

Communication and Contemplation in Today's World

So what do you think? Has communication between us improved or broken down with the explosion of technology and websites designed to keep you in touch with your friends, loved ones and the wider world?



Do you 'Facebook' your friends? 'Twitter' 140 characters away on telling the world you're about to scratch your left ankle? Keep in touch by forwarding every meaningful and meaningless 'chain' email threatening the loss of all your social contacts if you don't pass on the fear to your nearest and dearest?

Personally, I prefer to wax lyrical but I'll keep it short on this occasion and reluctantly concede that social networking sites do have their value.

There are certainly more ways to communicate with anyone anywhere in the Globe than ever before but are we really communicating? How many times have you received a text in somebody's personally devised shorthand, a secret code language that you can't make head or tail of? Or three texts come in the wrong order and by the time you begin to understand, the sender calls anyway because they're not sure if you received the message!

Making Time for Contemplation and Observation

Living in the twenty-first century, we are constantly bombarded by rings and beeps and deeply personal conversations or closing deals demanding our attention from all angles. We have become conditioned to live with a cacophony of surround sound and have forgotten the need for silence. Is it any wonder our conversations and concentration spans are short? Our brains are stuffed with a constant drone of distractions. There is no room in our lives for contemplation and observation and how else can we set goals and achieve them? So are we communicating with ourselves as much as we need to, if we really want change to happen?

Don't think for one moment that I have been immune to twenty-first century. I too have 'Facebooked' my sons, whilst playing solitaire with the TV twittering on in the background and there's no doubt about it, meaningless multi-tasking has its value; it's a great escape. But let's face it, absolutely nothing moves on!

Making time and clearing a space for a chat with yourself has to be the first step in a planning process. No mobiles, radios, ipods or other distractions. What is that nagging thought that you keep shoving to the back of your mind? Perhaps you're asking yourself 'what if I had chosen my passion instead of the treadmill?' You might be thinking, 'I can't be myself in this relationship but can I live without it?', or 'this is a great time to leave the recession behind and go travelling...but hey, wishful thinking!' And what's wrong with wishful thinking?

You have the right to set your own agendas and express yourself in the world, on and in your own terms. You also have the power to make it happen.

A life coaching relationship is totally focussed on you. It's your time and space to communicate clearly with yourself, explore what you truly want and don't want in your life and how you're going to get it. Making the decision that you want change, more than you want your comfort zone, gets you half way up the mountain but in having the courage to do this, you also re-claim your power and reap the rewards of your achievements.

Anything is possible, so what is your heart's desire?

Have a chat with it and find out.