



The ECI Newsletter

Keeping you informed with each other

November 2005



ECI Special Focus on Peace

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Monthly Meditation

Let peace come

Peace is perfectly natural. All it asks is that you let it fill your heart.

Yet peace can become so deeply buried that you might forget it's there. Take a moment, though, to

Peace

One step at a time

One person at a time

One day at a time

Peace of mind to Peace in the World

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dwell on peace, and it begins to rise within you.

The world may seem to be filled with strife, anxiety, violence and confusion. Yet peace endures, and is always close at hand.

Peace is ready to be lived at any moment. Let it be, and it is with you. Let peace be in you, and it will radiate out from you. Nourish peace within your heart, and that peace will spread beyond you.

Instead of being angry or resentful that others do not know peace, be thankful that you can give it. And then lovingly let peace come from you.

Ralph Marston
www.greatday.com

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Definition of Coaching

What is coaching all about?

If I were to ask the question: "What would you change if today was the first day of the rest of your life?"..... what would you reply?

Editor's Letter

Hello and Welcome

I do hope that you will enjoy the enlightening and powerful words of all our authors at least as much as we have. Researching and putting together this newsletter has been a wonderful journey for all on our team. In fact Caroline, our proof-reader, says that she is sticking so many articles on the walls of her office that she can't see the paintwork any longer!



What I have found fascinating is that although all our writers don't necessarily agree with each other completely, there seems to me to be one strong underlying message here...

***"Without inner peace,
it is impossible to have world peace."***

His Holiness, the Dalai Lama.

We are all capable of choosing peace for ourselves in any situation. Many of us are already benefiting from the revolution of a new age. Equality, freedom of thought and freedom of choice are more prevalent than they have ever been throughout our known history.

By letting go of conflict we find our natural state of peace. Just being in our natural state of peace will affect those around us, and this is where the 'ripple effect' means that our state will exponentially spread to others.

Now, as I understand it, we can affect peace in the world by just '*being*' peace, and we can affect peace in our world by '*doing*' peace.

If you want to do something as individuals and/or as a group to actively spread peace, here are just a few suggestions:

- ❖ Go to the 'Peace One Day' website (see below) and decide what you can do to create awareness for the International Day of Peace every 21st September.

Life coaching is about bringing clarity to people's lives working from the inside out. Socrates two thousand years ago defined this perfectly when he said: "Real understanding comes from within. It cannot be imparted by someone else, and only understanding from within gives true insight."

It's in those little 'reality check' moments of absolute clarity that we are free to make confident strides forward. We know in that instant what's right for our future and what isn't. Only by getting to know and understand who you truly are will this inner knowing surface.

Some coaches choose to take all your life-setting goals in each area, then support you, challenge you and motivate you towards achieving them. Sometimes coaches niche in a specialist area such as weight loss, business or even wedding coaching. One of the best things about having a coach is that you can talk about absolutely anything. A coach won't think you are crazy, laugh at you or judge you in any way, as they are totally unrelated to anyone you know and everything you say is in complete confidence.

❖ Forward this newsletter to your friends and family.

❖ Share your thoughts with us – if we have a huge response from our readers, then the ECI has agreed to sponsor a 'coaches for peace' website where we will publish articles on peace, as well as news, thoughts and ideas from our readers.

***"There is no way to peace.
Peace is the way."***

Mohandas (Mahatma) Gandhi

We look forward to hearing about your ripples :O)

Wishing you love, happiness and peace,

Milly

Milly Shand
Editor

editor-newsletters@the-eci.org

Do you fancy writing for us?

We are always looking for authors and contributors for this newsletter. If you have an article, quote, case study, tip, acronym, etc., or if you would like to give us your feedback or have a question or query, please contact our article resource manager, Michael Duffy on articles-newsletters@the-eci.org

How about working with our team?

We are looking for people to find great articles for our future newsletters. Please contact either Michael or Milly if you love research, reading and being part of a team.

**Imagine
by John Lennon**

Imagine there's no Heaven

It's easy if you try

No hell below us

Above us only sky

Imagine all the people

Life coaching is great for anyone who feels 'stuck'. That stuck feeling often comes from remaining within your comfort zone, telling yourself the story that goes around in your head (yes, you know, that one!) about why you can't possibly do something, have something or be something. Coaches work to challenge that story and get you towards the truth. They will tell you that the only thing that limits you, is you!

Life coaching is not therapy, you will not be asked to lie on a couch and play word association games. You will, however, be asked questions to determine what you really want from your life. When you are 85 years old, what will you wish you had achieved? If this type of question is a bit difficult to answer, maybe you need a life coach.

Andrea Waterhouse
andrea@blisslifecoaching.co.uk

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We would appreciate [your feedback](#) on this article or on the newsletter

**Inspirational
Quotations**

Living for today

Imagine there's no countries

It isn't hard to do

Nothing to kill or die for

And no religion too

Imagine all the people

Living life in peace

You may say that I'm a dreamer

But I'm not the only one

I hope someday you'll join us

And the world will be as one

Imagine no possessions

I wonder if you can

No need for greed or hunger

A brotherhood of man

Imagine all the people

Sharing all the world

You may say that I'm a dreamer

But I'm not the only one

I hope someday you'll join us

And the world will live as one

© John Lennon

www.John-Lennon.com

www.loveearth.net

Peace - The Natural State by Gerard O'Donovan

Today we live in a fascinating world. A world where people don't really know what they want - but are willing to go through hell to get it!

Right now there are thirty-seven wars taking place on our planet. As human beings we really do excel at many things, but none quite so much as aggression, violence and killing each other. In the twentieth century, our most successful of all, we managed to kill over 150 million other humans - what an achievement! - more than in any other century in the history of the world. Is that something to be proud of?

However, the good news is that everything in life has its opposite: good and bad, night and day, up and

"Internal peace is an essential first step to achieving peace in the world. How do you cultivate it? It's very simple. In the first place by realizing clearly that all mankind is one, that human beings in every country are members of one and the same family."

His Holiness,
The Dalai Lama

When Mother Teresa received her Nobel Prize, she was asked the question, "What can we do to promote world peace?" She replied "Go home and love your family".

Mother Teresa

"Mankind must put an end to war or war will put an end to mankind."

John F Kennedy

"When the power of love becomes stronger than the love of power, we will have peace."

Jimi Hendrix

"In spite of everything, I still believe that people really are good at heart. I simply can't build up my hopes on a foundation consisting of confusion, misery, and death. I see the world gradually being turned into a wilderness, I hear the ever-approaching

down; and just as there is an unprecedented wave of aggression sweeping the planet right now, there is also a wave of awareness unfurling, unlike anything we have experienced before in the history of mankind.

In life there are always two opposing paradigms - force versus power. We can be drawn to the dark side (force), that is war, aggression, violence and hate, or we can be drawn to the side of light (power), which is characterised by love, compassion and humanity.

So the big question is, how do we ensure that peace wins? How do we ensure that peace becomes the norm? Well, first of all we have to start by understanding what peace is, and this is where most of us get confused. As humans we always think about the dualities of life. You see, we constantly think in terms of opposites, night and day, love and hate, and in most situations that is how it is. Yet here, that is not the way it works at all.

You see, love is not the opposite of hate. Love is actually the absence of hate because love is the natural prevailing state to which we humans are drawn like a compass needle pointing north. It's just that hate gets in the way; it's like a blockage. So when we remove hate from the equation the natural state of love prevails.

The same is true of peace. Peace is not the opposite of war. Peace is simply the absence of war. Peace is and always has been the natural state, it's just that war gets in the way; and when you remove the obstacles and the blockages, peace reigns supreme. Unlike peace, which has no opposite, war and aggression always precipitate counter force, whether the opposing forces are religious or political or military.

So if we want peace, what do we have to do? Well, we can't fight for peace. How could we? It's a contradiction in terms. Fighting begets more fighting and so it goes on. If we take the attitude of 'an eye for an eye', 'a tooth for a tooth' and 'a limb for a limb', then we shall all end up blind, toothless and crippled.

The way to have peace is simply to **be** peace. It is one of the greatest and simplest secrets of the universe: "*be that which you desire*". So it is important that we don't just want it, we must **be it**. We must be a living example of what peace means to us, a living, walking, talking embodiment of all that peace is. We shall then see that the universe starts to swing in our direction - remember, **we become what we think about most of the time**.

thunder, which will destroy us too, I can feel the suffering of millions, and yet, if I look up into the heavens, I think that it will all come right, that this cruelty will end, and that peace and tranquillity will return again."

Anne Frank

"Peace comes within the souls of men when they realize their oneness with the universe"

Black Elk

"Love is The Answer"

Mark R Elsis

Quote sources:

www.loveearth.net

www.valuesofthewise.com

www.quotationspage.com

www.transitionslifecoaching.co.uk

Readers Feedback

'A Perfect You'

Michael Duffy's Article

A damn fine article - well thought out and nicely presented.

Every encouragement to him.

Shirley Caldwell

www.21stcenturywoman.com

Recommended Reading - 'Change your Life in 7 Days' by Paul

So what are you thinking? Use the law of attraction in your life. The law of attraction says "*you attract into your life people, places, situations and opportunities that are congruent with your major and dominant thought patterns*". Put simply, 'like attracts like'.

So, don't want it, don't talk about it, don't tell others, don't lecture, don't try. Just simply **be** all that is peaceful. In your intentions and thoughts, in every fibre of your being, **just be**.

Gerard O'Donovan

CEO European Coaching Institute

ceo@the-eci.org

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We would appreciate [your feedback](#) on this article or the newsletter.

Peace is The Way by Deepak Chopra

Today is a good day for war to come to an end. Just as Newton's formulation for gravity meant that human beings were finally and forever on the road to a new science, a road that has led to a completely transformed world, you and I can create a new turning point. I would argue that for the majority of people in America—and many other parts of the world—the tide of the future has turned already. People are ready to follow the way of peace, if only they can learn what it is.

The way of peace is based on the same phenomenon that ushered in the age of science: a leap of consciousness. When they witnessed demonstrations of steam engines, electric lights and vaccines, people adapted to them at the level of their own awareness. The idea of being human could no longer be consistent with reading by candlelight, travelling by horse, suffering high rates of death in childbirth, short life spans, and the ravages of disease. A leap in collective consciousness took place.

The way of peace can change the future in the same way. If you and I demonstrate that peace is more satisfying than war, the collective consciousness will shift. Today you and I woke up and this. It's time for society to take a direction that conforms to the wishes of the individual. There can be no excuse for living comfortable lives embedded in a

I use this as one of the resources on the life coaching breaks I run in Greece. The CD is particularly good and I have received great feedback about it from participants. Everyone gets a copy of the book to take away, although it's the relaxation and time out with the CD that I encourage. I also listen to the CD myself most days.

A good recommendation and a little bit different from other resources that are around.

Alison Mitchell

www.breathelife coaching.com

Positive Daily Actions

Peace! The word conjures up images of saffron robes, incense and vows poverty, to which most of us reply: "No time for that, thanks very much!" But when clients reel off the tribulations of their stressful week, I ask what it is they really want "Just time to think", "a bit of peace", "to feel calm," they sigh, as if they are searching for the Holy Grail!

Peace must be

culture of mechanized death and violence. You and I are not innocent bystanders of war. We depend upon it politically, economically and socially. 'Peace is the Way' shows in detail why this is true, and how we can shift our allegiance towards a way of life that is not entangled in war or death. The more people who join us, the faster war will come to an end. Instead of wishing that others would stop killing, you can become a force for peace, and in so doing make the ultimate contribution.

If you shift your allegiance to embrace peace, war ends for you today. This happens one person at a time, but it works. A million tiny earthquakes move more ground than a single cataclysm. There is no better or easier way to live than by catching the wave of evolution. How hard is it to look up and say, "Today is a good day for war to end"? If your consciousness follows these words and remains true to them, war will never return to your life again.

Love
Deepak

Dr. Deepak Chopra and Dr. David Simon
are co-founders of the Chopra Center
www.chopra.com

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We would appreciate [your feedback](#)
on this article or the newsletter.

Top Tips - Peaceful Solutions for a Troubled Mind by Anne Walsh

*"If everyone cleaned their own doorstep,
we'd have a clean world"*
Goethe

A couple of weeks ago, on an intuitive impulse, I went to Knock in County Mayo, West of Ireland with my son. We both spent some time at the scene of the apparition and afterwards I asked him what he had prayed for. Much to my surprise, my nine-year-old said "peace of mind" and it struck me how important this is for so many of us. We yearn for peace in our lives, our world and most of all in ourselves. So how do we get peace? There are no easy answers, although the techniques set out below have helped me attain a greater degree of peace than I ever expected.

1. **Peace is a journey, not a destination. I**

prioritized. It's a necessity not a nicety. So what actions can we take to create more peace in our lives today?

- Do something every day to clear your mind: exercise, walk in woodland, externalise your day in a journal, or offload onto a friend. Bash a pillow, punch a bag, meditate.
- Being tense = shallow breathing = less oxygen = tired, irritable and unable to concentrate! Focusing on your breathing for as little as one minute (yes, even you have one minute!) can have a peaceful and calming effect.
- Peace comes in different forms to different people, reflect on what it means to you? Do it!
- Treat your body, go and be given to... have a massage, a reiki, an afternoon sleep, a facial. Relaxing your body relaxes your mind.
- Peace comes from knowing that all's well in your world. What do you need to do to be a samurai warrior and go into today knowing that

always thought that at some stage in my life I would arrive at Peace station, and that would be it. I'm discovering, however, that it's more like choosing to board the Peace airline and be prepared to put up with turbulence and detours on the way. Peace is a choice.

2. **Detox your mind.** One of the most useful tools I have found for detoxing my mind, getting rid of the non-stop critic, is to do a brain-dump. That means simply writing down what your inner critic says just as you hear it. Take pen and paper and write it all out. Do this nearly every day. And then (my favourite part) burn it!

3. **Resistance is futile!** I'm a very impatient driver, but one of the practices I have incorporated into my daily routine is letting other drivers out, graciously if possible! I work on accepting the circumstances and situations life gives me and seeing them as perfect. Believe me, that's a very different place to come from when faced with 'problems'. It includes accepting that sometimes I feel petrified with fear.

4. **Narrow down to the Now.** I work constantly to get my mind back to the present, back to the task in front of me now. [Eckhart Tolle](#) describes this as narrowing down our focus to a powerful beam so we can see the next step clearly, instead of driving ourselves crazy looking at our past or trying to imagine our future. This brings great peace.

5. **Daily Spiritual Practice.** I believe one of the keys to creating a peaceful mind is some sort of daily spiritual practice. This will connect us to an entity greater than ourselves. Daily meditation and silence are a great way to do this... light a candle and sit still for five minutes (even if you think you can't).

Anne Walsh

www.annewalshcoach.com

When you sign up for Anne's ezine (*Bring your best self to light*)

you'll receive weekly a complimentary 10-part Personal Freedom e-course.

Eckhart Tolle's book '[The Power of Now](#)' is available from Amazon.co.uk

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We would appreciate [your feedback](#) on this article or the newsletter.

there is nothing
left undone?

Andrea Waterhouse
andrea@blisslifecoaching.co.uk

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We would appreciate
[your feedback](#) on this
article or on the
newsletter

What the media is saying

What have you seen in
the media recently?

Send the article and/or
the details to [Michael
Duffy](#).

Ice Breakers

In any situation
where a group of
people come together
for the first time
(i.e. complete
strangers), it can be
hard to get interaction
going between them.
However it is
necessary for any
presentation, training
session or indeed any
coaching-related
gathering to become
at ease with each
other as soon as
possible.

One interesting way
of getting people
to mix well can be for
each of them to spend
three minutes talking

Processed Peace by Sandy Chamberlain

We talk of world peace but are often not sure how to contribute towards it. Well, here's the good news – as coaches, we can and do contribute. Finding peace and balance in our own lives and in those of our clients does, believe it or not, contribute to world peace. We are all connected, and whatever work we do on ourselves will be felt by everybody around us.

There will always be things that stir us up a bit. The key is seeking out the tools, such as yoga, to help us return to the ocean of peace that is deep inside us and draw on its strength.

"Peace at any price", my Grandma used to say. Family members would always be careful not to upset her, not to make too much noise, not to argue or even disagree for that matter in her presence. I only recently realised the price of that peace. Years of issues, resentment, and unspoken truths came to the surface. Sweeping things under the carpet and just keeping quiet is not true peace. This in turn calls for reflection on what is happening in the world today. Does pointing a gun at somebody and saying, "Be peaceful!" really work? Isn't it time to uncover the resentments, prejudices and fears and work through them?

Human beings know only two states: fear and love. All emotions stem from these. When somebody is angry, they are coming from a state of fear. A useful question to ask is "What is this person frightened of?" This can often give us great insight and help understand and defuse the situation. Being peaceful must therefore, come from the state of love. So by following our hearts and loving, we can obtain peace in our lives. Maintaining peace is an active process of making sure everything we do and say is in line with our core values.

Why do we feel so peaceful by the sea? We often forget we are actually part of nature, not just placed in it. As the waves and tides are pulled by the moon, so are we. As the waves come in over the beach, our breath matches them and we are drawn naturally back to our own ocean of peace. By tuning into our own breath, we can regain this feeling of peace in ourselves anytime, anywhere. Just stop, listen and observe.

Breathe through your nose. As you inhale, feel the cool air entering, and imagine a beach ball inflating in your abdomen. Your ribs then

to each and every person in the group. Talking in pairs, they each write down the other person's name, get to know as much as they can about them, and take notes as they go along. The objective is to find out as many things they can about the other person **without asking for, or being told, what the other person does** (or has done) **for a living**. After the three minutes are up, each person writes down (secretly) what they **think** the other person does for a living or his career. The name of each person is written on a board and the guesses are placed alongside each name. Only then does everyone reveal what they really do.

The guesses can sometimes be very accurate, but are usually hilarious.

In a recent session I hosted, lots of people were convinced one person in particular was a doctor, only to find she was really a hairdresser. Another person was perceived by nearly everyone as being a managerial type (retail, etc.), only for her to reveal she was a vet! Needless to say, all participants had a tremendous rapport after this **ice breaker!**

Michael Duffy

expand sideways, and finally your collarbone lifts slightly. As you exhale, release the abdomen, release the ribs and relax the collarbone. Inhale for a count of four, exhale for six. Continue in this way.

*May the calm waters of contentment abide within you,
and may the turbulent waters subside,
so that in you, others may find peace.*

Om Shanti

Sandy Chamberlain
sandychamberlain@hotmail.co.uk

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We would appreciate [your feedback](#) on this article or the newsletter.

Your Questions Answered **What are the Benefits of Meditation?**

We put this question to Scott Milway, who has been trained personally by Deepak Chopra in Primordial Sound Meditation.

Scott replied:

“Meditation can be described as the progressive settling down of the mind to a state of thoughtless awareness, during which profound measurable psycho physiological effects and benefits are experienced to a greater or lesser degree on an individual basis, and different discernible states of consciousness can progressively be attained.”

Scott also contributed the following 20 Good Reasons to Meditate:

1. Reduce stress
2. Fulfill your desires
3. Give up bad habits
4. Become more intuitive
5. Enhance your daily life
6. Reconnect you to Spirit
7. Experience expanded states of consciousness

We would appreciate [your feedback](#) on this article or on the newsletter

A child's understanding of 'peace'

A coach asked his 10-year-old daughter to discuss the topic of 'Peace' with her teacher and classmates. Usual classroom activity stopped as the children expressed their views. After some debate among thirty young girls ranging from ten to eleven years of age, each penned their own view on the subject. A few samples make joyful reading....

"Peace is about love and forgiveness in people. It is when people forgive and forget about the bad thing in the past. And move on with their lives. That's what peace is all about."

Hailey, age 10.

"Peace is like quietness. It is a silent part of your life and it's relaxing. You can feel relaxed when you're in bed or while your reading a book

8. Sleep better
9. Increase your energy
10. Improve concentration
11. Lighten up
12. Restore inner peace
13. Create balance
14. Increase creativity
15. Deepen your relationships
16. Unfold your full potential
17. Awaken your inner healer
18. Discover your purpose in life
19. Experience more joy!
20. Live in the NOW

Scott Milway

<http://www.chopra.com/InstructorDetail.asp?ContactID=7559>

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We would appreciate [your feedback](#) on this article or the newsletter.

What coaching questions would you like answered?

Whatever questions you have, we have a panel of experts waiting to answer them!

Have you got a question that relates to one of our future focuses? A question related to specific coaching skills? A business question... do you want to know how to attract more clients, or calculate your fees, or put contracts together?

Perhaps you'd like to know more about becoming an ECI accredited coach, or the benefits that you will enjoy as an accredited coach?

Send your questions to articles-newsletters@the-eci.org

**My place
by Amanda J Jobling**

with a nice hot cup of soup."

Cassie, age 11.

"Peace to me means a lovely day with only white fluffy clouds in the sky and you are lying on the grass listening to the birds singing."

Amber, age 10.

As is often said – we don't teach our children, we learn from them.

Michael Duffy
duffym@unison.ie

We would appreciate [your feedback](#) on this article or on the newsletter

Great Questions

I just asked my husband:

"What does your perfect world look like?"

You know when you have just asked someone a great question, they don't answer straight away, they take a intake of breath, pull a thoughtful face and look somewhere up to their right...

"Somewhere where I could leave the front door open."

I close my eyes and open my mind

Wandering wherever the journey will take me

Visions appearing as quickly as they disappear...

...never asking where they came from

just appreciating their momentary presence in my life

The energy I allow to enter my body...

...moving aimlessly until my focus appears

My focus captures my breath.

It's rhythm peaceful and steady.

Warming the blood of my body

My mind feels free,

my body a shell... I know this feeling well.

The addiction of the freedom brings me to this place often

A place of nothing... but yet everything

A place of exhilaration, a place to let go

My place.

Amanda J Jobling
tinylady1@hotmail.com

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Peace One Day Promoting an 'International Day of Peace'

"You have proved that individuals can make a difference and if each of us does our bit collectively we will make a major contribution."

UN Secretary-General, Kofi Annan

The Peace One Day film project began as the vision of

Great questions get great answers. Leaving the front door open, a symbol of trust, living in harmony and of course peace.

The other great thing about great coaching questions is that you don't have to be a coach to ask them and you don't have to be a client to answer them!

So you're at a supper party and you put the perfect world question to your friends, or you're a teacher and you ask your students, or you're a parent and you ask your children - what sort of insights are you going to elicit, what sort of a discussion are you going to start?

But it doesn't end there; the next question is of course:

"What one small step could you take today to take you closer to your utopia?"

So, what does your perfect world look like? And what actions are you committed to implementing that could take us all one small step nearer to a perfect world?

Milly Shand

www.truetoyoucoaching.com

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one man, British filmmaker **Jeremy Gilley**. Launched in September 1999, **Peace One Day** has gained the active support of governments, UN agencies, inter-governmental organisations, NGOs, Nobel Peace Laureates, religious organisations, corporations, universities, schools, key individuals, adults and young people alike. On 7 September 2001, Peace One Day achieved its primary objective. A resolution (GA 55/282), put forward by the UK and Costa Rican governments, was unanimously adopted by UN member states formally establishing **an annual day of global ceasefire and non-violence on the UN International Day of Peace**, fixed in the global calendar on **21 September**.

Jeremy Gilley and Peace One Day has now embarked on a worldwide networking exercise to inform the world's people of the Day's existence, engaging them in the Day's observance in accordance with UN GA Resolution 55/282; the finished feature-length documentary 'Peace One Day' has become a powerful tool in the awareness raising process. The film has played (or is about to play) at twenty-three international film festivals with broadcasts either passed or planned on nine national television stations with others in negotiation.

As a result of this initiative, an estimated 600 million people are now aware of the Day via broadcasts and media coverage (New York Times, Vanity Fair, The Independent [UK] The Guardian [UK], Haaretz [Israel], CNN, BBC, SKY and many others), with activities from governments, the UN system, corporations, non-governmental organisations and individuals in over a hundred countries on the Day.

Jeremy Gilley is now in the process of producing a sequel to the Peace One Day documentary focusing on the awareness raising process and the practical application of the Day throughout the world.

Peace One Day is a non-profit organisation, impartial and independent of any government, political persuasion, corporation or religious creed.

If you require further information or would like to become involved please contact Peace One Day on the details below or visit our website www.peaceday.org. Whatever the nature and scale of your commitment for 21 September, your efforts will inspire others to become involved.

If you build a house you start with one brick, if we want peace why not start with one day...and maybe that day has arrived.

Objectives

We would appreciate [your feedback](#) on this article or on the newsletter

Acronym

P = people
E = eagerly
A = accepting
C = countries
E = equality

Thought of the month

“Men seek retreats for themselves, houses in the country, sea shores, and mountains; and thou too art wont to desire such things very much. But this is altogether a mark of the most common sort of men, for it is in thy power whenever thou shalt choose to retire into thyself. For nowhere either with more quiet or more freedom from trouble does a man retire than into his own soul, particularly when he has within him such thoughts that by looking into them he is immediately in perfect tranquility; and I affirm that tranquility is nothing else than the good ordering of the mind. Constantly then give to thyself this retreat, and renew thyself...”

From Book Four of
The Meditations of
Marcus Aurelius,
written in 167 A.C.E.

- To raise global awareness of World Peace Day, 21 September annually
- To engage civil society in the peaceful observance of the 21 September annually, transforming it into a day of global unity
- To engage governments, organisations of the United Nations system, regional and non-governmental organisations to initiate and support life-saving, educational, interfaith and public awareness activities on the Day, in accordance with UN GA Resolution 55/282.

We would appreciate [your feedback](#) on this article or the newsletter.

The Age of Aquarius

The **Age of Aquarius** brings forth images and raises questions as to what this Age really is. Following several decades of popularisation, the term ‘Aquarian Age’ has often been used as a cliché in popular culture. Now almost any topic related to esotericism or mysticism is coined as ‘New Age’ (referring to the New Age of Aquarius). We have ‘New Age groups’, ‘New Age book stores’ and ‘New Age music’. It is important, however, to know the historical facts associated with the Age of Aquarius and understand its inner meaning.

Samael Aun Weor, the founder of the Gnostic movement, tells us that the Age of Aquarius began on 4 February 1962. On that day a very interesting astronomical (and astrological) event occurred. Mercury, Venus, Mars, Jupiter and Saturn, along with the Sun, the Earth and the Moon, were all in the constellation of Aquarius. In addition, there was a solar and lunar eclipse visible in some parts of world. Such a cosmic event is extremely rare occurring only once every 2160 years, and moving from one constellation to the next. Each occurrence marks the beginning of a new era, or New Age, for humanity. 4 February 1962 marked the end of the Age of Pisces and the beginning of the Age of Aquarius. 4 February bears a special meaning for Gnostic students and is recognised as the official Gnostic New Year, celebrated at Gnostic centres throughout the world.

To properly understand what a zodiacal constellation represents, we must look at its esoteric symbolism. The two fish of Pisces represent duality, the struggle of opposites. The Age of Pisces saw conflict between

Translated by George Long

Word of the month

"Om Shanti"

I am a peaceful soul

"Namaste"

I honour that place in you in which dwells the entire universe. I honour that place in you which is of love, life, truth and peace. When I am that place in you, and you are that place in me, we are one.

Humour

"I am passing this on to you because it has definitely worked for me. By following the simple advice I read in an article, I have finally found inner peace. It advises:

"The way to achieve inner peace is to finish all the things you've started."

I looked around to discover all the things I had started but hadn't finished. So today, I have finished one bottle of white wine, a bottle of red wine, a bottle of Drambuie, my Prozac, a large box of chocolates and a

opposing ideologies: dogmatic Christianity struggling against atheistic materialism, the Church against the State, science battling religion, religion vs. magic, etc. The fish is instinctive, brutal, and is carried by the currents; this also applied to the men and women of the Age of Pisces.

Aquarius, however, governed by the planet Uranus, which is a completely revolutionary planet, is an eminently revolutionary sign, and its occult significance is knowledge. Aquarius is represented by a man with two pitchers of water, wisely combining them.

In this age, science will become religious, and religion will become scientific. Disagreements between science and religion will come to an end, and people will begin to comprehend that spirit and matter are derived from the same source, and are only modifications of the One Universal Energy. Humanity will achieve marvellous breakthroughs in physics, chemistry, astronomy, medicine and aviation.

Many have termed the Aquarian Age the 'Golden Age' of humanity that commenced at the beginning of the new millennium. They say that mankind will go through radical transformation, filled with great splendour and magnificence. Such Utopian concepts, however, seem unfounded. There are enormous karmic debts to repay before a Golden Age can become a reality. To bring about true social change we must first begin by changing ourselves. A true Golden Age cannot exist as long as the psychological ego, that multitude of negative psychological elements, exists within us. We hold within our psyche all the factors that create wars: hatred, violence, envy and disharmony. In order to reach an environment of love, peace and fraternity, we must first permanently eliminate the traits that create the exact opposite environment. V. M. Samael Aun Weor states: "*in order to create, it is necessary to destroy*". For a Golden Age to occur, each person must struggle and make conscious efforts to eliminate his or her psychological defects.

We must consciously work towards this goal, even if others choose not to do so. In this way, regardless of whether a Golden Age exists externally, we are consciously working towards creating one within ourselves.

Adapted from:
<http://home.earthlink.net/~gnosisla/February5.html>

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We would appreciate [your feedback](#)

quart of beer. You have no idea how good I feel!"

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Features in forthcoming newsletters

December

Focus on communication

January

Focus on Energy

We are looking for articles on:

- You are what you eat
- Energising others
- Spiritual Energy
- Auras
- Alternative therapies to free our energy (meridian energy)
- Meditation
- Energy blocks and how to break them down
- Coping with no energy
- Nervous (foundation less) energy
- Stress and how it affects your energy both physical and mental
- An inspirational person

In addition to our focus articles we shall be featuring a new business feature in each month's members' newsletter.

on this article or the newsletter.

Peace is a Practice by David Simon

Ask anyone, and they will tell you they want peace. The question each of us must answer is what we're prepared to do to attain it. Many of the worst tyrants in the world have justified their actions as necessary to achieve peace. Unfortunately, peace achieved through violence in any form inevitably leaves its residue, so that sometime later, pain and resentment rise to the surface and the cycle of violence in the name of peace continues.

From a Vedic perspective, each of us has opportunities on a daily basis to either contribute to or disturb the level of peace on earth. Most people do not commit regular acts of physical violence, but still express themselves in ways that are hurtful to those around them. Only about fifteen percent of communication is the actual language we use. The remainder is the non-verbal information transmitted through our tone of voice, facial expressions, and body language. Sarcasm and condescension are forms of verbal aggression, leaving subtle wounds on hearts and minds. Paradoxically, in our ego-based struggles to fill our needs for control and approval, we create enemies who feed our sense of insecurity.

Acts of peace and violence have ramifications in the world. Thoughts of peace and violence have ramifications within our bodies. Today, see if you can maintain a state of witnessing awareness in which you consciously choose to express peace in every thought, word and action. As you are preparing to go to sleep, review your words and actions, and see if you added to peace today. If you recognize that in your need to defend your self-importance, you contributed to turbulence in some way, see if there is a commitment you can make to contribute to peace tomorrow. Peace is worth the practice it requires.

Peace, David

Dr. Deepak Chopra and Dr. David Simon
are co-founders of the Chopra Center
www.chopra.com

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We would appreciate [your feedback](#)
on this article or the newsletter.

Recommended Reading

[Peace is Every Step](#) [The Path of Mindfulness in Every Day](#) [by Thich Nh](#) [at Hanh](#)

In the rush of modern life, we tend to lose touch with the peace that is available in each moment. Zen master, peace activist and author Thich Nhat Hanh shows us how to make positive use of the very situations that usually pressure and antagonize us. For him, a ringing telephone can be a signal to call us back to our true selves. Dirty dishes, red lights and traffic jams are spiritual friends on the path to "mindfulness" - the process of keeping our consciousness alive to our present experience and reality. The most profound satisfactions, the deepest feelings of joy and completeness lie as close at hand as our next aware breath and the smile we can form right now.

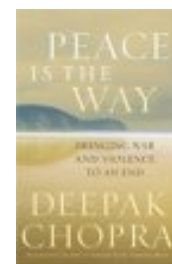


Thich Nhat Hahn offers commentaries and meditations, personal anecdotes and stories to show how deep meditative presence is available. He provides exercises to increase our awareness of our own body and mind through conscious breathing - and he also shows us how to be aware of our relationships with others and of the world around us, its beauty as well as its pollution and injustices.

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[Peace is The Way](#) [Bringing War and Violence to an End](#) [by Deepak Chopra](#)

Deepak Chopra's new book takes its title from a famous quotation by Mahatma Gandhi: 'There is no way to peace. Peace is the way.' Mere variations on the theme of conflict will never get us where we want to go. We must take an evolutionary leap into a new way of being. According to Dr Chopra, war is a deeply engrained habit that needs to be replaced. And beyond that, 'If the way of peace is to succeed, it must offer a substitute for everything war now offers.' More than this, Chopra contends that the majority of



Other ideas very welcome!

Please send your articles and ideas to [Michael Duffy](#).

Missed a copy?
If you've missed an earlier edition of our newsletter, don't worry, you can catch up by accessing our [Newsletter Archive!](#)

Please don't forget to promote the ECI to like-minded friends and clients by forwarding them a copy.

Newsletter Team

Editor
- Milly Shand

Article Resource Team Manager
- Michael Duffy

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- Positions available

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- Caroline Vidican

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- Dawn Campbell

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people have already evolved beyond war. The way of peace is the next step in their journey of personal growth. War is an outlet for fear, a stage for the enactment of courage and heroism, a display of machismo, and the contest of good versus evil. 'Peace Is the Way' shows how each of us can end our need for these things. This stimulating new book offers a seven-step programme for changing the reader's consciousness. War ends with one person at a time, Chopra argues, and if enough people expand their awareness, we will reach critical mass, at which point the entire consciousness of the planet can shift away from war forever. Inspiring, thoughtful, timely and skilfully crafted, 'Peace Is the Way' is reminiscent of 'How to Know God' in its scope and vision for the future of the world.

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We would appreciate [your feedback](#) to these reviews or the newsletter.

Coaching Top Tip for Focused Listening

In any situation where someone feels they have the undivided attention and genuine interest of another person, they will open up more. Given the added security offered by the coaching relationship, the client almost cannot help opening up.

When you totally and utterly focus on your client, **everything** they are saying and **how** they are saying it, they open up like a flower, revealing their true feelings and emotions. It is when this happens that we as coaches can truly benefit our clients.

Life & Executive Practitioner Coach Diploma (DipNMC)

www.noble-manhattan.com

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We would appreciate [your feedback](#) on this article or the newsletter.

ECI Update

Whether you read our newsletter every month or have read it for the first time today, we hope that you have enjoyed your read and found it useful, inspiring, uplifting, and thought provoking. Our aim at the ECI is to bring ethics and standards to the coaching industry which is great news for coaches and even better news for clients.

If you are currently the client of a coach, work in the H.R and training industry, or simply have an avid interest in the personal development industry then perhaps at some point in the past you've considered training as a coach either for your own development or to make a career from coaching, if that's you, then [click here](#) to gather more information and open the door to a job you'll love.

If, however today's newsletter has been emailed through by a friend and coaching is something new that you would like to explore further, perhaps by having your own life coach, then [click here](#) to find out more.

You may have noticed that this months newsletter contains more features, and information that usual, if this is something that you have found useful and would be something you would like to continue receiving, then for this and the many other benefits available, you may like to consider taking your ECI membership to the next level. For further details regarding which level of membership would be most suitable to your needs then [click here](#) to find out more.

Andrea Waterhouse
Intl. Head of PR
pr@the-eci.org

ECI Workshop Sponsorship

How would you like The ECI to sponsor and support your workshop? The ECI is providing the opportunity for each workshop and/or course run by it's members, to be sponsored and supported.

What this means is that The ECI will promote your workshops and/or courses, provide a logo for your promotional material, and allow reviews to be printed following your workshop.

To benefit from the sponsorship and support of The ECI please email Tina Sibley using her email address - conferences@the-eci.org - the following details:

- a. Course and/or Workshop Title
- b. Organisation Name
- c. Outline description of the course and/or workshop

- d. Name of coach
- e. Membership status with The ECI
- f. Date or dates that the course and/or workshop and/or event is scheduled.

On receipt of this information, the application will be processed through our sponsored course and/or workshop process and Tina will provide you with the details of sponsorship you will be getting.

Accredited Training Courses and Workshops

CTECI - Full Coach Training Programme

- Life & Executive Practitioner Coach Diploma (DipNMC)
Noble Manhattan Coaching
info@noble-manhattan.com
- The LCH Diploma in Life Coaching
Achievement Specialists
enquiries@achievementspecialists.co.uk
- Diploma in Personal and Executive Coaching
Executive Coaching
info@executivecoaching.ie
- Diploma in Life & Business Coaching
Mindstream
info@mindstream.ie

SCECI - Short Courses

- Quantum Goal Achievement
Noble Manhattan Coaching
info@noble-manhattan.com
- The Body Transformation Programme
Scintilla
- Coaching Human Potential and Peak Performance
Scintilla
- Coaching Futures! Innovation and Strategic Creativity
Scintilla

WSECI - Workshops

- Results Coaching
Noble Manhattan Coaching
info@noble-manhattan.com

Further details can be found at
www.europeancoachinginstitute.org/coach_training/

If you have any articles, success stories, or any input that you would like to contribute towards the members and/or subscribers newsletters,
please email your contribution to Michael Duffy
articles-newsletters@the-eci.org.



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The ECI P.O. Box 407, Ashford, TN24 8WS, UK
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