



Navigating Uncertainty™

Why our Lifeskills are important...what are the basics?

May, 2006

Why are our lifeskills important?

While the answer to this question may seem obvious and a no-brainer, you have undoubtedly noticed that not all things in life are logical. There are also many ways of seeing and talking about what a life skill is. Courses on how to manage money or communicate effectively fall into one category of life skill education. This issue is about life skills that will assist you in leading your life with clarity, consciousness and heart.

Why focus on your inner skills?

Doing so allows you to step into yourself, your core frequency, your unique note and in doing so you are able to contribute to community, humanity, the planet, whatever level you choose.

Your relationship with yourself improves, your relationship with others naturally improves, and your ability to see the interconnectedness of all things is heightened.

If you are willing to accept that you are a spiritual being having a physical experience then you might also be willing to entertain the notion that you came to this existence for a reason, to serve a higher purpose. It can be challenging to hold simultaneously being a spiritual being while operating in the physical world without feeling like you are moving from one planet to another. The opportunity is about connecting the two worlds in such a way that they become unified within you.

I became a 13 year old Sunday school dropout after I noticed that people would go to church and heads would nod around the notion of being kind to your neighbors and then 6 other days of the week it would be apparent that there was no intention to apply that understanding to their lives. If we presume that we are

here for a purpose, then we have the opportunity to learn how to apply the spiritual principles to our physical lives. This is where lifeskills are essential.

If you are confident that you have not got a spiritual bone in your body, then lifeskills still come in handy if only to allow you to attract the kinds of relationships that are fulfilling and are mutually beneficial.

Richard Leider said that there are 3 hungers we spend our lives trying to feed:

1. Connecting deeply with the creative spirit of life...your purpose;
2. Knowing and expressing your gifts and talents, that unique gift that is yours alone;
3. Knowing that our lives matter. That you have made a contribution, a unique fingerprint, or footprint.

Ultimately lifeskills are your tools for drawing out who you are, at the heart and core.

What are the most important lifeskills?

That depends on where you are in your life. The more conscious you become, the more finely attuned your skills need to become. Let's start with the basics:

1. Your Personal Self-Witness

You can't change what you can't see. In order to notice what you are doing unconsciously you need to be able to see your patterns of behaviour. Your witness is your trained observer. Your witness is the one who can step outside your day to day actions and see things as a movie camera does—WITHOUT JUDGING what is going on.

Your witness is your conscious ally, your friend who assists you in seeing yourself. Seeing what is going on puts you in charge of changing your responses. That means that, for example, instead of turning to your addictions (like watching TV) or distracting yourself to get through a chaotic time, you can choose from a range of self-CONstructive behaviours that take you forward and *not out of* your growth.

2. Listening to What is Not Being Said and Choose to be Present

When you focus on what is being said by others and take it literally, there is a whole quiet process going on internally that takes the words, associates them

with past experience, attaches meaning and before you know it you have arrived at a conclusion that may have precious little to do with what the listener actually meant. Next time you are listening to someone, notice whether you are fully present and notice what your mind is doing. If you find yourself thinking about how you will reply or in the midst of forming a response while they are still in mid-sentence you know that you are not being fully present nor are you listening to what they are saying. Once you notice, you can bring yourself back. This is the absolute best gift you can give your child, if you have one, or your partners in life, business or life.

3. Asking Questions the Logical Mind Cannot Answer

Most people are afraid to ask themselves, "Why am I stuck?" Give yourself a few quiet moments and you will know. You simply have to be ready to hear the answer. In other words, with questioning there are two parts to it: 1) never ask a question you don't want to hear the answer to (that part speaks to readiness), and 2) Being clear about what it is you want to know. Then the question becomes clear.

4. Reflecting

Thiagi, master designer of interactive facilitation tools always says, "We do not learn from the experience, we learn from reflecting on it." Too true. I have watched my daughter and her boyfriend effectively and knowingly use this skill to bring awareness to how words are used in casual conversation. Use of reflection is the ground where experience becomes knowledge and wisdom, where wounds are revealed and healing can take place; where attachments can be seen so that they can be released. Reflection can happen when you put your mind to it or not. Each person will have their own way of practicing this. It may happen when you are in the shower, digging the weeds out of the garden, or when you are focused on something else. Just notice when it does.

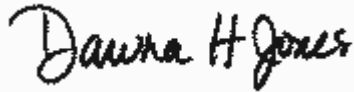
5. Conscious Speaking

This is always easier said than done...funnily enough. The Toltec principle of being impeccable with your word means that your responsibility as a speaker is to recognize what emotion is guiding you at the time. That gives you the opportunity to take a time out and return to the subject when you have cleared the emotional force. The energy of the words coming from your source emotion are felt, whether you know it or not. The human limbic process (which processes

emotions) operates at about 80, 000 times faster than the mental one...so whether you like it or not you are an emotional being.

Gaining mastery with these basics is absolutely invaluable for sales people, customer service agents, your personal life and other situations where the spoken word does not always convey the real message.

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