

November 2011

WALKER TALK

What's
NEW



NEWSLETTER FROM CHRIS WALKER... INNERWEALTH

This newsletter is all about you... Because if you get inspired, it's infectious... And some people need you to be, stay and feel inspired... What's going to help you do that easier? Let's see in this month's newsletter

G'day

It's been a great week, I hope yours is the same. I've had some of the most extraordinary and deep personal insights this week and I just love how life just keeps expanding and revealing itself.

My daily meditation - or as some people call it, my kayaking, is going spectacular with so many lessons coming from my lower back I just can't believe my luck. I've learned so much from such a small incident, I feel so blessed.

On the work front, six more people engaged in the 30 day challenge while six others came to completion. What astonishes me is the commitment people do make to change in their lives when they are ready. I mean, 30 days of diet change, no coffee and getting up even earlier is a real statement of self worth. I love the fact that when the teacher is ready, the student appears.

While still on the work front, I've stepped up the intensity of my corporate training programs. My heart really sinks when I go into some business environments and recognise how much personal and family damage is being done unnecessarily ... And how, in many cases in an attempt to improve things, leaders just do more of the same... Even work life balance remains a model of healthy living... And we're doing stem cell research and changing DNA in health care, how do corporate environments get so left behind?

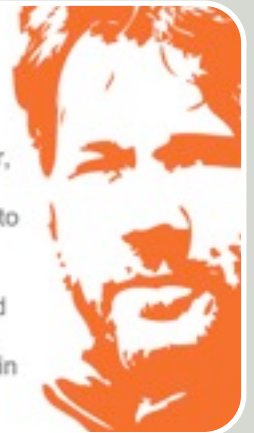
I'm inspired by that great old business book, the E-myth, Michael Gerber... And his quote for entrepreneurs, "work on your business not in it" and I remind you to work on your life, as well as in it.

This week I'm going to focus the newsletter on stress...

Hope you enjoy it.

Chris Walker MBA BE

Author and Business Mentor, Chris Walker offers insights into building better corporate relationships and harnessing the power of nature in business.



Coping with A Bad Boss

Sometimes your boss isn't inspired and they'll want you to lower your inspiration to be less than theirs. It's a big challenge when the boss is not conscious

.... Cont'd 2...

WORK WELL.

Balance



Inspiration

Let Nature Be Your Guide



Calm



1 Minute Stress Prevention

Just for a few minutes a day practice listening. It is a profound help in managing stress in your busy life. Simply stop doing things, observe some aspect of nature, become absorbed by the beauty of it. Say to yourself "I need nothing, want nothing and therefore I have everything."

Golden Handcuffs

One of the most awful stresses a person can face is working for an unconscious boss. It's frustrating, disempowering, confronting at all levels and usually disheartening.

I call this "golden handcuff syndrome" where we stay in a job because the money is great but the job or boss isn't.

To be healthy, you don't have to like your job, you have to love it. So, is there a way to turn a "golden handcuffs" into the job of your dreams? The answer is a categorical yes.

1. Stop blaming the job - empower yourself... When I take the garbage out, do you think I love it? The answer again is yes because I don't want to do anything in my life that I don't love. Instead of changing what I do, I change how I see it. Taking the garbage out is a chance to feel the outside air, brighten my environment and, look at the stars...

2. Stop moaning - Stay thankful ...Go back to alcoholics anonymous serenity prayer "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference." Bitching about your job makes you boring and very ill.

3. Don't take it personally... Understand the structures of business. When company structures are created there are a multitude

of criteria for who goes where in the pecking order. The people who make the choices have a multitude of criteria in mind when they make those choices, and these include: gender, who drinks best, good golf scores, longest serving, loudest voice, best at sales, and who passed the MBA exam best.

Nothing in that list includes "consciousness." In nature however, all hierarchy is based on consciousness. So, your boss might not be more conscious than you, and this is a huge stress. The best way to deal with this is with compassion. In other words, evolve through it... Everything you judge in your boss, is in you, so, instead of standing around judging them find where you have the same traits and learn to appreciate it in you. (8 columns)

4. Don't take it home... Develop some other interests in life other than work where you can excel and express your inspiration. Build contingency plans there is no permanent healthy solution to this. A person who is agitated and under utilized at work can easily come home and try to get their "sense of value" from their children or partner... Don't dump it on the family, find a sport or something healthy to do. If you come home with less energy than you left with then something is wrong with the way you're handling stress. Chris.



Every action, every thought has an effect

The Importance of Exercise for Preventing Stress Accumulation

Sport done well is another form of meditation and, just like meditation, it can have a profound effect on your day.

These are potential stress causes:

- Death: of spouse, family, friend
- Health: injury, illness, pregnancy
- Crime: mugging, burglary, pick-pocketed
- Self-abuse: drug abuse, alcoholism
- Family change: separation, divorce, new baby, marriage
- Sexual problems: getting partner
- Argument: with spouse, family, friends, co-workers, boss
- Physical changes: lack of sleep, new work hours
- New location: vacation, moving house
- Money: lack of it, owing it, investing it
- Environment change: in school, job, house, town, jail
- Responsibility increase: new dependent, new job

Stress at work

- The UK's Health and Safety Executive lists six key stress factors:
- The demands of the job
- The control staff have over how they do their work

- The support they receive from colleagues and superiors
- Their relationships with colleagues
- Whether they understand their roles and responsibilities
- How far the company consults staff over workplace changes.

I'd be inclined to list these in three categories:

- Mental - emotional
- Physical
- Spiritual

Exercise helps manage all three, however, it's more wise to consider changing mindset to deal with mental stress and changing spiritual ideals to change spiritual stress.

Mental stress, such as all the listed work based stresses, has two preventive options:

1. Be a victim of the system unable to change your responses to the triggers.
2. Develop a more resilient mindset toward the triggers.

All Spiritual stress is eliminated with V.I.P Vision, Inspiration and Purpose because these three are based on a mindset of Gratitude, Presence, Certainty and Love... The four kings and queens of spiritual integrity.

Physical stress is helped by exercising daily for 20 minutes at a cardio level of 70-80% MHR.



Do the Practice and All is Coming

INSPIRED



Sport is Stress Prevention

My yoga teacher used to say to anyone asking for a technical philosophical answer to a question, "Just do the Practice and all is coming" ... It was a physically challenging practice, he knew it engaged mind, body and spirit in a wonderful process... Just like sport done well. Beware the spiritual guru who doesn't exercise....

Inspiration is the Great Antidote to Stress.

An inspired person comes home from work with more energy than they left with in the morning. An inspired person handles change easily. An inspired person loves the human dynamic. An inspired person has patience. An inspired person has mastered three core qualities: Balance, Centred, Calm.

Balance Your Mind

1. Realistic Expectations
2. Be still for one minute each hour
3. Don't get angry, get thankful
4. Don't argue - expand to include
5. Big Perspective .. Life Purpose
6. Think Balance in Seven Areas of Life
7. Be under 20% body fat
8. Work on your top 4 priorities
9. Be the person you'd like to marry
10. Recognise the warning signs of lost inspiration.
11. Don't Give Your Power Away.

What marketing sells, what most fanatics advocate and what many leaders believe to be good is that imbalance can exist but mental stress comes from imbalanced thinking.

Centred

Inscribed on the tomb of an Anglican Bishop at Westminster Abbey

"When I was young and free and my imagination had no limits,

I dreamed of changing the world:

As I grew older and wiser I discovered the world would not change, so I shortened my sights somewhat and decided to change my country,

but it too seemed immovable.

As I grew into my twilight years in one last desperate attempt I settled for changing only my family, those closest to me.

But alas they would have none of it!

And now I realise as I lie on my deathbed, if I had only changed myself first, then by example I might have changed my family.

From then, by example, I might have changed my friends.

From their aspirations and encouragement I would have then been able to better my country.

And who knows, I might have even changed the world."

Centred leadership in life comes from the willingness to lead self and others with wisdom, rather than hype and emotion. For example: a leader knows they will be supported and challenged in their leadership and that 100% collusion is unhealthy and false. A centred leader knows that they must self-trust because their team will have approval and disapproval for them. A centred leader is not looking for logical answers but looks for the counterpoint in a decision.

Calm

Few people trust an emotionally unpredictable and vulnerable leader. Four key emotions exemplify great leadership, GPCL... Gratitude, Presence, Certainty, Love... And these all lead to one beautiful state of mind, CALM.

Great leaders, with Balance, Centred and Calm are great lovers too.

Inspired at work people Balanced, Centred and Calm - come home with more energy than they left with at night. So, there's a healthy space in their life for turning up in love, as a great lover in mind, body and spirit.

It's highly doubtful that a person who is emotionally disturbed, worried, frenetic and hyper at work all day can transform into a great lover at night other than to seek some sort of stress relief, worker's compensation with affection or get help falling asleep... (statistics reveal this is one of the most common uses for love making in busy lives)

Turning Up to Turn Em On

Whether you lead a group at work and want the best for them, or you wish to have the brightest, happiest loving relationships at home with family, the principles of Turning Up remains the same.

Balanced mind, Centred Body, Calm nerves... It simply makes you great to be around. A Zen like demeanour, objective and able to really understand people comes from this great space, you're really turning up.

But there's just one more key... To turning up to turn em on.... You need a vision.

Intensity brings Balance, Centred and Calm to life, and the intensity we recommend is VIP ... Vision, Inspiration and Purpose.

Vision engages people... Gives them a link to their own aspirations. Vision means communication and it must be authentic. A false or uncertain vision will be rejected.

Inspiration is the power of the NOW...

Right here, right now this second is awesome and with inspiration, comes adaptability, flexibility and the willingness to celebrate each moment as it is. Purpose of course taps something deeper, more profound.. I love this quote from the Yoga Texts....

"When you are inspired by some greater purpose, some extraordinary project, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be. Pattanjali"

Turning up in any situation requires the following:

1. Completion: you punctuate the last moment by completing what you were doing before.. Mentally and emotionally.
2. BCC Balanced, Centred, Calm .. You get yourself into a healthy space mind, body and spirit.
3. You turn up intense, linking what you are doing right now with where you are going.
4. VIP ... You bring your vision, inspiration and purpose to life, right now...
5. Focus on getting more done in less time... It is better to have shorter meetings, clearer objectives, greater preparation, less idle chat, greater intensity than the opposite.
6. Walk with a purpose, talk with a purpose, act with a purpose and where you can't do that, either lower your expectations of return on time invested or be prepared for the downside results.

Some Great Quotes

The size of your vision determines the size of your life.

Changing your lifestyle without changing your beliefs is like changing your pants but leaving your undies on.

Nothing affects the child more than the unlive life of the parent.

What you appreciate grows.

We sabotage anything we can't link to our purpose.

Nothing of the senses ever satisfied the soul.

Spirituality is trust.

I want nothing, need nothing and therefore have everything.

VISION QUEST V.I.P

The Greatest Stress is Uncertainty of the future..

Modern Process

In ancient times when change was slow, it was customary for leaders to go into retreat at certain times of the year to do vision quest. It was considered a sacred ritual, a way of staying useful, empowered and vital. In those vision quests, usually held in austere conditions high on mountain tops or deep in caves a trance like state would be achieved through starvation, certain hallucinogenic substances and sleep deprivation. You, on the other hand live in a world that is changing faster in one day than a whole year in those ancient times. So, the process has to change too. You need a process for re-visioning your life that does not require austere practices, caves and hibernation. However, your vision exploration is still sacred to you.

Total Life

There are seven areas of life, therefore seven areas of potential uncertainty of the future. Therefore there are seven areas of potential stress. If we strengthen our resolve in one area and ignore the others the uncertainty in the unattended areas can become subliminal, we don't even know we have it. So, a vision quest must flush out uncertainty that can often be



buried under, "it doesn't matter" or "everything is all right in that area of my life."

Always treat each area of the whole with equal importance. In Nature's law, "Everything is Interconnected" so, separation is truly impossible, they are all important and vital for a good life without undue stress.

From Desperation to Inspiration

In Nature's Laws "Nothing is Missing, it just changes in form."



Translating this into modern language is vital in a vision quest. So, we

understand that there are three layers to stress and uncertainty. Material, Mental and Spiritual. (Body, Mind, Spirit)

So, in the vision quest we simply define the future in the language of HAVE (Material), DO (mental) and BE (Spiritual) in each area of life.

By doing this in harmony with nature's laws we avoid the pitfalls of many vision quests that either focus purely on goal setting or spiritual gain.

Material Stress

In Nature's Hierarchy, see the pyramid above, the lowest and therefore most health threatening stress is "GOT TO" and "SHOULD".. This language is the language of desperation and leads to illness, self sabotage, addiction and extreme life stress. 95% of the

world's population live in this space, in spite of the fact that most are extremely well off.

It is quite amazing that, left to our own devices, we'll act as if the world is coming to an end even when it's not. This is not so much a function of individual failure as it is a breakdown in cultural conditioning.

For centuries past, leaders held people in constant state of fear in order to control and direct them. Desperation was a motivation and the constant threat of annihilation or spontaneous dismissal at work was a mechanism to keep our grandparents engaged, loyal and efficient in their life, social compliance and more.

Now the world has changed but not so some of the organised leadership and, at a personal level most people are so conditioned to be motivated by fear, they simply keep creating stress in order to feel valuable.

Now, running to the bus, plugging in the computer, waiting for photocopies at work or even lying in bed waiting for a partner to finish their shower, people say, "GOT TO" or "SHOULD" and trigger that old desperation.

Twenty years ago when I first started to take people on vision quest the greatest challenge I had was to help people avoid getting into a mindset of "I GOT TO" have a visionary experience... So, I created process to help people get into a great mindset for clear visionary thinking. I now use a far more westernised and less dramatic approach: gratitude.

Chris.

Chris Walker

The gift of inspiration is a once in a lifetime opportunity to learn how to become immune from stress, uncertainty, bad bosses, social unrest. It's the gift of healing, coaching, leading and living with love in your heart, focus in your mind and stillness in your soul. Beyond the crazy world of catch up, Nature's Universal Laws are the constant of all happiness.

Upcoming Events

- Sydney March 2012- Vision Quests
- Bali April 2012 - A Week in Nature
- Nepal May 2012 - Awesome
- Bhutan July 2012 - Spiritual
- Canada October 2012 Entrepreneur Tour
- Nepal November 2012 - Awesome

INNERWEALTH

Inspired Change

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