

Pathways

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“Unless we give part of ourselves away, unless we can live with other people and understand them, and help them, we are missing the most essential part of our human lives.”

Harold Taylor

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Walls and Non-Walls

I wonder, sometimes, how often we perceive the non-real and make it real. How often do we imagine something into existence and through our imaginings create the very thing that we do not want?

Pathways of communication are a case in point here. Think about the number of times you have imagined that a person has said something with a particular meaning, and then carried that emotion over to the next conversation or meeting, and the next, and the next...until an expectation of communication is reached with that person.

How about an example line from a conversation: “*X just doesn’t fill in the blank anymore.*” The conversation could be in the home, in the office or on the playing field. Do you notice that there is a comparison here? Person x used to do something and now they don’t and the implication is that something needs to be done (yes, go back and read last month’s newsletter), and unless something is done, things are going to get worse.

Now just suppose for a moment, that we continue to focus upon this thing that we don’t see person x doing anymore...what do you think is going to emerge in the view screen of life? I might suggest to you that more of the same will emerge.

In our attempts to bring attention to the ‘problem’ at hand we have done

exactly that...bring attention to what is ‘wrong’, and therefore, by extension our focus is on the wrong part of the equation. We have created an energetic wall in precisely the place that we were looking for a solution.

From this perspective then, it is unlikely that we will ever find a resolution, precisely because we are entrenched in the thinking that created the interpretation associated with the initial issue.

Time to bring in one of my coaching principles: An issue will only be resolved by a higher order of thinking than that which created it.

If you are inside of a box looking out, what do you see? The walls of the box. What happens when you step outside of the box? The walls are seen to be exactly what they are: space and time delimiters.

So how often do we do that to ourselves and our relationships? How often do we put ourselves in boxes of our own making? How real were the walls before we made them?

So here’s a radical concept: What would happen if you started to imagine your world without the walls you currently think are in place?

Yes, that’s an invitation to view yourself and your life as a stream of possibilities, rather than a maze of dead ends and walls.

Instead of being in a maze, you might actually be amazing. Just a thought. ☺

The Path of Fear

The lessons are coming hard and fast in my world recently. The emotional fallout has been monumental, and the invitation to embrace a higher road has been equally compelling.

So here's one of the current learning opportunities for me: The Path of Fear comes from a position of lack and uses the language of negativity. Basically, the Path of Fear begins with the words "I can't".

Ask yourself this: What precisely is it that you can't do?" Then ask yourself: Who told you that you can't do that? Where did you learn that lesson? And when you hear that voice telling you that you can't, who is it who is speaking to you?

I'm guessing that the inner voice is that of your inner Gremlin; that well-meaning part of yourself that is keeping you safe, secure and small. Your Gremlin will never allow you to step into your power or your greatness. Your Gremlin will always hide your potential from you, and your Gremlin will show you, over and over the reasons why you are not good enough and do not deserve whatever it is that you want to manifest.

When we walk the Path of Fear we are inviting the universe to bring forward all the things that resonate with fear: doubt, indecision, insecurity and reactionary thinking. Sometimes fear can be an important thing to have at work in your life, it is part of our survival mechanism, but when fear moves into those parts of our lives in which our greatest potential lives, then we are walking away from our true potential.

When we see the path for what it is, we take an enormous step into our own truest potential and the universe moves with

us.

I woke up just a few minutes ago (it's 3:00 a.m. here right now), with a clear solution to a seemingly intractable problem.

It was a wonderful 'aha' moment that interrupted my sleep, woke me up and compelled my compliance.

Did you notice the end of that previous paragraph? I was struggling with a "problem" and I wasn't seeing an answer within my current paradigm of existence. Well Duh!

The instant my mind-at-sleep saw the truth that my gremlin was hiding from me, the answer was clear.

I wasn't struggling with a problem at all, I was simply choosing to not see an opportunity for growth. More than that, I had hidden from myself the truth that I deserve the abundance that comes from employing the (now) clearly obvious opportunity that had entered my world.

There was no problem to be faced, there was no answer in the current paradigm of my life, and there, right in front of me was the Path of Fear offering me a way out, a way to back down, walk away, shrivel up and be small.

Well, I choose to walk a different path.

The path I choose, is the path that invites the opportunity to enter my world with full force and to shake me out of my complacency, my personal doubts, and my sense of non-deserving. I can thank my Gremlin for this amazingly subtle, and almost-missed opportunity to grow in profound ways.

The path I choose is the path that supports those around me, provides opportunity not just for me, but brings with it benefits for everyone.

Higher order thinking indeed!

The path I choose to embrace is the path that follows another of my coaching principles; An issue will only be resolved by a higher order of thinking than the one that created it.

In essence if you live in fear, you will use the language of fear and your mind and heart and gut will have the energy of fear. Your mind will lack the freedom to step into higher order thinking, you will lack the decision-making skills necessary to step outside of your normal paradigms of activity and you will feel the contracting nature of the energy around you.

What's more, that very same energy field will affect everyone whom you contact, because energy lacks material substance and therefore flows everywhere. The energy of contraction draws inward, creates stagnation and black-hole like, sucks the light right out of your life.

The energy of expansion and the energy of potential is the energy of passion; it is the energy of breaking through limiting self-beliefs and it is the energy of stepping into *terra incognita*. Curiously enough though, *terra incognita* is not so *incognita* as we might first have thought. Once we get there, we find ourselves sure-footed on ground that feels oddly familiar. Our highest, best self know this ground, it is after all our true home.

And one of the neat things about really vibrant homes is that we want to invite our friends over to share the warmth of our home, not hide in a corner and turn out the lights.

So...how are we doing team? Who wants to step off the Path of Fear and step onto the Path of Possibility with me?

Who's up for the ride of a lifetime?

Any takers? ☺

***“Unselfish and noble actions
are the most radiant pages in the biography of souls.”***

David Thomas

Emergent Systems

If you consider a medieval carpenter, or a stone mason doing their work, your next image is probably not one of the great cathedrals of Europe. If you consider a termite, you generally don't consider the world's most efficient air conditioning system.

At a wholly different level, if you simply look at the building blocks of Carbon, Hydrogen, Oxygen, Nitrogen, Sulphur and Phosphorous, you probably wouldn't envisage something as amazingly variable as a DNA helix or as complex as the history and diversity of life forms on planet earth.

In each case we are looking at an emergent system. An emergent system is something that is more complex and more highly functional than you would have imagined from looking at the starting materials or components. An emergent system is synergistic in nature.

Alright, so let's apply this concept to the idea of personal relationships.

What if...just for a moment, we considered that when you bring two people together with resonant energy, they produce something like an emergent system?

What is important in an emergent system is that each component is self-sufficient...if we go back to the cathedral idea, the stone mason doesn't need to tell the carpenter how to do his job, nor vice versa. Each artisan brings his own skill set and relies upon their artisans to bring their skills in order to generate a thing of lasting

beauty.

So it is with relationships. Often times, when we get into relationships we talk about our partners making us whole, or completing us, when in reality no-one can do that for us. No-one can complete me, or make me happy.. No one can heal me or fix me...that is my work to do, as and when I am ready, and choose to do it. If I have already embarked upon a journey to wholeness and happiness, then I am in a place where I can share who I am with others on a similar journey. Something that emerges from this position is the idea that I am working from a position of abundance, rather than lack, and a perspective of sharing rather than competition and control.

What a concept!

Imagine the idea of walking into a board room with an energy of abundance and cooperation rather than competitive negotiation where someone is going to win a contract, or make a profit. This is radical.

An emergent system only becomes possible when we trust ourselves to do the inner work to know who we are, to know the skills, gifts and talents that we bring to the table, and have an unwavering desire to share in synergistic ways with those who enter our energy fields.

I wonder what would happen to divorce, crime, addiction, depression, and suicide rates if we all came from this space.

Imagine for a moment that you are

here, on this planet to create emergent systems with your skill set.

Imagine that everyone with whom you interact is an opportunity to create an emergent system...something greater than the two of you could have imagined when you look at your individual skills, talents, gifts and personalities.

Now that's not to say this doesn't take work...clearly it does. Cathedrals are built one brick at a time, termite mounds are build one glob of dirt at a time.

I went a symphony concert the other night that brought me to tears. The entire orchestra became this amazingly beautiful interwoven tapestry of performers. Each player was skilled in his or her own right and yet the combined effect of their effort was the production of something far more powerful than any one of them could have produced on their own. It became for me a cathedral composed of music and it touched my core, I was completely lost in the music.

And isn't that what an emergent system does for us? It transports us into new experiences and new ways of seeing and being.

Surely here is the very essence of finding purpose in life, and why we are so driven to find connection and belonging with other resonant souls who can understand, appreciate and thrill to our own particular music.

So this leaves me with a question...what does your music sound and look like?

***“So, the practice of enrollment is about giving yourself as a possibility to others and being ready, in turn, to catch their spark.
It is about playing together as partners in a field of light”***

Benjamin Zander

Six Rules for How I Coach:

- There are no mistakes.
- There are no problems or challenges, merely opportunities, if we choose to see them as such.
- An issue can only be resolved by a higher order of thinking than that which created it.
- How we do anything, is how we do everything.
- We are greater and wiser than we think we are.
- We are all doing the best we can with what we've got, in the moment.



**For a 10% discount on a three-month coaching package
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