

THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



FEBRUARY 2008: Ever feel empty and alone?

Why do people work with a personal development coach?

Individuals come to coaching for a variety of reasons:

- Building self confidence
- Creating great relationships
- Achieving a healthier lifestyle
- Developing a new business
- Starting over after a divorce
- Dealing with the challenges of care giving
- Changing careers

**Want an opportunity to find out
how coaching can support you in
making amazing changes to your life?
Permanent changes?**

Changes that will not only enhance your life but encourage and empower you to keep propelling yourself forward to success?

Book your *FREE personal telephone coaching session right now.

It's easy and you can coach right from the comfort and privacy of your own home. **Doesn't matter where you live**, we are only a phone call apart!

All you need to do is email me:

lois@discoveryyourselfcoaching.com with two possible dates and times that would be convenient for you and I'll get back to you to confirm our 30 minute ***FREE coaching call**.

That's all it takes to get you moving forward and into the successful, happy, healthy life you deserve!

Call or email Lois *right now* at (905) 713-1352, lois@discoveryyourselfcoaching.com

I look forward to hearing from you and supporting you on your journey to success and happiness.

The Eight Attributes of Love

So, what is love anyway? An age old question with, I'm sure, many age old answers. It's a one-size-fits-all term that is generously applied to an enormous variety of relationships and emotions.

Love describes the way you feel about your partner on your wedding day, it's the way you are feeling when you lay a loved one to rest, it's that feeling you experience when you hold your new baby in your arms, or the pain that lashes you when your lover betrays you. It can also come to you by reaching out compassionately to others through volunteering.

From my viewpoint, it appears that love is really your behavior towards others. Interpersonal love happens between human beings such as between family members, friends and couples. Elements that are often present in interpersonal love:

- **Affection:** appreciation of other
- **Attachment:** satisfying basic emotional needs
- **Reciprocation:** if love is mutual
- **Commitment:** a desire to maintain love
- **Emotional intimacy:** sharing emotions and feelings
- **Kinship:** family bonds
- **Passion:** sexual desire
- **Physical intimacy:** sharing of personal space
- **Self-interest:** desiring rewards
- **Service:** a desire to help

To learn more about coaching and how it will change your life, please visit my website:
www.discoveryyourselfcoaching.com

THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



Here are the Eight Attributes of Love

1. **Patient** - showing self-control
2. **Kind** - giving attention, appreciation and encouragement
3. **Humble** - being authentic without pretense and arrogance
4. **Respectful** - treating others as important people
5. **Selfless** - meeting the needs of others
6. **Forgiving** - giving up resentment when wronged
7. **Honest** - being free from deception
8. **Committed** - sticking to your choices

When Lonely Won't Leave You Alone

What causes loneliness anyway? If you probe deep enough, you will find that it goes right to the very core of your being, to your very own essence.

Marc Gafni, the author of "Soul Prints" defined **loneliness as our inability to share our true essence with another.**

He described four figures of loneliness:

1. Feelings of loneliness even when one is at a gathering of people
2. The loneliness of a single person desperate for emotional intimacy
3. Loneliness of a married 'single'
4. Loneliness due to a feeling of being insignificant

At some point in your life, you may have experienced one or more of these.

Loneliness can be terribly unbearable

AND if you do not recognize this unbearable loneliness, you will continue to search for cures in places that cannot offer you a cure such as in

sexual gratification, in the accumulation of properties and wealth, in the consumption of alcohol and drugs. Temporary relief from loneliness ... but emptiness soon arrives back to you.

So how can you understand the root cause of loneliness?

If indeed loneliness is your inability to share the true essence of yourself with another, then Marc Gafni said that the root cause could be due to:

1. a faulty perception of your being
2. failure in transmitting your essence to another - or
3. our inability to find someone to receive what you have to share

Perception problems may be due to your own inability to see yourself for who you really, truly are.

An inability to know the 'essence of you'.

I Have Learned...

I have learned that love is the binding energy that connects all of us.

Quote

"Happiness is not an accident. Nor is it something you wish for. Happiness is something you design."
- Jim Rohn

Get a Grip On Loneliness

Are you fed up with feeling alone?

Do you ever feel empty and alone, even when you are surrounded by people?

Many people feel alone at some point in their life but for some, these feelings could be deeply ingrained to the point where it has become part of that person's identity.

BUT, it doesn't have to be that way!

THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



Sometimes these feelings are there for reasons that seem obvious and real.

For example:

- The **aftermath of a painful break-up** of a romantic relationship
- A **chronic health problem** that seems to zap your vitality
- Having a **guilty secret** that seems to become an emotional burden
- **Unrequited love** or passion
- That **feeling of disillusionment** when you have shared too much with someone who doesn't really understand
- Simply **having no one to turn to** when life gets tough (having a personal coach on your team will help support and empower you!)

There are many reasons for you to feel alone, but perhaps there is really only ONE cause:

Loneliness sets in when we cannot share our thoughts and feelings with someone whom we trust, someone who will care enough to listen to what we are saying, care enough to try to understand what we feel and why.

Someone who will care enough to empathize rather than just merely offer sympathy.

Here's some very powerful 'do's and don'ts' to help you get a grip with your loneliness

DO NOT slump down in your chair and start listening to sappy music and love songs or watch 'weepie' movies. Don't even read slushy romantic novels. All of these activities will only accentuate your pain and encourage you to wallow in your own self-pity.

DO NOT plan to keep to yourself. Solitary activities only add to your belief that you are alone in the world and will reinforce your perception that you must always be ready to do things by yourself.

DO NOT rely on a pet to keep you from feeling alone. Now, I don't mean that you should neglect your pet if you have one. What I am saying is that if

you rely on your pet as a substitute for real intimacy with another person, that will be a recipe for further, longer unhappiness.

So, what could you DO to feel better?

Tip #1

Learn how to strike up meaningful conversations with other people! Don't settle for talking about the weather, or gossip about so and so. This kind of superficial chat can leave you feeling much worse.

Tip #2

Surround yourself with people who give you energy rather than those who drain it from you.

Tip #3

Move closer to the people who you have already developed a trust with. Dare to share more of what's in your head.

Tip #4

Most importantly: **Don't demand sympathy.** Others will see your neediness heading towards them and they will almost certainly back away. However, there's no harm in looking to others for possible solutions.

Contact Lois for a **FREE 30 minute discovery session** either by phone or in person.

Lois Galloway
Business & Personal Development Coach

Discover Yourself Coaching
lois@discoveryyourselfcoaching.com
www.discoveryyourselfcoaching.com
(905) 713-1352

Lois Galloway is a member of International Coaching Federation, Coaches Canada and International Association of Coaches; trained by Coach University, Facilitation First and Relationship Coaching Institute, all well respected training facilities.



THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



Lois provides her clients with a nurturing, non-judgmental space to engage in stimulating conversations and explore exciting possibilities that get positive results.

Her 30 years experience as a successful entrepreneur helps guide individuals on their journey toward personal and business related goals.

Personal Coaching:

- Women in their turbulent (sometimes troublesome) 40's and 50's
- Middle-age men wanting to reshape and transform their lives

Business Coaching:

- Business owners who can't find enough hours in the day to get things done
- Leaders who are paralyzed by fear of failure
- Team players who are frustrated with dysfunction and conflicts

Facilitation:

- Focus Groups looking for clarity and solutions
- Business teams, meetings
- Workshops and teleclasses
- Lois is a Certified PRINT Survey Assessment provider/coach.

Lois' fees are available upon request. For fee structure and additional information, please send an email to: lois@discoveryyourselfcoaching.com

To subscribe to THE BEACON - For People Seeking Ultimate Personal Power newsletter, go to: www.discoveryyourselfcoaching.com

Or send an email with JOIN in the subject to: lois@discoveryyourselfcoaching.com

Copyright/Reprint Info: The contents of this Newsletter may be copied, reproduced or freely distributed for all nonprofit purposes without the consent of the author as long as the author's name and contact information are included.