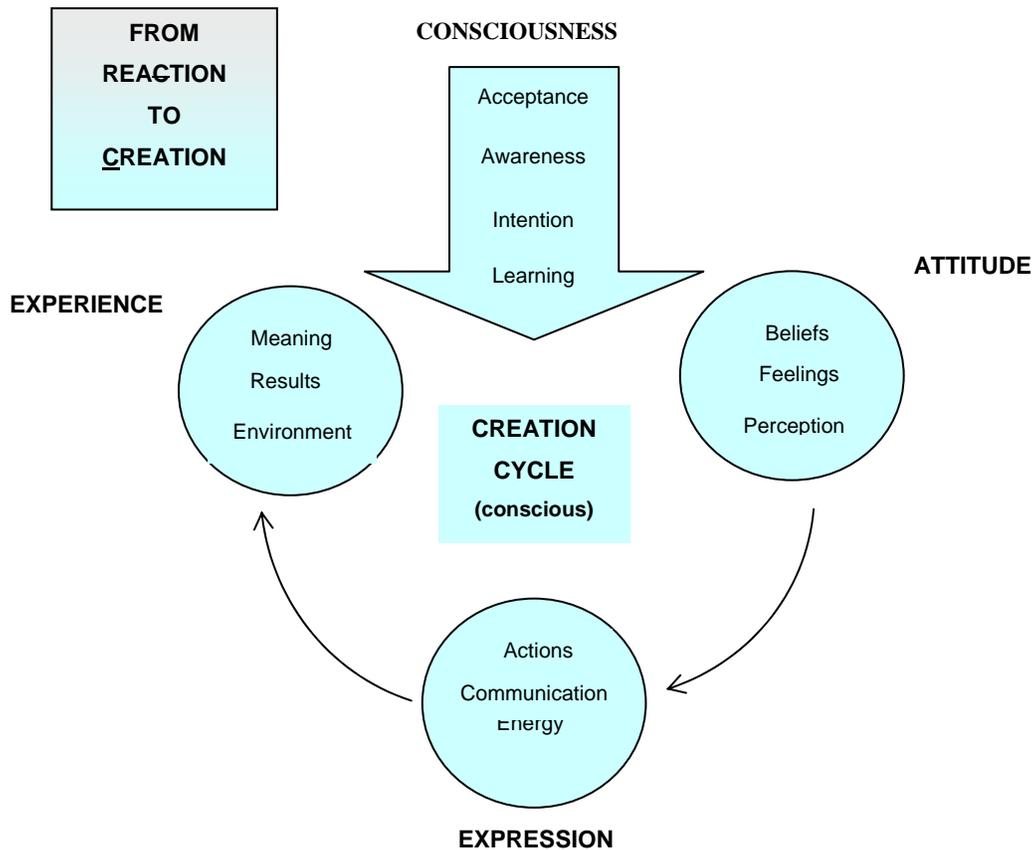


The Creation cycle



Applying this to change

- You can bring all aspects of consciousness to bear on yourself and your life.
- First of all, approach yourself within an overall atmosphere of self-acceptance and knowing that you are okay.
- Then develop an attitude of appreciative curiosity about yourself and life and shine the spotlight of your awareness on whatever you are involved in.
- Exercise your intention, trying out different strategies and seeing what happens.
- Learn from whatever happens and be willing to adapt and to develop.

Applying this to all parts of the belief cycle

- Life-affirming attitudes can be developed, with positive thoughts supported by feelings of expectation and by seeing the possibilities in life.
- You can 'act as if' and explore different behaviours that align with how you want things to be. You can also experiment with how you communicate and with the general vibe that you put out in the world.
- You can choose to have supportive environments and people around you. Notice and learn from the results you produce and emphasize the evidence for things getting better.

And finally, you can realize that, being human, you will always be in process and learning, which brings us back to the need for acceptance.

This unified approach can be applied to any goal or area of your life; in the coaching process, we weave in different parts of it as they naturally occur. Bit by bit you assimilate the approach as a whole and find yourself more positive, empowered, happy and successful.

In later chapters there will be particular emphasis and practice on working with beliefs, trying out new behaviours, creating a nurturing environment, listening more fully to your own truth and wisdom, and on other aspects touched on in this chapter. This has been a brief overview to see how they all fit together. You may like to return to it from time to time.