

A person in a kayak is silhouetted against the ocean at sunset. The person is holding a red paddle and is positioned in the lower center of the frame. The ocean is dark with white foam from the waves. The sky is a mix of blue and orange, with wispy clouds. The text is overlaid on the sky and ocean.

COACHSEA PRESENTS

# TRANSFORMATIVE LIFE COACHING

YOUR GUIDE TO ENLIGHTENMENT,  
WITH TRANSFORMATIVE LIFE COACHING

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TRANSFORMATIVE  
LIFE COACHING

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2022

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## My GIFT is to be YOUR GUIDE

Nobody can teach you how to become enlightened or mentor you to this higher state of consciousness: Let me be your *guide*. In [Siddhartha](#) by Herman Hesse, the 1922 book that deals with the spiritual journey of self-discovery during the time of the Gautama Buddha, the founder of Buddhism, Siddhartha said to Buddha “*Enlightenment has not come to you by means of teaching! And-thus is my thought, oh exalted one, nobody will obtain salvation by means of teachings!*” This e-book is the result of over 1,100 pages of notes that I have summarised after reading over 150 books over the last two and a half years, and having thousands of hours of conversations about philosophy, existentialism, stoicism, positive psychology, timeless truths, transformation, transformative life coaching, and enlightenment, and is presented as a journey meeting spiritual leaders, until you finally meet YOURSELF.

It's a synthesis of these eternal principles, as spoken by the world's most eloquent and inspiring thought leaders throughout history, into a single message that everybody can understand. Enlightenment entails reclaiming your identity and discovering your genuine calling in life.

*“Books simply help you to see what is already within your self. That’s what enlightenment is all about” (Robin Sharma). “You can’t teach anybody anything, only make them realise the answers are already inside them” (Galileo Galilei). The philosopher Friedrich Nietzsche said “No one can construct for you the bridge upon which precisely you must cross the stream of life, no one but you yourself alone.” Anne Lamott reminds us that “The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines.”*

So grab what you need and let’s go, side by side, as I guide YOU to change YOUR life. As we begin this adventure, I ask you to create and let go of any prejudices. Ralph Waldo Emerson stated *“There is creative reading as well as creative writing.”*

The guru Osho wrote *“Enlightenment will be now the beginning, not the end. Beginning of a non-ending process in all dimensions of richness.”* If you're ready, let's begin...

## **Look within**

Look no further than within. I create a safe space so that you can drop out of your mind and into your heart to give clarity to your most important core values. Carl Gustav Jung, psychiatrist, psychologist and philosopher, said poignantly *“Your visions will become clear only when you can look into your own heart.”*



Perhaps you have built the wrong tower and feel that only divine intervention can help you build a new one?

My purpose in life is to guide you to personal transformation. Are you having a 'tower moment'? Jung stated *“The privilege of a lifetime is to become who you truly are.”*

Nothing changes if nothing changes. Are you ready to change?

I sense hesitation. It's only natural. *“People will do anything, no matter how absurd, to avoid facing their own souls”* (Jung).

The implications are vast.

Beyond your own life, the whole world is shifting right now, becoming off-keel. The Hindu Sage Ramana Maharshi said *“Your own Self-Realisation is the greatest service you can render the world.”*

How do we change the world? Khalil Gibran, philosopher, poet and author asks in [The Prophet](#) *“Is not civilisation, in all its tragic forms, a supreme motive for spiritual awakening?”*





*The Prophet, Khalil Gibran*

Or, more locally, how can we ensure that we are doing the best we can for our families and children?

This e-book will provide a map: The ripples from discovering YOURSELF will radiate out all around you. You will enthuse others to do the same. The world will be held up by your strong foundation.

Are you the Titan named Atlas? What Herculean duties are you going to have to complete?

None.



Simply look within and choose your own path. Poet and author Kamand Kojouri wrote;

*“We seek the fire of the spark that is already within us.”*

So, read this ABOUT YOU. Who would you need to BE in order to receive the wisdom, through your expanded consciousness, of who you truly are?

Allow the adult, strong, brave you to fully embody you while you read, until you become epically infinite. By simply BEing who you are, you will construct your environment and reality naturally and without effort.

After all, your expanding mind will have access to all of the universe's energy. I'm not a mystic; I'm a scientist. I know this to be true since I have personally experienced it.

Self-awareness, alignment, and action all work together in the TLC technique to catalyse and produce energy and momentum around you. It comprises gaining a wide understanding of what YOU want to achieve by BEing you, as well as exploring any underlying assumptions or thoughts you may have.



So, you might ask, isn't enlightenment is in the realm of the divine? Eckhart Tolle, spiritual teacher and author in his book [The Power of Now, A Guide to Spiritual Enlightenment](#), says;

*"Being spiritual has nothing to do with what you believe and everything to do with your state of consciousness."*

What is spirituality? Is it not religion? Don't be put off. Rumi, scholar, poet, and theologian wrote;

*"I looked in temples churches and mosques. But I found the divine within my heart"*

Mahatma Gandhi, lawyer, leader, and political ethicist said;

*"God has no religion."*

Spirituality, according to Anthony De Mello, priest, psychotherapist, spiritual teacher, and writer, ([in his book Awareness](#)) simply means;

*"All is well, awareness, waking up, and finding your self."*

Surely it can't be that simple?



The academic author Brené Brown says;

*"Spirituality is recognising and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives."*

So, where do we start? Gandhi said

*"As human beings, our greatness lies not so much in being able to remake the world, as in being able to remake ourselves."*

Easy right? Well actually it is!

Do you know what you are? You are a manuscript of a divine letter. You are a mirror reflecting a noble face. This universe is not outside of you. Look inside yourself; Everything that you want, You are already that.

And you? When will you begin that long journey into yourself? Everything in the universe is within you.

Ask all from yourself.





*Rumi*

After we've built awareness in our coaching sessions, we'll examine any shifts in your viewpoint and see if your newfound awareness aligns with your stated essential core values, life purpose, and desired goal.

Finally, we will start to set concrete goals and work together to achieve them in an accountable manner. The wealth of information and inspiration available to assist you solve your challenge is a strength of this methodology. You might develop an insatiable desire to consume podcasts, books, and courses that can assist you in learning, synthesising new information, and determining what works best for you.

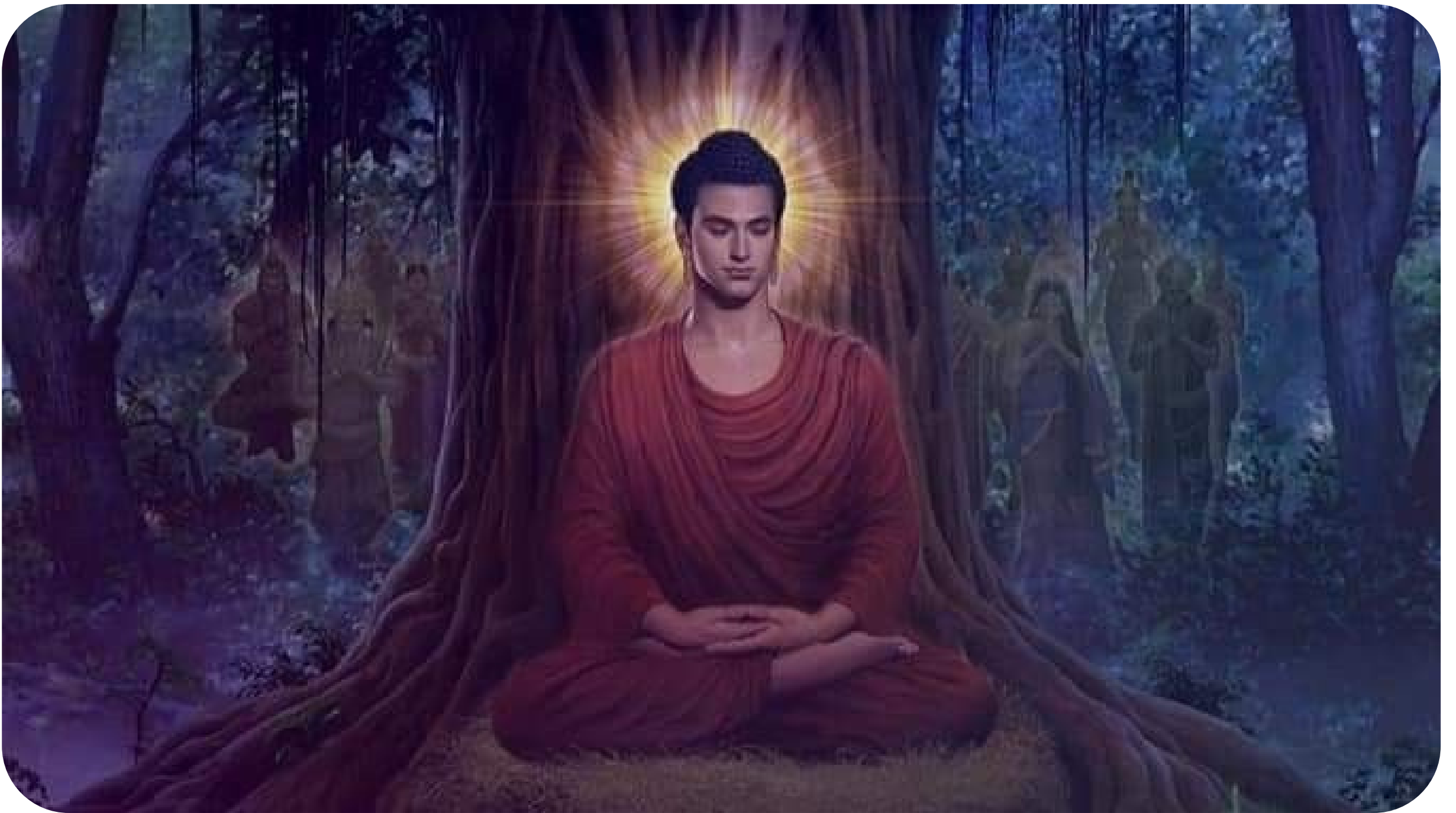
Rather than looking at answers in two dimensions, all options are investigated so that you feel empowered to achieve the changes you desire with true deep alterations in your energy and character. There will be no need for lists! You will create with ease.

A genuinely exceptional transformative life coach possesses a unique blend of knowledge, abilities, and personality attributes that combine to provide clients with a truly transformative experience. They've been there before and can keep you safe while gently guiding you down YOUR path.

Great transformational coaches are also lifelong learners who invest in their own development by exploring various philosophies, positive psychology, timeless truths (as exemplified by the numerous quotes in this blog, which all carry the same message despite being written over thousands of years and including modern day philosophers, leaders, and scientists), and techniques in order to better serve their clients.

So don't be put off by what you may have thought was a spiritual approach. *"I shall no longer be instructed by the Yoga Veda or the Aharva Veda, or the ascetics, or any other doctrine whatsoever. I shall learn from myself, be a pupil of myself; I shall get to know myself, the mystery of Siddhartha."* He looked around as if he were seeing the world for the first time" (Hermann Hesse).





*Siddhartha, by Herman Hesse*

Even God is a creation of the human mind. *“Man made God in his own image”* (Eckhart Tolle). As Nietzsche pointed out *“In truth, there was only one christian and he died on the cross.”* Anandamayi Ma, Indian Saint and yoga guru, wrote *“The light of the self is present everywhere and in all. Whether you worship Christ, Krishna, Kali, or Allah, you actually worship the one light that is also in you.”*

**Remember, Buddha was not a Buddhist, Jesus was not a Christian, Muhammad was not a Muslim. They were teachers who taught love. Love was their religion. Let’s find the teacher in YOUR SELF.**

*“Believe you can and you’re halfway there”* (Theodore Roosevelt, American President and writer). *“I would believe only in a God that knows how to dance”* (Nietzsche). And remember *“You are responsible for the energy you bring into this room”* (Brené Brown).

Rumi said *“What matters is how quickly you do what your soul directs.”* TLC can achieve perspective shifts in just a few sessions. My clients have reported experiencing shifts in just one coaching session. The good news is that *“Once you are awake, you shall remain awake eternally”* (Nietzsche). You can't be put to sleep again. Carl Jung put it beautifully and succinctly *“Who looks outside, dreams; who looks inside, awakes.”*

In Luke 17:20–21, Jesus (no introduction needed) said, *“The kingdom of God does not come with observation; nor will they say, ‘See here!’ or ‘See there!’ For indeed, the kingdom of God is within YOU”*.

Why are spiritual truths universal and timeless? Scientists may bend the rules of physics, but no-one can mess with the laws of nature or karma, and I am a scientist! So, how can we use the coaching relationship to help you discover your actual self and let go of:

- *Living in the past or the future*
- *Your ego*
- *Constant negative thoughts and self doubt*



- *Seeing your strengths through the wrong end of a telescope*
- *The need to control everything*
- *An inability to let go*
- *Fear*
- *Negativity*
- *Toxic shame*
- *Embedded core values following childhood trauma*
- *Need for external validation*
- *Imposter syndrome*
- *Workaholism & Hustle Culture*
- *Compulsivity*
- *Self-sabotage*
- *Poor energy levels*
- *Judgement*
- *Inaction*
- *Emotional insobriety*
- *A lack of purpose*
- *A lack of fulfilment*
- *Poor creativity*
- *Feeling stuck, broken, or lost*
- *Feeling like a failure*
- *Toxicity*

## You are who you choose to BE

You are who you choose to BE & YOU create your world. The poet Ted Hughes said *“You are who you choose to be.”* This is not a new concept: We find in the Bhagavad Gita, which the best known and most famous of Hindu texts, a 700 verse scripture dated to the second half of the first millennium before Christ. *“You are what you believe in. You become that which you believe you can become.”*

TLC is the practise of working with someone to help them grow, develop, and, ultimately, *“rewrite their reality”* by implementing significant change. TLC's basic tenet is that you we will consider everything that can help you in your change. It entails a full and thorough examination of your life. You can radically reinvent your professional prospects with the help of a transformative life coach. They may even be able to help you rewrite the bounds of what a working life can be in the context of your complete life. Danah Zohar, management thought leader, physicist, philosopher and author said *“Most transformation programs satisfy themselves with shifting the same old furniture about in the same old room. But real transformation requires that we redesign the room itself. Perhaps even blow up the old room. It requires that we change the thinking behind our thinking.”* *“Everything is created twice, first in the mind and then in reality.”* (Sharma). Yoko Ono, artist and peace activist said *“You change the world by being yourself.”* Simple.



Roman Emperor and Stoic philosopher Marcus Aurelius wrote in his timeless reflections *Meditations* “*The universe is transformation: life is opinion... Look within. Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig... Our life is what our thoughts make it.*”

The Buddha, ascetic, spiritual teacher, and founder of Buddhism said “*Don’t even believe me. Make your own truth. Don’t become a believer, become a seeker... We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.*”



*The Buddha*

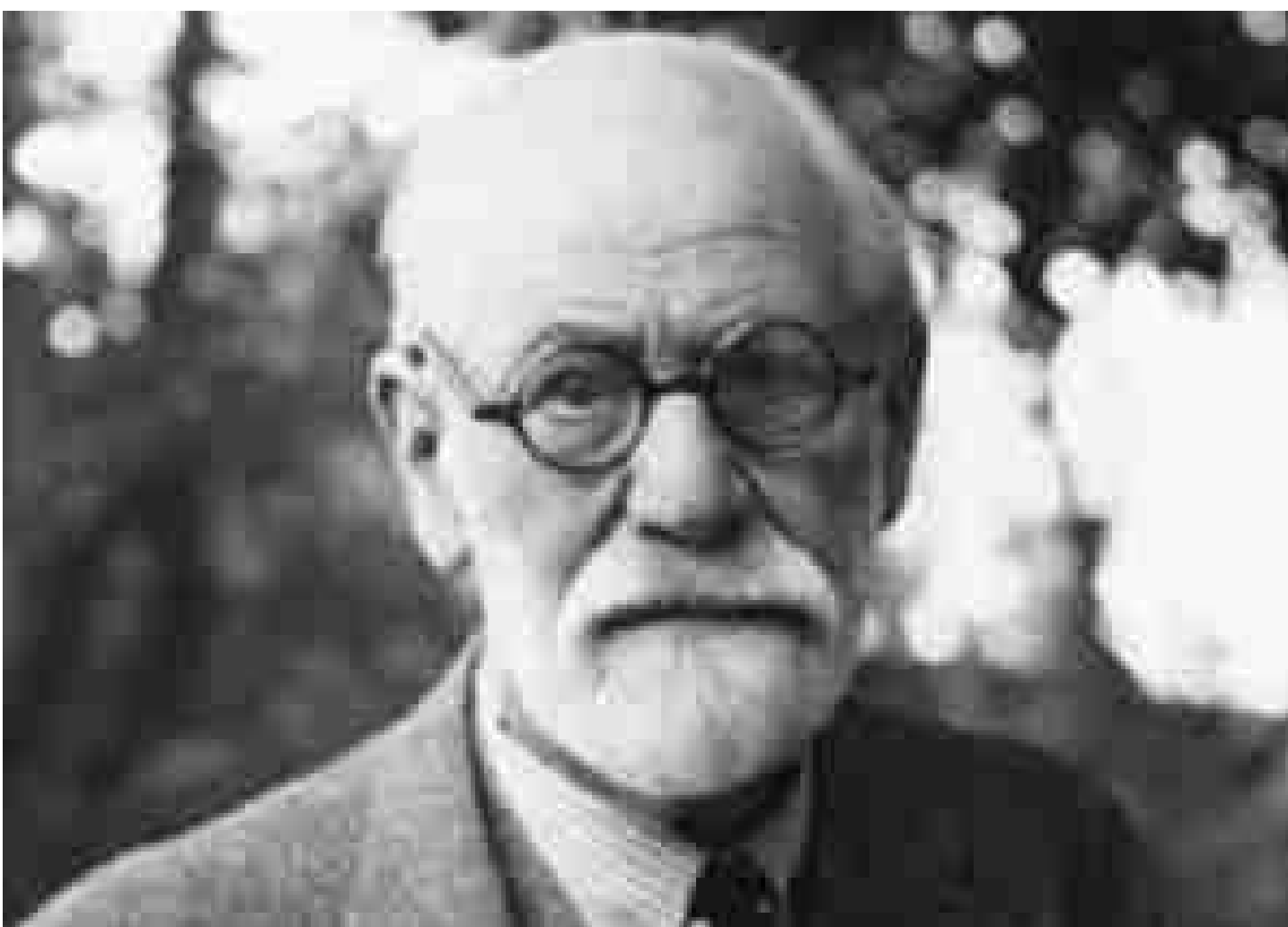


Wayne Dyer, therapist and spiritual author, said *"When we change the way we look at things, the things we look at change."* Worth reflecting on! Ralph Waldo Emerson, lecturer and philosopher, said *"The only person you are destined to become is the person you decide to be."* So, who are you going to BE? By BEing you can't curtail constantly creating.

*"You do not become good by trying to be good, but by finding the goodness that is already within you, and allowing that goodness to emerge. But it can only emerge if something fundamental changes in your state of consciousness"* (Tolle).

## You are not your thoughts

You are not your thoughts – worth thinking about: Sigmund Freud, neurologist and founder of psychoanalysis, said *"You are not your thoughts."*



*Sigmund Freud*



Do you occasionally feel bliss in nature, when being totally present, or when you are aligned to your purpose? *"Look deep into nature, and then you will understand everything better"* (Einstein).

*"Choose only one master - nature"* (Rembrandt, artist). Would you prefer to have that feeling all of the time? This is how it works: Every day, we have approximately 60,000 thoughts: Many are negative and repeated.

Some of the thoughts stick with you and become your 'thinking.' Bad ideas lead to negative emotions, which are the body's way of expressing its dissatisfaction with those thoughts. It's preferable to simply take notice of your thoughts and feelings and then let them go: this is the foundation of meditation and mindfulness.

Then you will experience bliss, which is your reality, the formless energy that you experience when you are linked to your mission and in nature - connection to pure potentiality, free of thought.

That energy is pure, clean energy and truth. You can access it at any time and from any location. It cannot depend on people, places, or things after you have attained enlightenment. And with your thoughts you create your world.



*You are not your thoughts*

Nietzsche wrote *“There are no facts, only interpretations.”* Eckhart Tolle says *“What a liberation to realise that the “voice in my head” is not who I am. Who am I then? The one who sees that.”* He continues *“Your mind is an instrument, a tool. It is there to be used for a specific task, and when the task is completed, you lay it down. As it is, I would say about 80 to 90 percent of most people’s thinking is not only repetitive and useless, but because of its dysfunctional and often negative nature, much of it is also harmful. Observe your mind and you will find this to be true. It causes a serious leakage of vital energy.*

*This kind of compulsive thinking is actually an addiction. What characterises an addiction? Quite simply this: you no longer feel that you have the choice to stop.*



*It seems stronger than you. It also gives you a false sense of pleasure, pleasure that invariably turns into pain... The primary cause of unhappiness is never the situation but your thoughts about it. Be aware of the thoughts you are thinking. Separate them from the situation, which is always neutral. It is as it is... Life isn't as serious as the mind makes it out to be."*

*Worrying is like a chocolate teapot or as Tolle says "Worry pretends to be necessary but serves no useful purpose."*

*Remind your self (if you pardon the pun) of what Thich Nhat Hanh said "The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms."*



*Thich Nhat Hanh*

## Access Limitless Energy

Access limitless energy – that has to be a good thing right? *"The universe and the light of the stars come through me"* (Rumi). Deepak Chopra, author, says in his book *The Seven Spiritual Laws of Success* *"The source of all creation is pure consciousness . . . pure potentiality seeking expression from the unmanifest to the manifest. And when we realise that our true self is one of pure potentiality, we align with the power that manifests everything in nature."* Everything exists as part of a universal energy field. Most major faiths, as well as the scientific sciences, refer to this energy by many names. You are a part of this energy because you exist, and you can use your consciousness to imprint your ideas and intentions onto it and use it to generate whatever you want. Deepak Chopra states that we may gain access to this through three daily actions:

### *1. Meditation:*

This gives you the opportunity to practise noticing your breath and allowing any ideas or feelings come to mind to flow freely and smoothly like a wave, merely noting them as mentioned above. All creative inspiration comes from this location. Meditation and mindfulness have been shown to provide physical and mental health benefits. Emmet Fox, spiritual leader, wrote *"If you have no time for prayer and meditation, you will have lots of time for sickness and trouble."*



## *2. Observing Nature:*

Every day, spend an hour in nature - woods and panoramic views of the sea or mountains are particularly beneficial. You will physically sense the field of pure potentiality and unlimited creativity in the felt joy and bliss of your own quiet, as well as by communing with nature. This gives me a tingling sensation in my limbs and a rising sense in my heart.

## *3. Practice non-judgement:*

Total acceptance is one of the basic qualities of any spiritual (and by spiritual, we don't mean religious) road to self, and by committing to not criticising the people, events, and circumstances in your life, you're telling the world that you're open to receiving whatever is best for you. Above all, this type of compassion should be aimed toward yourself.

ALBERT CAMUS

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He said, "In the midst of hate, I found there was, within me, an invincible love. In the midst of tears, I found there was, within me, an invincible smile. In the midst of chaos, I found there was, within me, an invincible calm. I realized, through it all, that in the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger—something better, pushing right back."

*Find you invincible summer within you. Albert Camus*



## How can you have infinite power on tap?

Your journey will no longer be filled with hustling, control, disappointment, shame, fear, or a desire for external validation once you are awake, which may feel difficult at first. You will find everything you need within yourself, and this will connect you to infinite power, pure potentiality, abundance, flow, intuitive action, 'alchemy,' creative force, and relentless healthy energy, allowing you to achieve the seemingly impossible, learning from what would have previously been seen as obstacles or failures, and manifesting your destiny with ease.

*“Have you every realised that all around us there lies a realm of infinite power which we can train ourselves at any time to tap for our own use? This power surrounds us as the atmosphere does, and like the atmosphere, it belongs to everyone, and is at the disposal of anyone, for any good purpose. This power, which is the real source of all things that exist, needs only to be consciously contacted in order to flow from your being, and transform itself into health, into true prosperity, into inspiration, or into anything else that you may be needing. This Power is quite impersonal in itself, but it is always seeking a chance to express itself through particular personalities, through you or through me, if only we will let it... There is nothing in the universe that you cannot do or be if you are mentally ready” (Emmet Fox).*

## Presence

*Presence - today is a gift:* That's why it's called the present. We must learn to be present in the moment. We must trust that we are in the right place at the right moment, with all of the necessary preparation to succeed right now. Fretting diverts our attention away from the present moment and the tremendous opportunity for personal involvement it offers. Remember, we are nurtured emotionally and spiritually and encouraged to reach our best potential by complete involvement with the present.

Today, I'll remember that I am everything I need to be. Nic Nolte, in *The Way of the Peaceful Warrior*, a movie inspired by true life events, plays the role of a guide named Socrates in a story about the path to healing and spiritual awakening: Following some very painful lessons, an athlete transforms from an ego-centric competitor to becoming a 'peaceful warrior'. I totally identify with this story:

My name Olly means 'peaceful' and Alexander means 'defender of people.' As the athlete tackles a seemingly impossible gymnastic sequence "*Where are you, Dan?*" "*Here.*" "*What time is it?*" "*Now.*" "*What are You?*" "*This Moment.*" World class athletes are coached to remain present. Every shot is the only shot, whether its Championship point at Wimbledon or the first point of the tournament.



You must be present to win. The film director Federico Fellini said *“There is no end. There is no beginning. There is only the passion of life.”*

Johnny Cash summed it up: *“You build on failure. You use it as a stepping stone. Close the door on the past, don’t dwell on it. You don’t let it have any of your energy, or any of your time, or any of your space.”* Even our children are being told this, so why do we forget?: *“Yesterday is history, tomorrow is as mystery, but today is a gift. That’s why it’s called the present”* (Master Oogway, Kung Fu Panda).

There is no fear in the present. Contemporary protagonist Tolle says *“Realise deeply that the present moment is all you have. Make the NOW the primary focus of your life... If not now, when?”* Of course, such great thoughts always have their antecedents *“Confine yourself to the present.... Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present”* (Aurelius);

Saint Charlotte said *“Every day is a new day. No need to dwell on the past. Look straight ahead.”*

Jesus said *“Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day’s own trouble be sufficient for the day.”* *“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”* (Buddha).

Tolle continues *“Die to the past every moment. You don't need it. Only refer to it when it is absolutely relevant to the present. Feel the power of this moment and the fullness of Being. Feel your presence... It is not uncommon for people to spend their whole life waiting to start living.”* De Mello agrees *“Eternity is in this moment”*.

Corrie ten Boom, author, wrote *“Worrying is carrying tomorrow's load with today's strength – carrying two days at a once. It is moving into tomorrow ahead of time. Worrying does not empty tomorrow of its sorrow; it empties today of its strength.”*

Worrying is worshipping your problems. Accept what is, let go of what was, have faith in what will be. If your mind carries a heavy burden of past, you will experience more of the same. The past perpetuates itself through lack of presence. The quality of your consciousness at this moment is what shapes the future.. the past gives you an identity and the future holds the promise of salvation, of fulfilment in whatever form. Both are illusions...

Always say “yes” to the present moment. What could be more futile, more insane, than to create inner resistance to what already is? What could be more insane than to oppose life itself, which is now and always now? Surrender to what is. Say “yes” to life — and see how life suddenly starts working for you rather than against you...



All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry - all forms of fear - are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of nonforgiveness are caused by too much past, and not enough presence... As soon as you honour the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When you act out the present-moment awareness, whatever you do becomes imbued with a sense of quality, care, and love - even the most simple action (Tolle).

RALPH WALDO EMERSON

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He said, "Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense. This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays."



Where are you living?

Past	Present	Future
Feeling sad or depressed	Joy of being	Worrying about what could happen
Guilt, shame, regret	Clarity	Fear of the unknown
Dwelling on what happened	Acceptance	Feeling anxious
Replying events	Understanding	Overthinking
Overanalysing	Inner peace	Catastrophising
	Gratitude	

Once we realise that *“What lies behind us and what lies before us are tiny matters compared to what lies within us”* (Emerson), we feel a tremendous sense of serenity and peace. Dale Carnegie, author, said *“Remember, today is the tomorrow you worried about yesterday.”*

Drop the Ego

The ego is the illusory self that prevents us from being present. The ego is your mind, your fearful inner child and thinking is a little aspect of consciousness. Thought is not required for consciousness. Enlightenment means rising above thought. When you stop thinking you step into BEing: You become your intuitive assertive adult self; your true self; your awakened soul. Then you are free from the involuntary internal dialogue, constant negative thoughts about the past, the internal critic, and catastrophising about the future. *“Midlife is the time to let go of an overdominant ego and to contemplate the deeper significance of human existence”* (Jung).



This is a great time of rebirth. The ego says Once everything falls into place, I'll feel peace.

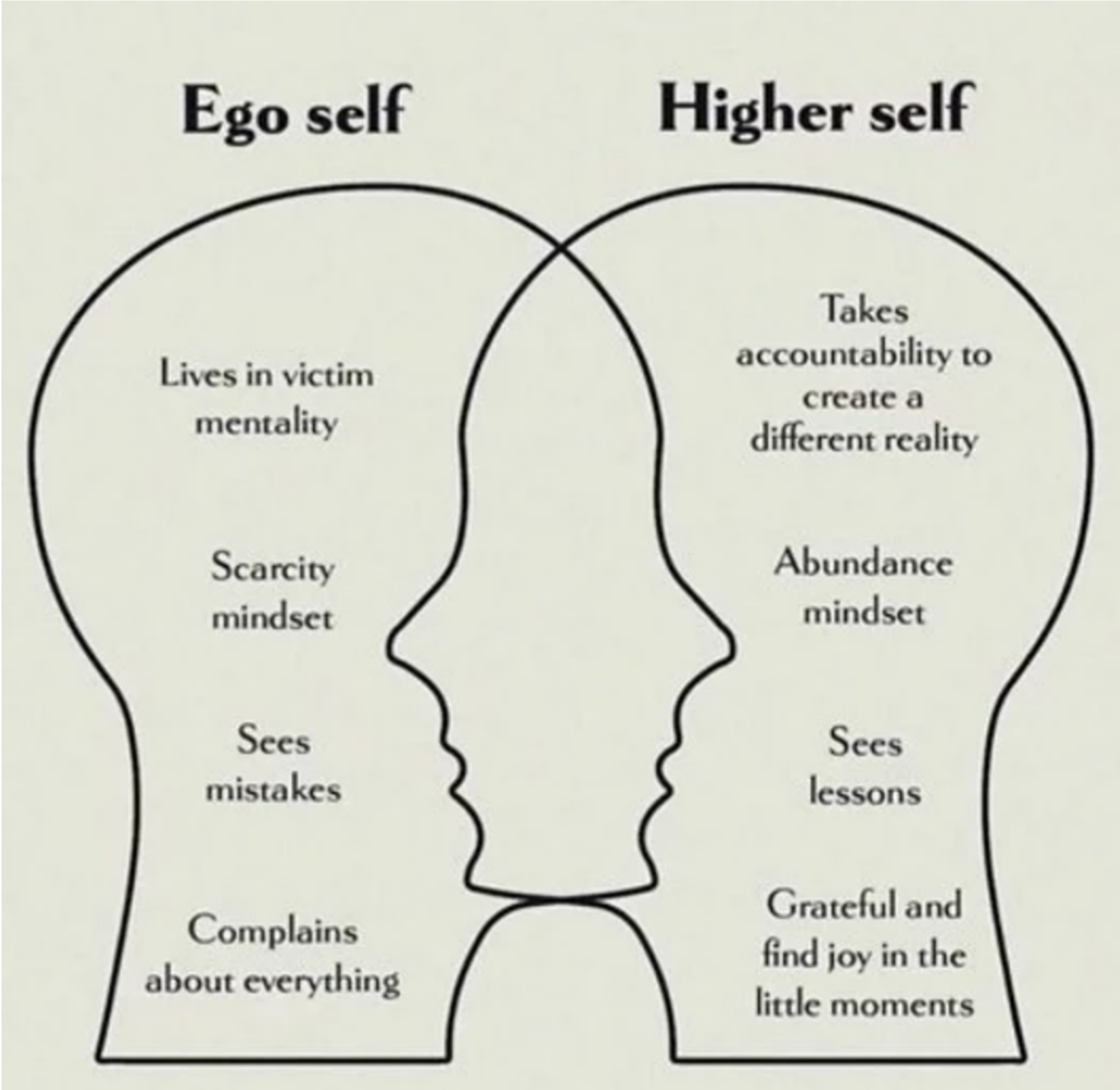
The soul says *"Find your peace, and then everything will fall into place."*

Egocentric fear leading to a desire to control is the basis of all addictions:

The 12 step recovery Serenity Prayer is as follows: *"God, Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."*

Chögyam Trungpa, Tibetan Buddhist meditation master, abbot, scholar, poet, and originator of a radical representation of Tibetan Buddhist teachings said *"Enlightenment is ego's ultimate disappointment."*

Let's disappoint the ego: Are you with me?



THE EGO AND THE HIGHER SELF



## Decide to be happy

Albert Schweitzer, theologian, musicologist, writer, humanitarian, philosopher, and physician said *“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. And as a polymath he was well placed to know.”*

There is always clear sky behind the clouds – either blue sky or stars. Find happiness within. Abraham Lincoln, the lawyer who famously fought episodes of deep depression yet became the President of the United States, said *“Folks are usually about as happy as they make up their minds to be.”*

Martha Washington, First Lady and mother, concurred *“The greatest part of our happiness or misery depends on our dispositions and not on our circumstances.”*

*“The happiness of your life depends upon the quality of your thoughts. Very little is needed to make a happy life; it is all within yourself, in your way of thinking... To live happily is an inward power of the soul”* (Aurelius).

Francesca Reigler said *“Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.”*

To be happy one simply needs to accept that one cannot change people, places or things – just oneself.

Just accept life on life's terms. You can't change other people and should not even try to. Practice keeping your side of the street 'clean'.

Peter Deunov, philosopher and spiritual teacher said *“Do not look for happiness outside yourself. The awakened seek happiness inside.”*

## Humility rules ok

One of my coachees said to me this week. I am God and I am no-one. What a blissful divine realisation, and such humility. *“For everyone who exalts himself will be humbled, and everyone who humbles himself will be exalted”* (Jesus).

*“Whoever wants to be a leader among you must be your servant, and whoever wants to be first among you must be the slave of everyone else. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many”* (Jesus, Mark 10:42-45).



## Validation

The only validation you need is your own. What other people think of you is none of your business, and what they think says more about them than it does you.

The author Taylor Jenkins Reid said *“Praise is just like an addiction. The more you get it, the more of it you need just to stay even.”*

The need for validation, due to having an unvalidated childhood, from an absence of unconditional love, may form the basis of all behavioural and substance addictions.

Gabor Maté, psychologist, physician, and author, and perhaps the foremost authority on addiction, wrote: *“Misplaced attachment to what cannot satiate the soul is not an error exclusive to addicts, but the common condition of mankind.”*

Tolle says *“Living up to an image that you have of yourself or that other people have of you is inauthentic living.”* Happiness involves deep authentic connection with people that you love. Jung said *“The bigger the crowd, the more negligible the individual becomes.”*

Digital interactions and chasing social media likes lessen our authenticity.

Robin Sharma said *“If you want to improve your life and live with all that you deserve, you must run your own race.*

*It doesn't matter what other people say about you. What is important is what you say to yourself, being comfortable in your own skin. Be true to you. That's a key source of happiness.”*

When you define your self through other people, places or things, you lose your identity – what are you if these things are taken away?

*“Give up defining yourself - to yourself or to others. You won't die. You will come to life. And don't be concerned with how others define you. When they define you, they are limiting themselves, so it's their problem.*

*Whenever you interact with people, don't be there primarily as a function or a role, but as the field of conscious Presence. You can only lose something that you have, but you cannot lose something that you are” (Tolle).*



Paul Coelho, writer and author of *The Alchemist*, said *“Everyone seems to have a clear idea of how other people should lead their lives, but none about his or her own.”*

Brené Brown said *“Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage.”*

Carl Jung said *“The reason for evil in the world is that people are not able to tell their stories.”*

*“Half of life is lost in charming others. The other half is lost in going through anxieties caused by others. Leave this play, you have played enough”* (Rumi).

Nathaniel Brander, politician and jurist wrote so eloquently *“If my aim is to prove I am ‘enough’, the project goes on to infinity because the battle was already lost on the day I conceded the issue was debatable.”*

Gandhi concludes *“I will not let anyone walk through my mind with their dirty feet.”*

## When the pupil is ready, the Master appears

You seek a guide, not a teacher, for the teacher is YOU. *“When the pupil is ready, the Master appears”* is an old Theosophical (divine wisdom) statement.

All we have to do is be open. This is no coincidence: Rumi wrote *“Be grateful for whoever comes, because each has been sent as a guide from beyond.”* Tolle stated *“Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at the moment.”*

Rumi wrote with great wisdom *“When setting out on a journey, do not seek advice from those who have never left home.”*

This is why it's so important to trust that your transformative life coach has been on the same journey of transformation as you, maybe a few steps ahead.

Rumi wrote so insightfully and concisely *“The one you are looking for is you.”* With TLC you will become your own transformative coach...



## Be Fearless

*“Put your thoughts to sleep, do not let them cast a shadow over the moon of your heart. Let go of thinking.”* Rumi

Awareness of your fears allows us to dip below the surface in TLC: *“Find out what a person fears most and that is where he will develop next”* (Jung).

George Addair, entrepreneur said *“Everything you’ve ever wanted is on the other side of fear.”*

Eleanor Roosevelt, First Lady and civil rights supporter, said *“Do one thing every day that scares you.”* Nelson Mandela, revolutionary and political leader, said *“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”*

Emmet Fox gave us a call to courage and action: *“Do it trembling if you must, but do it!”*

Mark Twain, author and entrepreneur, wrote *“Courage is resistance to fear, mastery of fear – not absence of fear.”*

John Wayne, actor, film maker and icon, said *“Courage is being scared to death but saddling up anyway.”*

But, do you need to be a brave cowboy? Do we need to live in fear, even if we can overcome it? Perhaps if we reframe fear, by thinking about our thinking, as described previously, we can live fearlessly.

Tolle writes *“This is my secret, I don't mind what happens.”* Epictetus, the Stoic philosopher who taught that philosophy is a way of life and not simply a theoretical discipline, said *“Man is not worried by real problems so much as by his imagined anxieties about real problems.”* Fear does not live in the present.

Fear is a liar. Fear itself is like a rocking chair – it keeps you busy but gets you nowhere. If you are not your thoughts, as you will realise when you become self-aware, remember that nobody can hurt you without your permission. Fear and faith do not live in the same house.

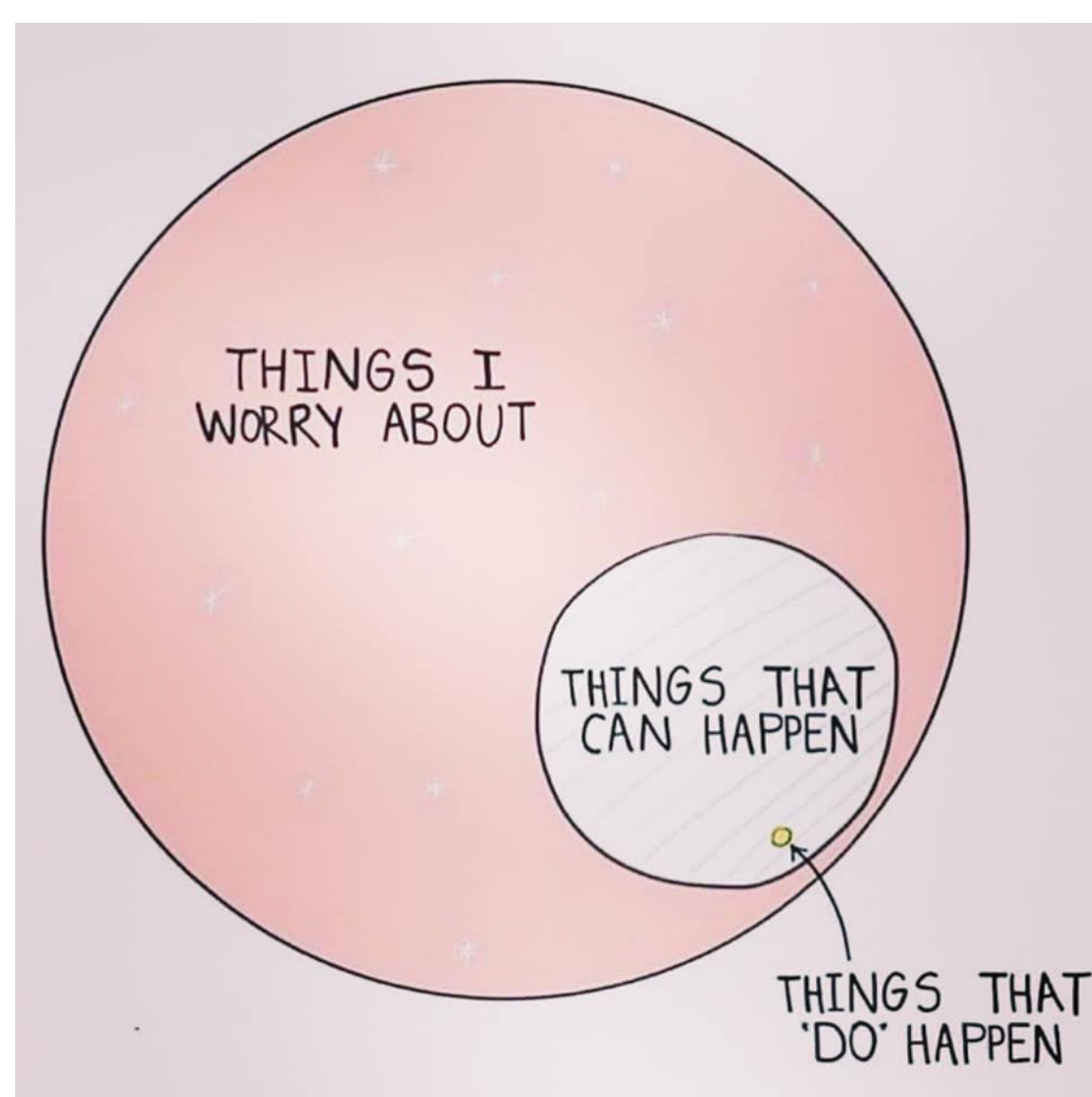
Love is fearless. Marcus Aurelius said *“You have power over your mind, not outside events. Realise this and you will find strength.”* Tolle echoed *“All problems are illusions of the mind.”* The acronym FEAR is best expanded as 'Face Everything And Rise' or 'False Evidence Appearing Real.' It has been shown in studies that over 90 percent of fears never happen. Even if they do, Tolle reminds us that *“This, too, will pass.”*

Worrying works – 90 percent of the things that you worry about never happen!



In fact, fear may be the pointer to where you may grow the most! Joseph Campbell said about the Hero's Journey *"The cave you fear to enter holds the treasure you seek... We must let go of the life we have planned, in order to accept the one that is waiting for us... Follow your bliss and the universe will open doors for you where there were only walls."* Carrying your cross as Jesus did precedes awakening and 'resurrection'.

Marie Curie, physicist, chemist and twice Nobel Prize winner, advised *"Nothing in life is to feared, it is only to be understood. Now is the time to understand more so that we may fear less."* Anaïs Nin, writer, wrote *"Life shrinks or expands in proportion to one's courage."* Paul Coelho wrote *"There is only one thing that makes a dream impossible to achieve: the fear of failure."* Fear is a waste of time!: Matthew 6:25-34 wrote *"Therefore do not worry about your life... Who of you by worrying can add a single hour to his life?"*



Many of us live unaware of how the unresolved terrors, traumas and challenges of early life - fear of abandonment, not being loved, fear of not being worthy, and fear of failure - show up in our life as 'invisible lions': Benjamin Fry, psychotherapist, author and entrepreneur, talks about fear being an appropriate response to a threat that has long gone – hence the ‘invisible lion’.

Robin Sharma says *“Worry drains the mind of its power and, sooner or later, it injures the soul.”*

What's love got to do with it? The Dalai Lama said *“The more you are motivated by love, the more fearless you become.”*

Fear is often due to egocentric worries about not being in control.

If we can get out of our selves and live a life of purpose where we give service to others, then we lose our fear.



Perhaps we are scared of our own power? You feel an energy, drive, unstoppable determination to succeed within you.

IF you can harness this as a force for good, would you become powerful beyond measure?

What is holding you back? Plato, the philosopher who had Socrates to guide him and he himself guided Aristotle, said *“We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.”*

Paul Coelho wrote *“Don’t fear the light within. May it ignite the Sacred Flame in your soul.”*

Perhaps fear is a call to give our positive energy to the world?

Marianne Williamson, author, spiritual leader, and political activist said *“You will fear the darkness only to the extent that you yourself are not providing light.”*

She adds *“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.”*

Frank Herbert, author, wrote *“I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.”*

- I shall not fear anyone on Earth.
- I shall fear only God.
- I shall not bear ill will toward anyone.
- I shall not submit to injustice from anyone.
- I shall conquer untruth by truth. And in resisting untruth, I shall put up with all suffering.

Mahatma Gandhi



BECOME FEARLESS



## Change

Change is better than a rest. Machievelli, diplomat, political scientist and philosopher, and author, said *“Whoever wants constant success must change his conduct with the times.”* Change always begins and ends with you. Mahatma Gandhi said *“Be the change that you wish to see in the world.”* One of my clients echoed back to me recently *“Be it until you become it.”* In fact *“Our only security is our ability to change”* (John Lilly - physician, neuroscientist, psychoanalyst, philosopher and writer).

## Emotional sobriety

Are you emotionally sober yet? Emotional sobriety is when your happiness and peace do not depend on people, places, or things: Without emotional sobriety you cannot become transformed. Buddha said *“Peace comes from within. Do not seek it without.”* Gandhi echoed *“Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances.”*

Miyamoto Musashi, swordsman, philosopher, and writer, said *“There is nothing outside of your self that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of your self.”*

As Deepak Chopra says in *The Seven Spiritual Laws of Success* “*Self referral means that the internal reference point is our own spirit. In object referral we constantly seek the approval of others: This is therefore fear-based. We also feel an intense need to control things. We feel an intense need for power. This kind of power is not the power of pure potentiality, which is true power. If you didn’t have fear you wouldn’t feel the need for control. In the latter the internal reference point is the ego. It is not who you are. It is your social mask. It is your social mask that wants approval. Your true self is not fearful of any challenge. Your true self feels that it is beneath no one. Yet it is humble. It draws people to you. It comes from being in the state of Grace.*”

Believe in yourself. Love your self: Not in a Narcissistic way, but by accepting who you truly are. Becoming emotionally sober is perhaps the greatest gift of all: Self love doesn’t come from external people or circumstances. You are transformed. All is well. All will BE well. Believe in your new reality - success. Then you won’t self-sabotage - why would you hurt your self? You are limitless. You have changed your character - who you really are has changed already. By your action grace has changed your character. Realise you are worthy. How do you achieve emotional sobriety? The solutions are:



My Seven S's of Emotional Sobriety (when your happiness and peace no longer depend on people, places, or things - this is key to awakening & enlightenment):

1. Surrender - so give up control, accept help - be touched by grace - Your higher power is working 24 hours a day for emotional sobriety and change in character
2. Self love - from self hate to unconditional self-love, and realising that self-love can't come from outside your self
3. Silence your inner critic and inner conflict trying to hide yourself - realise everyone is light and dark - awakening increases the light and reduces the darkness - rigorous honesty is accepting everything that is you, right NOW! Carl Rogers, psychologist and founder of the Humanist approach - *"When you accept yourself just as you are then you begin to change"*
4. Sustained action to change your character - *"Faith without works is dead"* (James)
5. Self-observation without criticism - when others praise you or criticise you - feel I know you love me as I love me; your criticism is unjust as I love me - the new message becomes the only message
6. Survey the good things that you create in line with your core values and purpose
7. Service - Give to others without expectation of return what YOU want and need. Love others unconditionally. This will change your values and beliefs from egocentric to helping others through service. In the Bible, Corinthians the word love is translated as 'charity'. Therefore giving love results in Karma, the great law of life: What you give is what you get. Therefore by saving others you will be saved. What goes around comes around: Every time. Emotional sobriety is above all the realisation that it is by giving that we receive. *"For what you sow so shall you reap... Cast your bread upon the water and you will receive."* What you want for your self you must give to others; It is the giving that will return to you.

## Find your purpose

Find your purpose: What are your values? BE your values.

Pablo Picasso said *“The meaning of life is to find your gift. The purpose of life is to give it away.”* Find your Dharma. Dharma is the Sanskrit word for ‘life’s purpose’ Don’t compare your self to others. Comparison is the thief of joy.

Brené Brown writes *“Let go of who you think you’re supposed to be; embrace who you are.”* Each of us has a unique talent. When we discover our ability by looking within, we experience it physically, as if we were fully present or in nature. Transformation is like to putting a jigsaw puzzle together. We open your 'box' and uncover a bag of jumbled up jigsaw pieces when we first meet in the setting of TLC. When we open the box after TLC, we find that all of the pieces are in their proper places - you have connected yourself with your purpose and fundamental values.

*"Happiness is when what you think, what you say, and what you do are in harmony"* (Mahatma Gandhi).

Believe in yourself. Love your self: Not in a Narcissistic way, but by accepting who you truly are. Becoming emotionally sober is perhaps the greatest gift of all: Self love doesn’t come from external people or circumstances. You are transformed. It affects every aspect of your life. When you work out it will be because you love your body, your self, not because you hate it.







Workaholism occurs when you exhaust yourself by putting all of your effort, passion, and dedication towards finding validation rather than BEing your purpose. Shame, fear, egocentric need for control, and thoughts of not being worthy or loved all fuel addiction. You climb the wrong tower while sleeping and wake up at the top, feeling empty and realising you climbed the wrong tower.

That's a pretty destabilising situation to be in. The tower falls because it is a house of cards with no foundations. The rock solid foundation on which you build your new tower is discovering yourself.

Friedrich Nietzsche wrote *“He who has a why to live for can bear almost any how.”* Viktor Frankl said *“The meaning of life is to give meaning.”* *“The secret of success is constant purpose”* Benjamin Disraeli. St Francis of Assisi wrote *“Be patient in trials, watchful in prayer, and never cease working.”*

Jesus said *“For what shall it profit a man, if he gain the whole world, and suffer the loss of his soul?”* *“Don't let a mad world tell you that success is anything other than a successful present moment”* (Tolle).

There is a reported burnout rate of higher than 50% in various occupations. Understanding the stages of burnout is essential for analysing your own work habits and preventing burnout.



The 12 stages of burn out were designed by psychologists Herbert Freudenberger and Gail North to accurately identify and combat burnout are:

1. Excessive ambition - I would replace this with a pathological need for validation as if your life depends on it
2. Pushing yourself to work harder
3. Ignoring your own needs
4. Displacement of conflict
5. Not giving time to non-work activities
6. Denial
7. Withdrawal
8. Behavioural changes
9. Depersonalisation
10. Anxiety
11. Depression
12. Mental or physical breakdown

I would add 13. Death.

Is this a route you would like to take? When one lends distance to the view one can see the insanity of this process.

CORE VALUES

Positivity		Humour
Tradition	Trust	Participation
Status	Fame	Honesty
Peace	Success	Performance
Respect	Love	Partnership
Elegance	Fairness	Compassion
Growth	Being active	Collaboration
Family	Novelty	Productivity
Courage	Safety	Community
Perseverance	Security	Service
Nurturing	Excitement	Personal
Accuracy	Change	Power
Joy	Curiosity	Aesthetics
Adventure	Learning	Contribution
Beauty	Personal growth	Freedom of choice
Authenticity	Purpose	Excellence
Zest	Kindness	Connectedness
	Vitality	Innovation

Core values - choose your top 10. Then your top 5. Then your number 1 core value. These will guide you to your purpose. During TLC we will explore the values, 'filters', beliefs, memories, traumas, passions, attitudes, energies, assumptions, emotions, limitations, hidden strengths, situations, and expectations that you have below the surface and bring these to the light so that you can access them, reframe your thoughts and set epic goals for you to achieve.



## Help Others

Lord, make me an instrument of thy peace.  
Where there is hatred, let me sow love,  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.  
O Divine Master,  
Grant that I may not so much seek  
To be consoled as to console,  
To be understood as to understand,  
To be loved, as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
Amen.

Saint Francis of Assisi

*“The best way to find yourself is to lose yourself in the service of others” (Gandhi). “Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared” (Buddha). Milan Kundera wrote “The worth of a human being lies in the ability to extend oneself, to go outside oneself, to exist in and for other people.”*

Controlling other people is not power. Self-control is a form of power. Attempting to control others is the first sign that you are completely lost. Controlling others is what fearful and self-doubting people believe power looks like: Individuals, workplaces, and institutions are all affected. Martin Luther King, Jr., minister and civil rights movement leader, said *“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”* He continued *“Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.”* Marianne Williamson wrote *“As we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence actually liberates others... Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one.”*



The Bible gives great clarity on doing service:

- Corinthians 9:6-8 *“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.”*

Jesus taught that *“It is better to give than receive.”* (Acts 20:35).

- In Proverbs 18:16 *“A gift opens the way and ushers the giver into the presence of the great.”*
- Proverbs 11:25 *“A generous person will prosper; whoever refreshes others will be refreshed.”*
- Luke 6:38 *“Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”*

Robin Sharma wrote *“You can’t make someone feel good about themselves until you feel good about yourself. Investing in yourself is the best investment you will ever make. it will not only improve your life, it will improve the lives of all those around you. I once read that people who study others are wise but those who study themselves are enlightened. As you strive to help others your own life will be elevated to its highest dimensions. This truth is based on an ancient paradigms for extraordinary living... He who serves the most reaps the most. This is the way to inner peace and outer fulfilment.”*

## Limiting beliefs

You are confined only by the walls you build your self. *“You can have anything you want if you will give up the belief that you can’t have it”* (Robert Anthony, organisational theorist, and professor of management control).

## Compassion

Compassion, and in particular self compassion as this is where all compassion begins, is essential to enlightenment. *“If there are people you haven't forgiven, you're not going to really awaken. You have to let go”* (Eckhart Tolle). Buddha said *“Those who judge will never understand, and those who understand will never judge”* and *“You will not be punished for your anger, you will be punished by your anger.”* Carl Jung wrote *“Thinking is difficult, that’s why most people judge.”* Make peace with your past so that it wont disturb your future. Self care is how we take our power back.

Buddha said *“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”* Nelson Mandela echoed *“Resentment is like drinking poison and then hoping it will kill your enemy.”* Self compassion is the most potent source of nervous system regulation.



A Chinese proverb sums this up *"if you hold on to resentment, you may as well dig two graves."* Everyone seems to have a clear idea of how other people should lead their lives, but none about his or her own. You can not heal in the same place you were harmed.

Jesus said *"Let the one among you who is without sin be the first to cast a stone."* Friedrich Nietzsche said *"You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist."*

Who are you to judge? Martin Luther King, Jr. wrote *"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies."* *"Be curious, not judgmental"* (Walt Whitman, poet and journalist).

*"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty"* (Albert Einstein).

## Vulnerability

Vulnerability and openness are your strengths - be open! Honestly! *“Vulnerability is the birthplace of innovation, creativity and change”* (Brené Brown).

*“It takes a brave person to be open. To speak your truth even when your voice shakes and to feel safe to show up as who you truly are is how warriors roll. Anyone can put on a mask. It’s easy to wear a suit of armour as you navigate this dangerous world. Yet to be raw and real and decent and good. Oh - that takes strength. And true leadership”* (Robin Sharma).

## Be assertive

Communicate assertively. Communication styles may be:

- Assertive (which is never aggressive)
- Aggressive
- Passive-aggressive (which is aggressive)
- Passive (which may be aggressive)

The key to effective communication is to always be assertive. This is when we are most honest and mature. Life is best viewed and lived as a sequence of self-assured assertive choices made free of powerful emotions. We avoid conflict like the plague for good reason, but we can be assertively upset without being aggressive. When necessary, one can even apologise assertively, which is a sign of personal strength. The inner child in you can show up, but always make sure that your adult self does too.



## Self-sabotage

It's time to stop self-sabotage. An African proverb says *“If there is no enemy within, the enemy outside can do us no harm.”*

*“No one is to be called an enemy, all are your benefactors, and no one does you harm. You have no enemy except yourselves.”* Saint Francis of Assisi.

## Let go

Peace and serenity are proportionate to the degree of surrender. Never ruin a good day by thinking about a bad yesterday. Letting go sets us free of what we thought we wanted but wasn't meant for us. You will get what you need to grow.

Eckhart Tolle wrote *“Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it... Sometimes letting things go is an act of far greater power than defending or hanging on.”*

## Be Authentic

*“The greatest act of courage is to be and to own all of who you are - without apology, without excuses, without masks to cover the truth of who you are”* (Debbie Ford, coach and author).

*“The path of spiritual awakening involves uncovering the values and ideas that are authentic to you, regardless of what others think”* (Danielle Kloberdanz, developmental psychologist).

*“You either walk inside your story and own it or you stand outside your story and hustle for your worthiness”* (Brené Brown).

What’s the greater risk? Letting go of what people think – or letting go of how you feel, what you believe, and who you are? *“Being your true authentic self means what you say in life aligns with what your actions”* (Brené Brown).

*“Happiness is when what you think, what you say, and what you do are in harmony”* (Mahatma Gandhi).



Authenticity is a concept in psychology, psychiatry, and existential philosophy.

In existentialism, authenticity is the degree to which a person's actions are congruent with their beliefs and desires, despite external pressures to conform:

1. Speaking your opinions honestly in a healthy way
2. Making decisions that align with your values and beliefs
3. Pursuing your passions
4. Listening to the intuitive inner voice guiding you forward - you cant not create when you are BEing
5. Allowing yourself to be vulnerable and open-hearted
6. Setting boundaries and walking away from toxic people and situations

Existentialism may be seen as a philosophical movement that rejects that life has an inherent meaning, but that instead requires each individual to posit his or her own subjective values.

As a result, questions regarding existence and subjective experience are seen as being of paramount importance, and initially above all other scientific and philosophical pursuits.

## Gratitude

Gratitude not attitude. Being happy doesn't mean you have it all. It simply means you're thankful for what you have.

*"Upon awakening, let the words Thank You flow from your lips, for this will remind you to begin your day with gratitude and compassion"* (Dyer).

*"The richest person in the world, I've since discovered, isn't the person who has the most but the one who needs the least"* (Sharma).

*"Every grateful thought is both an acknowledgment and seed of abundance"* (Stephen Sainato, lawyer and spiritual leader).

## Become a creator

When you find your purpose through transformation you create intuitively.

By BEing you can't help creating and DOing. *"We come spinning out of nothingness, scattering stars like dust"* (Rumi).



Michael Bridge said *“When our eyes see our hands doing the work of our hearts, the circle of Creation is completed inside us, the doors of our souls fly open and love steps forth to heal everything in sight.”*

Roy Bennett, politician, wrote *“Instead of worrying about what you cannot control, shift your energy to what you can create.”*

St Francis of Assisi wrote *“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.”*

Rumi wrote *“When you do things from your soul, you feel a river moving in you, a joy.”*

Bring light to the world by BEing your values and creating effortlessly. *“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle”* (Einstein). You will create magic and miracles.

**There's nothing wrong with me!**

There's nothing wrong with me! I don't need waking up! Carl Jung said *"Show me a sane man and I will cure him for you."*

Eckhart Tolle wrote *"Authentic human interactions become impossible when you lose yourself in a role."* Do you suffer from existential angst?

Something deep inside you tells you that something isn't quite right, but in order to avoid confronting your buried feelings, you go to work, hoping that things would improve once you meet the next financial goal. This isn't going to end well.

Existentialism is a form of philosophical inquiry that explores the problem of human existence and centre's on the lived experience of the thinking, feeling, acting individual.

In the view of the existentialist, the individual's starting point has been called "the existential angst," a sense of dread, disorientation, confusion, or anxiety in the face of an apparently meaningless or absurd world.

Existentialist thinkers frequently explore issues related to the meaning, purpose, and value of human existence.



Jack Welch said *“Change before you have to.”* Carl Yung wrote *“In each of us there is another whom we do not know... If the path before you is clear, you’re probably on someone else’s... Every human life contains a potential, if that potential is not fulfilled, then that life was wasted... It is often tragic to see how blatantly a man bungles his own life and the lives of others yet remains totally incapable of seeing how much the whole tragedy originates in himself, and how he continually feeds it and keeps it going.”* He went on *“About a third of my cases are suffering from no clinically definable neurosis, but from the senselessness and emptiness of their lives. This can be defined as the general neurosis of our times.”*

The ultimate failure is success without fulfilment. Our soul, not our ego, is our essential identity. Because it is terrified of not being fed and validated, our ego does not want to be awakened. We pursue happiness, validation, worthiness, and 'enoughness' through employment, money, and relationships when we make life decisions based on fear and ego. We trade our soul for money, valuable time, sacrifice, and short-term highs like behavioural or chemical addiction, and then wonder why we feel so empty when we achieve the goal that our ego promised us would bring us happiness and contentment.

As a result, the transformation process is about remembering who you are at a soul level and building your life from there. To turn off the unreasonable ego. Then we identify with the soul.

We understand that we have a choice. We can engage in deliberate rebellion, disrupt the ego, and break free from our own shackles. By making our subconscious behaviours conscious through transformation and awakening, we can then proceed into expansion, abundance, trust, and growth.

The majority of individuals say "I want it," only to be disappointed when they arrive. We get caught up in programming, societal conventions, judgement, superiority, and inferiority as unconscious humans. We utterly forget that success without fulfilment is failure, and we are constantly yearning for more.

For long-term happiness, we must start from the inside out. Do you want to learn how to connect with your soul and establish a state of being that comes from your heart so that you can live a life of peace and fulfilment?

TLC can help with that. You can only lose what you have; you cannot lose who you are.



Lao Tzu wrote *“If you do not change direction you may end up where you are heading.”* Robin Sharma says *“Yes, your transformation will be hard. Yes, you will feel frightened, messed up and knocked down. Yes, you’ll want to stop. Yes, it’s the best work you’ll ever do.”* Remember what Gandhi said: *“My life is my message.”* Buddha said *“There are only two mistakes one can make along the road to truth; not going all the way, and not starting.”* Gandhi declared *“To believe in something, and not to live it, is dishonest.”*

## Wake up

Khalil Gibran wrote *“Spiritual awakening is the most essential thing in man's life, and it is the sole purpose of being.”* Marcus Aurelius said *“It is not death that a man should fear, but he should fear never beginning to live.”*

Rumi called us to action *“Set your life on fire. Seek those who fan your flames.... The breeze at dawn has secrets to tell you... Don't go back to sleep There is a candle in your heart, ready to be kindled. There is a void in your soul, ready to be filled. You feel it, don't you?”*

Anthony De Mello wrote *“Before changing the world transform yourself. Nightmares can't hurt you when you wake up. You will change effortlessly when you wake up: As the light of awareness settles on darkness it disappears. Whatever is bad will disappear. Whatever is good will be fostered. Awareness is the most delightful and important thing in the world.”*

Socrates said *"The unaware life is not worth living. Most people don't live aware lives."* Amit Ray said *"Raise you awareness and share your uniqueness to the world."*

Swami Vivekananda said *"You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul. The awakening of the soul to its bondage and its effort to stand up and assert itself – this is called life. All power is within you; you can do anything and everything. Believe in that, do not believe that you are weak; do not believe that you are half-crazy lunatics, as most of us do nowadays. You can do anything and everything, without even the guidance of anyone. Stand up and express the divinity within you. They alone live, who live for others."*

*Whatever you think that you will be. If you think yourself weak, weak you will be; if you think yourself strong, you will be. Believe in yourself and the world will be at your feet. All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark."*



## Failure

Embrace and reframe 'failure'. FAIL means *“First Attempt in Learning.”* Henry Ford said *“Failure is only the opportunity to begin again.”* Brené Brown wrote *“There is no innovation and creativity without failure. Period.”* Robin Sharma said *“Every event has a purpose and every setback its lesson. I have realised that failure, whether of the personal, professional or even spiritual kind, is essential to personal expansion. It brings inner growth and a whole host of psychic rewards. Never regret your past. Rather, embrace it as the teacher that it is.”* Carl Jung called us to action *“I am not what happened to me, I am what I choose to become.”* Eckhart Tolle says *“Whatever the present moment contains, accept it as if you had chosen it.”*

Marcus Aurelius said: *“Everything that happens happens as it should, and if you observe carefully, you will find this to be so.”* Winston Churchill said *“Success consists of going from failure to failure without loss of enthusiasm.”* The concept of Amor Fati – means Love your fate. This Stoic philosophy teaches us that what happens to us is not ‘good’ or ‘bad’ – the obstacle is the way, so we should stay calm as events are simply lessons. Friedrich Nietzsche echoed *“Love Your Fate”*, which is in fact your life.

Anthony De Mello wrote *“Ignore ups and downs. Become totally unaffected by praise or blame.”*

Robin Sharma wrote *“There are no mistakes in life, only lessons. There is no such thing as a negative experience, only opportunities to grow, learn and advance along the road of selfmastery. From struggle comes strength. Even pain can be a wonderful teacher.”*

Steve Maraboli summarised *“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”* There is a Japanese proverb which says *“Fall seven times, stand up eight.”* Ralph Waldo Emerson said *“Our greatest glory is not in never failing, but in rising up every time we fail.”*

Stoic Philosophy teaches us:

- Remain present
- Treat good and bad as simply lessons – become equanimous. Love your fate
- Control only what you can control - that is the way to use your power. You can’t change the rules of the game but you do control how you play the game: You can't choose your cards, but you choose how to play them
- Memento Mori - Remember you will die – so, live for today



Joseph Campbell was inspired by Nietzsche, writing *“Whatever your fate is, whatever the hell happens, you say, 'This is what I need.' It may look like a wreck, but go at it as though it were an opportunity, a challenge.*

*If you bring love to that moment--not discouragement--you will find the strength is there.*

*Any disaster you can survive is an improvement in your character, your stature, and your life. What a privilege! This is when the spontaneity of your own nature will have a chance to flow.*

*Then, when looking back at your life, you will see that the moments which seemed to be great failures followed by wreckage were the incidents that shaped the life you have now. You'll see that this is really true.*

*Nothing can happen to you that is not positive. Even though it looks and feels at the moment like a negative crisis, it is not.*

*The crisis throws you back, and when you are required to exhibit strength, it comes.”*

It is so fascinating when we examine philosophy how there is always an antecedent. We are simply voices echoing timeless wisdom for our world as it is now.

For example; when we read the Bhagavad Gita, chapter 2, verse 38, Lord Krishna advises Arjuna about what his attitude should be to events in his life, said Kidambi Narayanan, in a discourse. Krishna says: — treat success and failure, profit and loss, happy occurrences and unhappy ones just the same. And that is what Rama demonstrates through His responses to His father's orders and Kaikeyi's wishes.

Think of a stick, that is carried along by river water. If the current is swift, the stick moves fast. If the water moves slowly, so does the stick. The stick has no control over its movement. We should be like the stick. It may be argued that the stick is inanimate, while we are not. But the message which we should take from this example is that we have to accept the inevitable.

Eckhart Tolle echoes *“Don't look for peace. Don't look for any other state than the one you are in now; otherwise, you will set up inner conflict and unconscious resistance. Forgive yourself for not being at peace. The moment you completely accept your non-peace, your non-peace becomes transmuted into peace. Anything you accept fully will get you there, will take you into peace. This is the miracle of surrender.”*



In my favourite poem by Kipling: he says we should treat triumph and disaster "just the same":

If

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master;  
If you can think - and not make thoughts your aim;  
**If you can meet with Triumph and Disaster**  
**And treat those two impostors just the same;**  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
' Or walk with Kings - nor lose the common touch,  
if neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man, my son!

## Love

Love, unconditionally, starting with your self, but do not seek love. Buddha said *“You, yourself, as much as anybody in the entire universe, deserve your love and affection.”* In Corinthians 16:14 *“Let everything you do be in love.”* Rumi wrote *“In every religion there is love. Yet love has no religion.”* St Francis of Assisi wrote *“Lord, grant that I might not so much seek to be loved as to love.”* Mahatma Gandhi said *“Where there is love there is life.”* *“It is only when you have mastered the art of loving yourself that you can truly love others. it's only when you have opened your own heart that you can touch the hearts of others. when you feel centered and alive, you are in much better position to be a better person”* Robin Sharma.

Emmet Fox said *“There is no difficulty that enough love will not conquer: no disease that love will not heal: no door that enough love will not open... It makes no difference how deep set the trouble: how hopeless the outlook: how muddled the tangle: how great the mistake. A sufficient realisation of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world.”*

Greg Gilbert reminds us how to truly live:

*“You are loved,  
You have loved,  
You have lived.”*



The Dalai Lama said

*“The more you are motivated by love, the more fearless your action will be.”*

Mahatma Gandhi wrote

*“Power is of two kinds. One is obtained by the fear of punishment and the other by acts of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment.”*

Anthony De Mello echoed

*“There are only two things in the world - fear and love. There is only one evil in the world - fear. There is only one good in the world - love. It is also called joy, peace, serenity, spirituality, freedom, awareness.”*

Mahatma Gandhi said

*“Whenever you are confronted with an opponent. Conquer him with love.”*

Ram Dass said

*“The most important aspect of love is not in giving or the receiving its in the BEing.”*

Martin Luther King has the final word,

*“I believe that unarmed truth and unconditional love will have the final word in reality.”*

## Action

Ready, steady, action! St Francis of Assisi wrote *"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."*

Henry Ford famously said *"Whether you think you can or you think you can't, you're right."* Eleanor Roosevelt's take on this was *"You must do the things you think you cannot do."*

Mahatma Gandhi said *"The future depends on what you do today."*

*"Any action is often better than no action, especially if you have been stuck in an unhappy situation for a long time. If it is a mistake, at least you learn something, in which case it's no longer a mistake. If you remain stuck, you learn nothing."* (Tolle).

Jenni Schaefer said *"Real hope combined with real action has always pulled me through difficult times. Real hope combined with doing nothing has never pulled me through."*



## Enlightenment

Enlightenment is not a goal to be attained, it is a state-of-being to be regained.

*“Knowing others is Wisdom, knowing yourself is enlightenment”*  
(Lao Tzu).

The Zen teaching of Bodhidharma *“But people of the deepest understanding look within, distracted by nothing. Since a clear mind is the Buddha, they attain the understanding of a Buddha without using the mind... Not creating delusions is enlightenment.”*

*“Enlightenment is always there. Small enlightenment will bring great enlightenment. If you breathe in and are aware that you are alive - that you can touch the miracle of being alive - then that is a kind of enlightenment... We need enlightenment, not just individually but collectively, to save the planet. We need to awaken ourselves. We need to practice mindfulness if we want to have a future, if we want to save ourselves and the planet”* (Thich Nhat Hanh).

Ramana Maharshi concurred *“Your own self-realization is the greatest service you can render the world.”*

Marianne Williamson suggested that *“Enlightenment is the key to everything, the key to intimacy, because it is the goal of true authenticity.” “I believe enlightenment or revelation comes in daily life. I look for joy, the peace of action. You need action. I'd have stopped writing years ago if it were for the money”* (Paul Coelho).

Deepak Chopra wrote *“According to Vedanta, there are only two symptoms of enlightenment, just two indications that a transformation is taking place within you toward a higher consciousness. The first symptom is that you stop worrying. Things don't bother you anymore. You become light-hearted and full of joy. The second symptom is that you encounter more and more meaningful coincidences in your life, more and more synchronicities. And this accelerates to the point where you actually experience the miraculous.”*

Osho said *“One thing: you have to walk, and create the way by your walking; you will not find a ready-made path. It is not so cheap, to reach to the ultimate realization of truth. You will have to create the path by walking yourself; the path is not ready-made, lying there and waiting for you. It is just like the sky: the birds fly, but they don't leave any footprints. You cannot follow them; there are no footprints left behind.”*



Immanuel Kant, philosopher and one of the central scientific enlightenment thinkers, demonstrates the parallels with spiriual enlightenment *“Enlightenment is man's release from his self-incurred tutelage. Tutelage is man's inability to make use of his understanding without direction from another. Self-incurred is this tutelage when its cause lies not in lack of reason but in lack of resolution and courage to use it without direction from another. Sapere aude! 'Have courage to use your own reason!'- that is the motto of enlightenment.”*

Anthony De Mello said

*“The secret for awakening and being happy forever is this: if you do not identify with any labels most of your fears cease. Nothing will have the power to hurt you. You will remain at peace. That's being a natural human being. Not affected by others. The main preoccupation of society is to keep people sick - Addicted and labelled. Money has nothing to do with success. You are a success in life when you wake up and don't need to explain anything to anyone. Then you are happy and a success - waking up. A job and fame are just labels and are not real success. Our society and culture are telling us that success and money are all that matters. People that are like that are not happy and don't enjoy life - they all identify the I with a label. When you wake up - I is never a success or failure. Awareness is happiness. Awareness will bring the change of enlightenment. With time you will react less and act more. Do things with enjoyment not competition. If there is someone who you don't like. Say to them I haven't the right to have any expectation from you.”*

William Blake wrote *“Enlightenment means taking full responsibility for your life.”*

*“If you get the inside right, the outside will fall into place. Primary reality is within; secondary reality without”* (Tolle). *“An enlightened man had but one duty - to seek the way to himself, to reach inner certainty, to grope his way forward, no matter where it led”* (Hermann Hesse).

*“Not till your thoughts cease all their branching here and there, not till you abandon all thoughts of seeking for something, not till your mind is motionless as wood or stone, will you be on the right road to the Gate”* (Huang Po).

*“To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment”* (Tolle).

Marianne Williamson wrote *“From a mind filled with infinite love comes the power to create infinite possibilities. We have the power to think in ways that reflect and attract all the love in the world. Such thinking is called enlightenment. Enlightenment is not a process we work toward, but a choice available to us in any instant.”*

Buddha said *“To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.”*



Eckhart Tolle wrote *“You are not IN the universe, you ARE the universe, an intrinsic part of it. Ultimately you are not a person, but a focal point where the universe is becoming conscious of itself. What an amazing miracle... Your outer journey may contain a million steps; your inner journey only has one: the step you are taking right now.”*

## Inner Tranquility

Jesus said *“Be still and know I am God.”* What was meant by that is stop fighting (be still) and to become self aware (know that the Kingdom of God is inside you). It is only by doing this that we are truly surrendering and letting go of control. We can be at peace as we are awakened and do not need to change anything outside of us. Eckhart Tolle confirms this *“You find peace not by rearranging the circumstances of your life, but by realising who you are at the deepest level... Is there a difference between happiness and inner peace? Yes. Happiness depends on conditions being perceived as positive; inner peace does not... All true artists, whether they know it or not, create from a place of no-mind, from inner stillness.”*

Swami Sivananda, yoga guru, physician, and spiritual teacher, wrote *“The real spiritual progress of the aspirant is measured by the extent to which he achieves inner tranquillity.”*

## What does this all mean for TLC?

Your beliefs become your thoughts,  
Your thoughts become your words,  
Your words become your actions,  
Your actions become your habits,  
Your habits become your values,  
Your values become your destiny.

## Mahatma Gandhi

Mahatma Gandhi said *“A man is but the product of his thoughts. What he thinks, he becomes... In a gentle way, you can shake the world... Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.”*



Transformative Life Coaching does not give you orders. It will not teach you anything. It will guide you into your heart and out of your mind, allowing you to view yourself as you truly are. Buddha said *“Work out your own salvation. Do not depend on others.”*

In the framework of personal discovery and growth, TLC uses these strategies to investigate your inner world of limiting beliefs, critical self-talk, assumptions, fundamental values, meaning, self-awareness, purpose, and expectations. In this way, it draws on all other coaching styles and goes more deeper, further, and wider than other coaching methods: It takes focused, laser-like listening in order for me to be aware of what you're saying and to analyse what's left unsaid. Where appropriate, I will pose a hard question in order to elicit change by bringing what you aren't expressing into the room. I'll create a safe environment for you to totally open yourself up, and I'll employ silence to help you reflect more deeply. What sets TLC apart from other coaching techniques is what I pay attention to and share, with your permission. The profound change you've experienced with TLC has resulted in a paradigm shift - a complete perceptual and intellectual alteration in your thinking and internal vision of the universe.

Carl Jung wrote “*Until you make the unconscious conscious, it will direct your life and you will call it fate.*” This implies that we must delve beneath the iceberg's surface – after all, TLC is all about facilitating self-actualization. TLC focuses on who you are and what you want to become by going deep inside your thoughts. TLC is an ontological method since it focuses on "being" rather than "doing." We are human BEings rather than human DOings. The key TLC coaching question is, “*Who do you choose to be?*” What makes the process transformational is learning and doing what it takes to become the embodiment of that choice in being. You will still bring your personal goals, objectives, and big dreams to TLC sessions; however, you and I both understand that these serve as the backdrop for a deeper look within, not the end-game in and of themselves.

The motivating question you'll need to consider in TLC is “*Who do I need to be in order for my goals or desires to become a reality?*”

The 'becoming' process is the transformational path, and the ultimate goal is to embody more than realised realms of existence. A life coach who can help you go under the surface and immerse yourself in self-exploration can assist you in evaluating your beliefs, images, and interpretations about who you are and what your purpose and role in the world are. All of these factors contribute to your current state of being, and understanding them helps you understand why you feel the way you do.



In order to break free from thought and emotion patterns that have held you hostage for a lifetime, you must be willing to confront buried fears and beliefs as a coaching client. When you grow substantially at the fundamental level of mind, within your internal operating system, you feel compelled to make equally large changes in your behaviour, decisions, and emotions. True transformation takes time, and the necessary thoughts, attitudes, and behaviours to make envisioned goals a reality will arise naturally as an expression of your higher nature's fulfilment.

The transformative life coach's job is to retain the focus on the deeper realm's growth potentials and to encourage self-exploration before taking action. Being precedes doing, and doing comes after being. Many executives feel that you go to coaching to learn how to solve problems, but what you truly need to learn is how to shift your entire sense of self into a more enlightened state. This will change the way you believe *"I am deserving. I am aware of my identity. I express myself completely."* This long-term shift in consciousness needs a transformational shift, bringing zest, joy, tranquilly, verve, and creativity into your daily life and allowing you to reach your full potential.

If I may finish with a quote from the Bhagavad Gita

*“Every selfless act, Arjuna, is born from Brahman, the eternal, infinite Godhead. He is present in every act of service. All life turns on this law, O Arjuna. Whoever violates it, indulging his senses for his own pleasure and ignoring the needs of others, has wasted his life.*

*But he who realises his Self is always satisfied. Having found the source of joy and fulfilment, they no longer seek happiness from the external world. They have nothing to gain or lose by any action; neither people nor things can affect their security.*

*Strive constantly to serve the welfare of the world; by devotion to selfless work one attains the supreme goal of life. Do your work with the welfare of others always in mind.”*

How can you fail?



## SUMMARY

We must look within to become enlightened. This is why awakening cannot be taught or mentored. However, we require *guidance* to stay on our own path since we listen to random notions that are not our own. Otherwise, we have a proclivity for negative thinking. TLC also allows us to see ourselves more clearly by repeating our own ideals with clarity. We eventually become so self-aware that we can coach ourselves. TLC accomplishes all of these goals and more. It is a discipline that is always changing. Philosophy, positive psychology, timeless spiritual truths, and corporate culture in firms with compassionate leadership who have observed the effects of wellbeing on productivity are all part of it. We occasionally require direction as well as being kept on our path. And TLC allows us to see our minds from a different perspective, allowing us to see the repercussions of different decisions. The purpose of executive coaching is frequently to achieve a basic goal, but what you truly need is a fundamental change in your character to double your capability: TLC is necessary. As the most successful firms become increasingly aware of this, TLC is in great demand in corporate organisations.

TLC promotes the highest level of internal alteration in your character, finding clarity, purpose, and being more self-aware, even to a state of grace, rather than simply doing things differently. TLC causes huge changes in your life: new chances emerge, and you become a creator. Happiness, spiritual awakening, and even enlightenment are all possible outcomes of TLC. In other words, TLC enables self-directed change.

TLC generates a dramatic and purposeful long-term transformation in attitude that has repercussions throughout your life. You must employ resources you didn't even realise you possessed to attract what you want like a magnet.

It possesses the same gravitational attraction as the Earth. Once you've learned how to work like gravity, you'll be able to manifest your heart's desires without fear of your own strength.

World-class coaches understand that their mission is to assist you in making lasting improvements. TLC is the only way to achieve this: it has the power to cause incredible positive changes in a matter of days, weeks, or months.

It's vital that your TLC coach has undergone considerable transformation as a result of his or her own life experiences and TLC!

As a result of my journey of transformation, I am able to work with clients from all over the world. It's important to remember that not all coaching is transformational. It has to be TLC to be this powerful!

**“The privilege of a lifetime is to become who you truly are.” — Carl Gustav Jung**



### Transformative Life Coaching:

- Is about envisioning what is truly possible without compromise
- Gaining awareness about your talents, motivators, dreams, fears, cultural influences, and assumptions, then exploring how they are shaping your worldview
- Shifting to an empowered perspective and mindset
- Realising that success does not happen in isolation, but by having support through your transformational journey
- Defining what fulfilment looks like
- Designing your own terms for success and happiness

**"My GIFT is to be YOUR GUIDE" Olly Alexander**

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“Transformative life coaching uniquely creates and holds the space for you to see your self afresh, with clarity, and step into new ways of being, which will transform how you intuitively create your world. My work is to guide you to raise your own conscious awareness to the level that you want to achieve.” Dr Olly Alexander MD, MBBS, BA(Hons), MA(Cantab), MRCS, PhD, FRCS.

## Testimonials

"Thank you Olly for creating such a safe space. Decision making can be difficult for me as I'm more thinking than feeling but you have an uncanny ability to move me out of my head and into my heart and remind me of what's most important/what truly matters. Although knowledgeable and skilled I it feels like you're able to intuit \*exactly\* what I need and for that I am v. grateful!"

*Dr Vanessa McIntosh*

"From the bottom of my heart, thank you Olly! You have really helped me on the road to defeating my limiting beliefs. You have helped me to lift up the heavy rocks in my life that have held me back and you create a safe environment for me to explore my thoughts. You challenge me through the thought provoking questions you ask. At the end of every session I feel that have made a lot of progress. You are very authentic which has allowed me feel very safe to open up to you in our sessions. I am truly grateful for what you have added to my life. Thank you for making me a better version of myself!"

*Jeff Narweh*



## Testimonials

"Thank you Olly for the wonderful coaching sessions which we have had together. I feel very privileged to be coached by you. You have listened very carefully to my current challenges, and this has created shifts in my perspective, which has led me to take strong positive actions to create change in my life. I feel this would not have been possible without you. Your unerring positive energy has helped me in changing my beliefs and assisted me in creating an expanded sense of possibility. I cannot thank you enough. With my very best wishes"

*Irene*

Thank you Olly for a great coaching session. I came with a confused mind and lack of alignment to the session. During the session you shared your wisdom with me and gave me a lot of different materials and techniques to overcome my obstacles and to learn even more about my self and what I need to do to find the peace and energy to pursue my dream. I left session with more clarity on my issue, feeling connected with my inner knowing and highly motivated, transformed and empowered. I am beyond grateful and blessed to have a coach like you. God bless you!"

*Toma Ivanauskaite*

## About Olly Alexander, MD, MA, PhD.

I have a Bachelor's degree in Natural Sciences from Trinity College, Cambridge; a Master's Degree in Philosophy from Trinity College, Cambridge; a PhD Doctorate in Scientific Research from University College London (UCL); a Medical Degree (MD/MBBS) from The Royal Free Hospital School of Medicine, London and am a Member (MRCS) and Fellow (FRCGS) of the Royal College of Surgeons of England. I have published over 50 peer reviewed scientific journal articles and am the author of several scientific books. I am completing my Diploma in Transformative Life Coaching in London, which has International Coaching Federation (ICF) Accreditation, as well as the UK Association for Coaching (AC), and the European Mentoring and Coaching Council (EMCC). I attended the Ultimate Coach conference with Steve Hardison, the world number one life coach, in London in April 2022. I am also certifying in Mindfulness to complement my coaching.