

Next Step Transformation Newsletter

May 2014

Vol. 3 Issue 5

The Human Experience



Martha is available for speaking engagements

“Removing Your Own Glass Ceiling” – A 90-minute talk about 5 steps to removing the beliefs that are limiting your success.

Are you overwhelmed with working so hard to grow your business and just not getting the BIG results you want? One of the strongest limiting beliefs is what we think is possible. It limits our success and, worse, it limits our dreams. Join me and learn how to remove your limiting beliefs and turbo charge your success!

Contact me to schedule a talk for your group or for individual personal/business coaching
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A few years ago I came across a quote that changed my perspective and approach to life. The original quote was from Pierre Teilhard de Chardin, but I heard it from other teachers like Stephen Covey and Wayne Dyer: “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”

When we think of ourselves as human beings trying to be “spiritual” we focus on trying to get ourselves to a different place mentally, emotionally, and physically, hoping that it will bring about an enlightened experience. And, while all of this effort is good, the place from which we are coming is that of assuming that we are not perfect and that everything we do must be judged, leaving us with a feeling of lack and struggle. In our attempt to experience the spiritual we think of all the things we must give up and how we must sacrifice and strive to be forgiven. This keeps us in a cycle of guilt and self-loathing.

But if you just flip that perspective and realize that we are already spiritual beings who are here for the experience of being human, suddenly life becomes an adventure. Ironically, I found that this different perspective actually allowed me to experience much personal growth and become spiritually connected to all that comprises our life on earth.

I started to think of my life in a whole new way. First, I thought if my spirit is here to experience, then what type of experiences do I want to give it? Second, how do I want to grow through these experiences? Third, how do I want to contribute to this earth as a thank you for the journey of this life? I apply these three questions to everything I do. Whether it be a project, a decision, or a relationship, I always ask myself these three questions.

For example, when my children were little I decided that I wanted to experience the fun of being a child. I wanted to grow my patience and artistic expression. And I wanted to contribute to the joy of children who might not have the opportunities in their own home that my children had. Answering these three questions allowed me to bring arts and crafts to my kitchen table several afternoons a week with my children and their friends. Then, the program expanded and, with the help of other mothers, we ran a summer art program for children in our neighborhood. Some weeks we had several hundred children in our program. Even though the projects were simple, the fun and joy those children had was huge. I still get stopped in the grocery store by young adults thanking me for the fond memories of those art projects.

But let’s say your priorities are more focused on business. Think about these three questions and it will help you define your offering and business model. Let’s take the three questions:

- 1) What do you want to experience?** A thriving and lucrative business
- 2) How do you want to grow?** Be a better people manager
- 3) What or how do you want to contribute?** Help young people starting out in their career

This starts to build a scenario where you want your staffing model to include interns or students that want to learn the business from the ground up. Your people manager skills get put to the test, which forces you to grow because of their ambition and ideals and expectations. You end up not just being their boss but also their mentor and coach. Their new ideas and energy bring opportunity for doing things better, faster, cheaper, or maybe produce new products and services. Your business is filled with excitement and innovation and growth and satisfaction. And when problems arise you go back to your three questions and you are reminded of what your objectives are and the answers to the problems are easier to come by.

Give it a try, whether it be your job, family, health, or life in general—ask yourself the three questions and see how much clearer your journey forward becomes.

Wishing you Health, Wealth, and Joy,

Martha Soira Sears