

A FREDDO FROG or a MINTIE

What were you doing ten years ago today?

Ten years ago on the morning of September eleven I was preparing to work the day with management at a large West Australia resort, when my partner asked me to watch the world news before venturing to my contract.

Throughout the years my business scope of managing stress, included corporate 'cultural change' consultant, health professional, speaker, trainer... this day I had on my organisation 'cultural change' hat on.

9/11 – disbelief, anguish, sickening, sadness, sorrow, abuse, destruction.

Research states, people have a natural forgiving spirit in time of natural disaster but in times of human intervention disaster, deliberate or by mistake people are less forgiving.

As I left our home that morning I decided, my first stop was the local shop to get some Minties and Freddo Frogs. I felt if I was to sit in meetings the moral of management and team leaders may be boosted by a small gesture of goodwill, it also provided us some reality space. Little did we know that day how close Ansett Australia was to collapse – in the days that followed my life experience and professional background was wishing for more than a Freddo or Mintie to boost the team whose business and income for hundreds, depended on tourism.

That day was the first time that I had ever felt courageous enough to ask management for permission to go to the 'quiet place'; that place inside of our self, and refocus. They agreed. Guided by wisdom and grace, together they followed my voice to find their place of serenity, the place where each could be authentic, be composed and effectively lead their people through the inevitable changing scenes of uncertainty. This is now an automatic part of what I do.

I encouraged them to be feeling people, to drop the facade. Rather than running on 95% panic and 5% assured that all would be well. Practical strategies and resilience was needed.

Imagine how powerful you could be by taking charge of your 95%?
In difficult times, in times of crisis or despair to have the skills required to consciously take responsibility for 95% of your responses to life is personal empowerment.

When people change their perspective, change their feelings, they create a whole new beginning. Accessing the alpha, theta and delta brain pattern energy is the fastest and most effective way to access and reprogram the subconscious mind, which runs 95% of your responses to life.

In times of crisis, the fight and flight beta brainwave pattern is for most people, dominant, the resulting factor is what I term delirious rather than resilient.

Have you noticed how in times of stress, some people panic whilst others are resourceful.

The majority of resourceful people, practice the art and science of effective meditation and through times of crisis or despair know how to access the slower brainwave patterns of alpha, theta and delta, which means the two sides of the brain work together in harmony rather than one hemisphere dominant. With dominance the body goes wobbly, anger and dysfunction become the driving force rather than sense and sensibility.

*When the two sides of the brain learn to function as one then our experience of reality is different
~ Sylvia Marina*

Your gifts are within you. Learn how to go within and discover all of you.
Don't wait for a crisis to occur to discover your mode of process.
People who discover and work with their inner gifts, make decisions from their wisdom power and through times of change go forward or begin again with resilience, serenity and grace.

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Sylvia Marina is a Professional Intuitive and Spiritual Educator. She specialises in helping people heal emotional struggles, blocks, and fears. She has developed a series of programs to enhance Intuitive Awareness as well as products to uplift your energy and vibration.

An experienced teacher and personal development mentor, her natural abilities are supported by her professional background in health and behavioural sciences and twenty five year career as a professional kinesiology teacher and practitioner. Living in Perth, West Australia she runs her own private practice and mentor program and travels locally and internationally to speak at events, present Creative Self Mastery programs empowering people through times of change.

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