. In other words: don't allow others to take up space in your home - and your life - if it isn't right for you. Because it undermines your energy, your self-esteem and your capacity to make progress.

So please go through your home and look around. And when you come across a gift or an heirloom, point at it and say out loud: "I adore this (cup, cushion, porcelain doll, whatever), because it makes me feel... (loved, safe, happy)".

Now here is when it gets interesting. When you come across something, let's say a cup or a T-shirt where you have trouble doing this exercise... let's say you come across a T-shirt of the annual convention of the rabbit breeding association in your home town. And you have trouble. You start with "I adore this T-shirt of the annual convention of the rabbit breeding association in my home town, because it makes me feel ... uh..." and you don't know what to say. Then this might be a) an indicator that this T-shirt doesn't really have a place in your home, but then you also might want to look at: "do I really still have to be a member of the rabbit breeding association? Maybe that part of my life is also...obsolete."

So it's really interesting to check not only on the thing, but also on the relationship behind the thing, you might have surprises.

This the place to state something simple: just because something has been given to you doesn't mean that you have to keep it.



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I know that this one sentence will trigger a lot of reactions, which is why we are looking at it at the end of our course and not at the beginning (strategy, ladies) but it's simple: it's your home, it's your truth, it's your rules. And if you are not clear about it and if you are not true to your own truth, then who in the world will be?

And don't think that you can cheat yourself as in: it's just a small cushion, it doesn't matter. Or I'll put that horrible clock in the basement, then it'll be out of the way and pull it out when Aunt Hermoine comes to visit.””

It doesn't work like that. You can cheat the whole world, or at least you can try, but you can't cheat yourself, and there is one place where you really don't want to cheat yourself and that place, you guessed it, is your home!

True progress simply cannot happen otherwise.

So take your worksheet, go through the questions, and make sure that everything from someone else that is in your home is really conducive to your progress.

Thank you and I'll see you for our very last lesson in two days!

