

Meditation: Try Pondering Instead of Thinking for Awhile.

Meditation: it's NOT what you think, says Andrew Goleman, author of the best selling, " Emotional Intelligence" He reports that in his workshops for Fortune 500 CEO's, fearless, successful men and women who can do virtually everything, are absolutely confounded by the challenge of sitting quietly alone for even 5 minutes! Some (guys) even well up in tears at the thought of a one hour meeting with no agenda! All that open space scares the daylights out of them he says. Try to sit and think nothing for 1 minute to see how tough it is. That thing, that committee in our mind just does not want to stop! Yet, you can probably guess where all the answers lie, and why science has shown and business leaders agree that without a doubt, "Self Knowledge" at a deep level, is the key not only to success, but to happiness, peace of mind and leadership. Self Knowledge. Yikes. How do you really get to know who you are and what you were put her for? You guessed it: Sit down, get quiet and ponder a spell- preferable out in nature. Confoundingly simple and we've all experienced it now and then, mostly by accident. Ever been out for a walk at sunset or on a beach during a vacation or blissfully relaxing in a favorite place with little going on about you and suddenly, BOOM. A brilliant revelation comes to mind? That's what you will get, what you are seeking with quiet reflection. It's called mental clarity and it's free, available and there for the taking. I'll be honest: it's not always happy, positive thoughts that flow. Sometimes the truth of who we have become is not so pretty- but self knowledge and truth is the seed that will develop in to purpose if properly tended.

We all came into this world alone, and each of us will go out the same way. Ain't none of us getting out of this place alive, as Chef Paula Dean says. Maybe it's time to look within and get to know the you that you would like others to know, love, trust, appreciate and do business with. If that thought scares you, or seems to "foo foo" perhaps that's a good starting point. If you are reticent to spend time with yourself in solitude, why is that? Why would others want to spend time with you when you don't even want to? One way to begin adding a bit of solitude to your day is to do it first- spend 3 minutes when you awaken in the morning in quiet reflection. Then build on that. Read something meaningful- spiritual, philosophical, motivational, inspirational. If it ends in "al" it's good. Build in a 5 minute midday walk- a "moment present" I call it. Take a moment to be present in your life. Now is all we have- as trite as that sounds. Could get better, could get worse. You never know. I do know that 10 days in Italy - or anywhere you have "always wanted" to go, is good for the soul and I recommend it to everyone.

You can ponder over a quote, a sunset, a walk in nature or a week away in a remote spot. Wherever or whenever you choose: I recommend frequent moments of pondering as an effective business and self-management tool!

To Ponder: To awaken within the Dream, That is our purpose ~ Eckhart Tolle
Stop wearing your wish bone where your back bone ought to be! ~From Eat, Pray Love, by Elizabeth Gilbert

To Read: A New Earth: Awakening to Your Life's Purpose, By Eckhart Tolle (Also: The Power of Now.)

To Do: Spend 1 - 5 minutes in quiet solitude- alone with yourself and try to just "be". See what happens.

Self Coaching Questions:

What are my strengths and how do they serve me?

What are my challenges and how are they holding me back?

How do I hold myself accountable to my highest and best use?