

Five Problems. Four Solutions.

By Dr. Fred Blum

All change requires energy. It doesn't matter if you're wanting to improve your health, build your business or save your marriage. In order to make sustainable change, we need both the right type and the right amount of energy.

I've identified the *5 Problems* that cause us to decrease or disconnect from the energy that we need to move our health, our relationships, our professions and our lives to the next level. *Every challenge that we experience in our lives can be ultimately traced back to one or more of the following:*

- 1. Insufficient Physical Energy.** So many people are walking around in a state of *Chronic Stress Overload*, but don't know what to do about it. These people are sick or in pain...they're suffering from anxiety or depression...and they're spending money on so-called "healthcare" that doesn't address the cause of their problems. The challenge that this presents is that without sufficient physical health and vitality, it becomes very difficult to make sustainable change in any other area of our lives

Physical Energy is the energy that you need to run your body...your cells, your immune system, your digestion, your overall vitality. When Life Energy is flowing abundantly, you feel resilient and strong. When this energy is diminished, you become locked in *Stress Physiology* (fight or flight). Your body begins to behave as though your life or safety was constantly being threatened. Blood pressure rises, muscles tense, breath becomes shallow and your nervous system becomes "wired" ... constantly vigilant of an outside "threat" (ultimately leading to breakdown in physical and/or emotional well-being).

- 2. Insufficient Emotional Energy.** Emotions are the primary motivating force in our lives. They provide the specific kind of energy that you need to recognize that something isn't working in your life and that you need to change. Emotional energy becomes blocked when you are holding on to old emotions rather than letting them flow through you (*E-Motion = Energy in Motion*). In order to block that energy, you must tighten your muscles, shift your posture and diminish your breathing (which, of course, decreases Physical Energy!). Blocked emotional energy causes us to shut down, leading to unexamined beliefs about ourselves and the world we live in. Without sufficient emotional energy, you will tend to remain in unresourceful states, feeling sorry for yourself or blaming others.
- 3. Disconnected Thinking.** Brain fog. Poor concentration. Short tempered. Low motivation. Chronic worry. Disconnected Thinking affects all of us at one time or another, often leading to confusion and poor execution. It can have many causes, from chronic dehydration to lack of a clear purpose. We may find ourselves "stuck" on a particular point of view. Perhaps we can see only the problem, not the opportunity that a problem *always* presents. Or we get stuck in "this or that" thinking (rather than this *and* that). We tend to be scattered, defensive and ineffective; rarely marshalling the persistence and clarity needed for real change.
- 4. Disconnection Between Head and Heart.** When you have sufficient flow of life and emotional energy, are thinking clearly and are taking effective action, the stage is set to truly begin to live out your purpose in the world. Life is no longer directed by your preferences or insecurities. It flows from your heart. You become aware of your connection to a greater source of strength and wisdom and that source becomes a guiding force in your life.

Without connection to your source and to a real and compelling purpose, life becomes work; uninspired, uninteresting. We seek distraction in a thousand ways...from T.V. to work to sex to drugs and alcohol. Ultimately of course, nothing can fill the void of a life without connection and purpose.

5. **Disconnected Action.** *Clear Action* consistently occurs when it is built on a foundation of vitality (physical energy), motivation (emotional energy), accurate thinking and a clear and compelling purpose.

Lacking the proper foundation, action becomes weak; uncommitted. Results are unsatisfying at best. We are busy, but not effective.

Fortunately, there are 4 *Solutions* to the challenges identified above. They are:

1. **Clear Body.** A Clear Body flows Physical and Emotional Energy, is flexible and strong, adapts to stress in a measured way and has a robust immune system. To free up your Physical Energy, you'll need to re-set your nervous system. When you finally stop *Stress Physiology* from stealing energy from your body and mind, health can return. Stress becomes *vitality*. Pain becomes *progress*.

Physical Energy includes the physical skills of strength, stamina, work capacity, endurance, and durability, properly fueling the body, sleep, recovery and learning to regulate the sympathetic and parasympathetic aspects of your autonomous nervous system.

2. **Clear Mind.** Your mind, when used properly, is like a razor that cuts through confusion to make clear decisions (*de-cide* has the same root as the word *homi-cide*. To decide is to, literally, eliminate all other options and to focus your resources on the choice that you have made). A decision, made from Clear Mind, allows you to be *all in...* in other words to commit fully to achieving the outcome you have chosen. It allows you to make accurate assessments of a situation while still seeing the "big picture" and to determine appropriate action. Clear Mind comes from the fundamental understanding of how thought works to create our experience, which allows us to resolve the emotional "baggage" that we may have been carrying our entire lives.

Clear Mind is also about having the *inner tools* to deal with any situation powerfully and effectively. Having the right tools creates *confidence* and *resourcefulness* because you know that you have what it takes to meet any life challenge head-on.

Clear Mind includes understanding, harnessing, and controlling your vast emotional power, developing self-esteem, confidence and forging resilience in the face of great challenges. We communicate more effectively. We develop "mental toughness".

3. **Clear Connection.** Clear Connection is awareness of your connection to a source of greater strength and wisdom and the intentional accessing of that source. Most of us are aware that although we habitually operate on one level, we have access to higher levels of consciousness as well. You have access to that higher level of consciousness every moment of your life and when you open to it, you give yourself the opportunity to see life from a perspective not available to us when we look through the habitual lens of our day-to-day life. You rise above the ego, fear and limited thinking and gain access to ideas and perceptions that simply aren't available to you otherwise. Clear Connection is seeing to *who you are*, beyond socially conditioned masks or roles.

True purpose is about awakening to why you're here. It's about having that purpose become a powerful force in your life and the choices you make each day. You can find your purpose by learning to attend to your natural curiosity; to what brings to light to your eyes. As you learn to follow that innate pull, you become clearer about who you are.

Clear Connection includes such qualities as self-awareness, mindfulness, compassion and tranquility. We are aligned with our life purpose and we feel compelled to contribute from that sense of purpose wherever we are.

4. Clear Action. Albert Einstein said it best: *Nothing happens until something moves.* When the principles of Clear Body, Clear Mind and Clear Connection come together, we're empowered to take bold, effective action. This kind of action contributes massively to people's lives and produces powerful results in the world. From this way of being, *failure ceases to exist* because any result that you obtain simply becomes *feedback*... allowing you to change course and keep moving toward your desired outcome.

I have observed that many of the most motivated and driven individuals in our culture have worked extremely hard to achieve success only to find that it came with an unintended price (health, relationships, well-being). *But there is the very real possibility that one can experience all the benefits and rewards that they have worked so hard to achieve and to still have peace in their heart.*

The above Five Problems and Four Solutions represent a complete perspective on how we can lose our way on our life journey and how we can find it again. Transformational Coaching is about identifying how each of the Five Problems manifest in your life and then applying the Four Solutions through powerful methods and understandings. **The result of the work is greater ease and freedom in your body and peace in your mind and heart. You will discover a progressively increased ability to produce powerful results in the world while still cultivating balance of body, mind and spirit.**

For more information, please contact Dr. Fred Blum at (512) 584-9075 or on the web at www.EnergyRichLiving.net.