

Life Matters in January



What is Life Matters?

For those in contact with us for the first time, Life Matters offers professional Life Coaching and Counselling to individuals and families; we also offer counselling for children. Life Matters has rooms at both Newmarket and Capalaba in Brisbane.



We are open and ready for 2011!

Life Matters is open again for 2011. If you have often thought about pursuing coaching to accelerate your life forwards ... or to receive counselling to work on that issue that just won't go away – there is no better time than the present.

I believe it because...

Where do your beliefs come from and how much are they affecting your life?

When I sat down to write this month's bulletin I realised it would be the 13th edition. The first thought that passed through my mind was *'Thirteenth edition...that's bad luck!'* My next thought was, *'Where did that come from?'* I decided to do some investigation...

(See [http://en.wikipedia.org/wiki/13_\(number\)#Unlucky_13](http://en.wikipedia.org/wiki/13_(number)#Unlucky_13) for the full article).

Did you know...

The number 13 is considered unlucky for the following reasons:

- On the day of Friday the 13th the pope sent out men to capture and burn alive the last 13 Knights Templar in order to put an end to the Crusades.
- In years where there were 13 full moons instead of 12, it made it difficult for the monks who were in charge of the calendars. This was considered a very unfortunate circumstance and it upset the regular arrangement of church festivals.



- In numerology number 12 is considered to be completeness (i.e. 12 months in a year, 12 hours of the clock, 12 signs of the zodiac, 12 apostles of Jesus etc) whereas the number 13 is irregular, lapsing in the cycle of completeness.
- There were 13 people at the Last Supper.

Did you know...

The number 13 is considered lucky for the following reasons:



- In the Sikhism religion, the number 13 is considered a special number due to positive historical events taking place involving this number.
- The number 13 has been worn by several sports stars... Ozzie Guillen, Alex Rodriguez, Dan Marino and Wilt Chamberlain among many others.
- Colgate University was founded in 1819 by 13 men with 13 dollars, 13 prayers and 13 articles. In fact, the campus address is 13 Oak Drive.
- The pyramids are set up in 9 steps divided into 7 days and 6 nights, 13 in total.

It seems there is historical evidence to suggest negative events have taken place that involved the number 13...and positive events have involved the number 13 as well.

In modern Western society today, such is the superstition around the number 13; some houses are built with the letter boxes displaying 12, 12a, and 14.

In China, the digit '1' when positioned in tens sounds like the word 'definite' (shi) in Mandarin; while the digit 3 sounds like life, living or birth. As a result, the number 13, which is pronounced as shisan in Mandarin, can mean 'definitely vibrant' or 'assured growth'.

Lucky or unlucky ... which do you choose?



When I thought about my beliefs and where they come from I was reminded of this poignant story...



A little girl was watching her mother prepare a fish for dinner. Her mother cut the head and tail off the fish and then placed it into a baking pan. The little girl asked her mother why she cut the head and tail off the fish. Her mother thought for a while and then said, "I've always done it that way - that's how babicka (Czech for grandma) did it."

Not satisfied with the answer, the little girl went to visit her grandma to find out why she cut the head and tail off the fish before baking it. Grandma thought for a while and replied, "I don't know. My mother always did it that way."

So the little girl and the grandma went to visit great grandma to find ask if she knew the answer. Great grandma thought for a while and said, "Because my baking pan was too small to fit in the whole fish".



Questions to consider...

- What beliefs do you have about what is lucky/unlucky or 'should/shouldn't be done this way' in your life?
- How much 'weight' are you giving these beliefs?
- In the same way, when you think about the beliefs you have formed about relationships, work/life balance, family, social rules, finances, success, choices ... where are the basis of these beliefs founded?

Beliefs only take hold - if you allow them to take hold.

They only mean - what you allow them to mean.

If you have a belief that is holding you back in your life...how about changing its hold on your psychology? How about changing its meaning?

I believe you have nothing to lose!

January Words of Wisdom

The Donkey in the Well



One day a farmer's donkey fell down a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided that the animal was old and since the well was non-functional anyway, it wasn't worth trying to retrieve the donkey. So the bright idea was to try to kill two birds with one stone by burying the donkey in the well.

It was a big job so the farmer asked his neighbours to come and help. They all brought over a shovel and began to shovel dirt into the hole. As the donkey realised what has happening with the dirt raining down on it, it started to bray horribly. Then, to everyone's amazement, the donkey suddenly went very quiet. Some assumed the donkey had decided to die quietly or had been quickly buried.

A few hours later the farmer looked down the half filled well and saw something amazing. The donkey was still standing and with every shovel of dirt that hit his back, the donkey would shake it off and step up on it. This carried on for several hours until the donkey's head appeared over the lip of the well. A few shovelfuls later the donkey quietly stepped up on to the surrounding grass and trotted off.

The moral of the story is that life will shovel dirt on you, all kinds of dirt. The trick to getting out of the well of trouble is to think clearly, shake the dirt off and then use the dirt to your advantage.

Each of our troubles is a stepping stone. We can get out of the wells of trouble by stepping up, not stopping, and by not giving up.

It's simple. Just shake the dirt off and step up."

Aesop Fable



Humour for your Health

Made a New Year's resolution? You may enjoy this one...



A friend of mine had resisted efforts to get him to run with our jogging group until his doctor told him he had to exercise. Soon thereafter, he reluctantly joined us for our 5:30am jogs on Mondays, Wednesdays, and Fridays.

After a month of running, we decided that my friend might be hooked, especially when he said he had discovered what "runner's euphoria" was.

"Runner's euphoria," he explained, "is what I feel at 5:30 am on Tuesdays, Thursdays, and Saturdays."

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I trust you enjoyed the January edition of Life Matters *What Matters*.

For appointments and enquiries please contact me on the details below.

Warm Regards,

Kristie