

Articles from Forum – General Discussion

From Corporate Life to Entrepreneurship, and more....

Having been a professional working for others and an entrepreneur – such as a psychologist at a major university, a Director, a professional in private practice, sales, and for several decades a corporate consultant and trainer worldwide – I have had the good fortune of experiencing great success and not so great success – and I learned significantly from both.

What I learned most about my various experiences is that there has to be a sense of fulfillment in whatever you do. For me personally, once the work, whatever it was, became redundant and too easy – I always knew it was time to move on. I don't know about you, but for me, when the money was really good, that made it much harder to give up work that had ceased to serve my greater good and at the same time, once I lost heart about that particular work, it was harder to serve others for their greater good. And that is a high value for me, so it was always then that I knew change was not only inevitable, but necessary.

In these times, it isn't always our choice when job or career changes are made. I actually started my corporate career back in the 1980s when 'downsizing' was the key word. I remember going into a company to offer a two-day course on managing in a changing environment. The response was worse than lukewarm from the managers who told me that they had life-time job security. The headlines that greeted me the next morning as I picked up the morning paper – the local edition – was that this company was downsizing over 40% of their managers over the next 6 months!! That morning I walked into a room with people whose eyes were like the deer in the headlights.

Of course, this can also be viewed as a difficult time for entrepreneurs or professionals in private practice. When people are losing their jobs, they are not buying services. So what can we do?

There is not a more perfect time to make the change you have always wanted to make. Sound easy? I don't mean it to sound that way, what I am suggesting is that when it looks like you are out of options, make new ones.

Does it require a change in lifestyle? Usually

Does it require living on less than before, or in a smaller house with fewer cars? That is possible, for awhile.

Does it mean moving to a different place? It could be.

You see, I don't know those answers. For me at various times it has meant moving, adding to my skill base, living on less until I lived on more than before.

Each persons experience will be different – the only thing you don't want to choose to do is suffer and be a victim. If being a victim paid off, everyone would be doing it.

I watch HGTV International a lot – and I am always amazed at how many people start out by saying they are moving abroad for the experience and then they turn down buying or renting lovely little houses because their furniture (which they are paying a fortune to ship wherever they are) won't fit, or it is not as large as the one they had in the US, or it doesn't have a dishwasher. They want their new experience to be a duplicate of the old. Bottom-line – to change from corporate life to entrepreneurship or vice versa requires a shift in perspective and expectations. It requires a new point of view.

What has been your experience of change as the world continues to change around you?

Warmly, Dr. Katie

Energy Surges and the Shift!!

During the Wednesday call today – we all felt a great energy surge in the Field!

Bonnie was talking about our Theme for November, Joyful Focus and what your life is whispering to you - she then took us deeply into the knowledge that you have the opportunity for new choices every moment of your life. This is a thread that she and I have been following the past few calls - the knowledge that every millisecond of your life is new - a new creation of You at the depth of your soul.

Suddenly, as she was talking, we both felt this tremendous surge of energy - from the perspective of our new science - there was a quantum moment - a Shift in the Field.

Asara and I have had such amazing guests on our radio show, *Living in the Quantum Field* - people like Penny Peirce, Science Writer, and scientist Dr. Bruce Lipton and Dr. Joe Dispenza and Gregg Braden - people who support our perspective on the entanglement of spirituality and science - and the changes we are all sensing in our body-mind. We continue to learn from our own experience and from these great scientists and teachers and researchers and as we share that information with you, 'things' often happen, like energy surges and quantum Shifts.

We are so dedicated to offering a place where learning happens, where change happens, where opening to self happens, and where magic happens - and today Bonnie and I felt this incredible energetic change in the Field - we hope you felt it too.

Over the next couple of days - notice what is new and different - don't look for anything 'big' - look for things that you just suddenly think - isn't that interesting, or isn't that amazing, or just wow, isn't that cool.

Let us know what you find - we are your Guides to Greatness and guess what - we all are - we are all shifting, and everything we do that is new, every Aha! moment - everything that shifts for us is nurture for others to learn and grow as well.

Warmly, Dr. Katie

What Game is Still Controlling Your Life?

All month we've been focusing on busting loose from the games we play, those games that are set up to keep you from ever winning.

We started conversations this month about how you were set up to fail financially by your past programming, that once you accept yourself fully you become your greatest gift. We even talked about the Silent Epidemic of shame and Katie brought us home through talking about the importance of Community in our lives. About how being actively engaged in a community is a way to thrive, heal and move forward in your life.

There are many games we have learned to play in our lives. These games are actually survival strategies that your brilliant child created in order to be loved, accepted—and survive. I'm curious about what you are experiencing right now—in this moment.

So now I have a question for you. What is the 'game' you find yourself playing over and over again—even when it no longer serves you? You know that survival strategy that no matter what you do or how much you Command is just not shifting.

Here is your chance to be heard and to help each other. We are building a community of people who desire to be encouraged and supported as they encourage and support others.

Where are you still stuck in survival? Share your stories with this community and allow yourself to be supported unconditionally in living life in a new way!

I witness your Magnificence,
Bonnie

Have you ever had a moment where you stopped and thought—"What am I doing?" You know that moment when your life changes in an instant. When you know that you know that whatever you were doing before—however you were living—is just not working for you any longer.

You may not know why or how you have shifted or even what to you'll do next, but you know in that instant that something deep inside you has changed.

I had that moment last night and I know that my life will never be the same—if I take action.

What is Your, *What Am I Doing?* Moment

I was watching the movie "Letters from Juliette" and there was a scene where the young woman got this look on her face—a sudden realization that said "What am I doing?" She knew in that moment that how she was living her life just was not working for her anymore and she then took the action

that changed her life and brought her exactly what she'd been looking for. Not just any action, but inspired action. Have you ever experienced that 'moment' in your life? Did you take inspired action or did you let the moment pass?

This past week has been filled with family events. My 3 month old granddaughter was baptized on Sunday. Three of my older grandkids flew in to attend the baptism and visit for a week. During the church service and the baptism ceremony I had my "What am I doing?" moment—that sudden realization of exactly what was important to me and how & where I was not living from my highest values—faith and family.

It's not that I was completely off center, but that there were parts of my life, my business in particular, that were just not working for me. I saw how I had been searching for something outside of myself, which is always an exercise in futility. I had gotten stuck in the old paradigm of "If I HAVE this, then I can DO and I will finally BE."

That's putting the cart before the horse, then blaming the barn for not having what you want!

In that one moment, I had a flash of a blinding truth—everything that I could ever want flowed from what I valued most. My faith and my family. Everything else was an outcome of living from my highest values. In that instant I re-remembered that I was living my business backwards and I needed to make a fundamental shift back to "When I can BE then I can DO and will then be open to receive the HAVE."

So starting today I am taking inspired action by BEING what is important to me. My inspired action is to surrender who I believed I was and what I believed I can do and allow my Soul Self, my Greater Intelligence to lead me—day by day, moment by moment.

What is your moment of "What am I doing?" and what did you do about that realization?

Let your Voice be heard here!
I witness your Magnificence,
Bonnie

Ubuntu – I Am Because We Are

I have to be honest with you and tell you this whole experience of reading the story and researching the word Ubuntu has been a powerful experience for me. The thought of what our world, our lives, could be like if we each lived this philosophy in our lives brought me to tears and something inside of me is changed forever.

This is so much more than just a nice idea or a good story. My belief is that it is how we can—and even must—live our lives, walk our talk. This is one of those topics that I cannot just set aside, but must follow where it takes me, regardless of where that is or who comes along for the ride. So here we go!

To start off our conversation about 'Ubuntu—I am because we are', here are how three well-known African humanitarians define it.

Leymah Gbowee is a Liberian peace activist who won a Nobel Prize for peace. She defines Ubuntu as "I am what I am because of who we all are." Archbishop Desmond Tutu says that a person with Ubuntu is open and available to others, affirming of others, does not feel threatened that others are able and good, based from a proper self-assurance that comes from knowing that he or she belongs in a greater whole and is diminished when others are humiliated or diminished, when others are tortured or oppressed. He says that Ubuntu is the essence of being human. Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation.

It speaks about our interconnectedness. We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected and what you do affects the whole World. When you do well, it spreads out; it is for the whole of humanity.

Nelson Mandela explained Ubuntu as follows: A traveler through a country would stop at a village and he didn't have to ask for food or for water. Once he stops, the people give him food, entertain him. That is one aspect of Ubuntu, but it will have various aspects. Ubuntu does not mean that people should not address themselves. The question therefore is: Are you going to do so in order to enable the community around you to be able to improve? Now that you have read these definitions and taken them into your heart,

please share your experience with us. Does that word, that philosophy, touch any part of you, change you in any way? If so, how will you see your place in the world differently and what will you do differently because of it?

For me, ‘Ubuntu—I am because we are’ brought the wisdom of the ages all together into one thought. The interconnectedness of all life, not just human life, not just life on this planet, but ALL life. Every day I will remind myself—“Just for today I will live the spirit of Ubuntu with every person I meet, everything I see and every thought I think. And then I will see where the ‘essence of being human’ takes me in life.

What about you?

We are one,

Bonnie

The Wisdom of Eckhart Tolle

I was just watching part of an interview from Eckhart Tolle TV – with Neal Donald Walsh and Eckhart Tolle.

It was 6 minutes of grace!

Have you ever wondered why you are not able to live in the Presence every minute of every day? I certainly have. I have to admit (as did Neal Donald Walsh – imagine!), that I am not always the nice, sweet, thoughtful, considerate, caring, reasonable, and other wise terrific person I would like to see myself as being.

When I am teaching, writing, coaching – I am the full embodiment of all that I want to be. When I am not focused on the ‘giving’ part of me I can find myself being frustrated, anxious, irritated, fearful and even self-loathing at moments. I allow my own imperfections to take over.

It was a comfort to know that Neal Donald Walsh, the man who has Conversations with God – has those very same moments. He told Eckhart that all he would need to do would be to ask Neal’s family and friends, just how ‘wonderful’ he is at times. They have even told him that he might want to read one of his own books when he falls out of grace with himself and

I loved Eckhart's answer – he said to Neal – when you are teaching, writing, etc. you are in the Presence, you are separate from your ego and the Presence moves through you. The Presence may be there sometimes and sometimes not. In the times when it is not – your mind takes over and you need to allow yourself the awareness that your mind has taken over and stop in that moment and relinquish the ego and allow Presence to move through you.

Use those moments as an alarm clock to remind you that you have allowed ego to take over and in that same moment invite Presence back in. Remember that your mind is the servant. Don't try to hide the fact that this happens – simply use it for your good.

How do you manage these moments in your life? Can you be self-forgiving? Or do you allow those moments to define you?

What do you do instead? What have you learned to do? How do you see Presence moving through you?

Warmly, Dr. Katie

The Silent Epidemic

Shame. The silent epidemic. Shame is a universal human experience, so why is it that we are so afraid to talk about how we play the 'game of shame' in our lives? It is time to break the silence and say "No more. I've had enough. I AM enough."

We have carried shame within us for thousands of years. Particularly women as society has defined our roles as women, wives and mothers and then held out shame as a weapon to keep us silent within those roles. The times they are a' changing goes the old saying. So be the change you want to see in the world.

Actively engage in our growing community here. Invite your friends to join in the conversations. The way to be part of your world in a new way is to....wait for it....be part of your world in a new way!

Just as a tiny snowball at the top of the mountain gains momentum and power as it rolls down hill and becomes a force to be reckoned with, so too

can you become part of our TOC Life 'snowball' that is at the forefront of a wave of evolution that promises to transform everything in our lives. This forum is here for you to talk about what is going on in your life and how you can be supported in your courage to consciously create change for yourself. We are a community of people who desire to become the Conscious Creators that we were born to be and you are invited to come along for this next great adventure...your new way of living.

Think of yourself as the 'snowball' of your life—be a source of truth and transformation here by sharing your stories and supporting others in using their voices to tell theirs.

Today we start an open dialogue about the game of shame and how to bust loose from playing a game that will never let you win. Conversations are always a two-way street—we share with each other. We witness your story and your mastery as you witness ours.

Which means you are invited and encouraged to share your stories with us! Katie Garnett and I are your Guides to Greatness, so come join the discussion here. People often tell us that their mission in life is to change the world—so begin right here, right now!

You change the world by telling your story and witnessing the stories of others. And you witness the stories by listening with compassion and understanding. There is no judging or fixing the story of another. Simply being with that person in their story, loving and supporting them as they learn to live in their Greatness as you are learning to live in yours. So today we take on a societal taboo—discussing our shame stories so that they can be lovingly held while we learn to live a new story—a story of our choosing, not our programming.

What is your story about how you played with shame in your life? How did you break through it all and move on to something better? Or are you still feeling stuck and unable to let it go yet?

Warmly yours,
Bonnie Strehlow

To Evolve – Know Yourself

To Know Yourself – Be in Community

In order to truly realize our highest potentials and fulfill our greatest life plan, we need to acknowledge the innate and spiritual requirement to be in community with others.

Picture your current community of people, who do you live with? Who do you interact with? When you go out into your various communities during the week, whether work, or place of worship, or where you volunteer, or play, what do you see in your mind's eye? How do you serve, and how do you feel served?

Dr. Bruce Lipton, cellular biologist, says in his book, *Spontaneous Evolution* that it is clearly those societies (of cells, animals, and people) which work in cooperation, that are the most successful. Science has demonstrated that Darwin's original interpretation of his own work, is that the communities of living things which are most successful in both survival and thriving, are those communities that function cooperatively.

Gregg Braden tells us that we are hard-wired for cooperation and the conditions that we have created on the planet at this time are an aberration. What our communities of the past have shown us is that those that lived in the cycle of the Golden Age created communities that thrived in cooperation. When things shifted over 5000 years ago, we find the very first evidence of war and weapons. It was then that we went through the Shift of scarcity and survival of the fittest, vs cooperation and sharing.

Close your eyes again and take a moment to breathe in and develop the picture for yourself as to what your most meaningful world looks like. What do you see, hear, or feel. Imagine for yourself what the ideal world and the ideal life, looks like.

Now populate that world – who do you see in your ideal community? Where are you living? What kind of work are you doing?

Nature's predominant model is cooperation. Look at your cells, without pure cooperation, you slip into illness and dysfunction. Only when our community of cells are in cooperation are you well and whole.

In order to evolve to a higher level of being on your spiritual path, you need other people. Our greatest transformations from now on will come from engaging in deep interactions with other people who share our own desire to evolve to that ‘something greater’ that we have always known deep down is t here for us. This time on the planet is all about connection. So who do you want to connect with? Where do you want to thrive?

The world happens according to your expectations...you are the creator of your life.

I don't know how I live my life from a place of community and social investment of self, I only know I don now, and I am fulfilled.

Yours,
Dr. Katie