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Living in the “Connection”

by Alan Seale



Recently my friend [Chris Monk](#), who along with his colleagues Franz Neumeyer and Detlef Gumze have created the “[Connected Leader](#)” program, posted the following question in his group on [LinkedIn](#): What have been some of your own experiences of leadership when you’ve felt really

connected?

As I pondered his question, it actually led me to two inquiries – first to consider how I would define “being connected,” and then to consider when it is in leading workshops or working with clients that I feel the most connected.

I think of being connected as being tuned in to my soul, to the greater Consciousness, and to the emerging potential of the moment. There is a surrender involved. I must step beyond what I think I know, whether that is about how to help my client, answer a question, or work through the challenge at hand. While I certainly strive to live my life in a connected way, I also recognize that there are times when that connection happens so powerfully and without conscious intention that it takes me by surprise. I am in the deeper connection before I realize what has happened. At some point I recognize that my energy has shifted yet I was not aware of when it occurred.

This leads to the second question: When does this tend to happen? When am I most likely to find myself in this deeply connected state of awareness?

Chris’ question helped me recognize that I most frequently experience this deep connection during

unexpected turns of events – times when things have been going well with a client or workshop participant and suddenly we hit a wall or a breakdown occurs – times when my rational/intellectual mind has no clue what to do. In those moments, my “plan” goes flying out the window and my rational mind is of little or no help whatsoever. If anything, it only gets in the way. It is in those moments when all I have to rely on is my “connection.”

Time after time I have come to the other side of those situations, a breakthrough having occurred, and I wonder how we did what we did. It is as if I move into a super-conscious state yet have little ordinary awareness of what is happening. Often the client or workshop participant seems to be lost in a similar energy, although not necessarily the same one I am lost in. Yet somehow these energies dance together and lead us, and we seem to instinctively follow. Each step leads to the next one, even though as we take one step we have no idea what the next one will be or from where the next set of directions will come. We are just in the moment in the connection. And miracles happen, revelations appear, new levels of clarity and alignment are somehow reached, and we come to the other side knowing that everything is now different.

I’m quite sure this experience is not mine alone. You have probably had a similar experience at least once. Yet how do we learn to consciously surrender to this connection as soon as the challenge or the unexpected arises? Must we wait until a crisis happens and we have no other choice but to surrender because we have no idea what else to do? Might we actually be able to surrender into that deep connection all the time? Might miracles,

synergy, and grace-filled flow actually be available to us all the time if we but surrender?

I believe the answer to that last question is unequivocally yes. I find that the more I surrender and trust that something greater is guiding us – that something important is trying to break through, even when whatever that is has not yet shown itself – miracles happen. And the more I practice this surrender, the more it becomes my way of working.

Yet it is actually more than just a way of working; it can be a way of living. In recent months I am continually presented with opportunities to surrender to this connection in my personal life as my father's 16-year journey with cancer takes new turns. In pondering Chris' question, I'm realizing, in fact, that it is when great challenges arise on a personal level – a serious illness, a major loss, a relationship crisis – that we have the opportunity to "connect" on much more profound levels. Certainly the closer the challenges are to our hearts, the more difficult we might think it is to surrender and find that guidance. It is one thing to surrender when leading or serving someone else, but when it comes to situations that are rooted deep in our hearts, surrendering and trusting that we will be guided can seem like an impossible task.

Yet there comes that moment when we realize there is nothing we can do that will change what is. If we can surrender to the grace and wisdom of that moment, the experience can be incredibly healing and liberating. Through that surrender, the ripples of connection expand. Not only are we connected to our souls and the greater wisdom of the moment – we also find greater heart connection with the people around us and with the situation itself.

Thanks, Chris, for posing the question. Being in your question has given me deeper understanding of how connection works in my life. And tonight as I sit in front of the warm fire and surrender to the latest "what is," I feel a deeper peace in knowing that a greater wisdom is here to guide me. I know that I can consciously choose to be "in the connection" and trust that when the time comes, I will know the next steps to take, the right words to say, and allow the

truth and love in my heart to shine.

Many blessings,

Alan

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Soul Mission Profile—Maryanne Ydremo: Building Bridges to the Heart

by Johnathon Pape



When Marianne Ydremo participated in the *Intuitive Living* and *Manifestation* workshops that Alan held in Malmö, Sweden in 2007, it was a turning point for her. She had spent exactly half her life in Denmark, and half in Sweden. “I was born and raised in Denmark,” she explains, “but the reason I’m in Sweden – well, I’m still married to him!” Marianne met her Swedish husband, Kjell, when he was on holiday in Denmark. When they married, she moved to Sweden. They now have two children – Annie (12) and Ida (15). “When you move to another country you have to learn that culture – what the unwritten rules are, how everything works. I discovered that in integrating into this new society, I hadn’t fully developed my own skills.”

Marianne began coaching with Alan, with a specific focus on finding her soul mission – *I am the bridge to people’s hearts*. That heart-centered bridge building permeates every part of Marianne’s life – with her family, in her work as a coach and a team leader in business, even in bridging the Danish and Swedish parts of herself. “Doing the soul mission work gets you in touch with your true self. Knowing my soul mission has helped me reclaim the authenticity of my nature. I’m no longer just trying to fit in to Swedish culture, but I am who I am. There are parts of both the Danish and the Swedish cultures that I’ve adopted. And I can use these double cultural influences in my work and life.”

Lately Marianne is applying her soul mission to the development of a special program for parents and children. “Our children are so important, and in our busy lives we can’t always connect to them in meaningful ways. Every parent needs a bridge to the heart – to their authentic selves and to the authentic selves of their children.” Creating this program is near and dear to Marianne’s heart, so she put the project on the Manifestation Wheel in her coaching work with Alan. “One year ago it was just a little thought and now it is growing each week – it’s like being pregnant! And the funny thing is that I don’t have to struggle or make action plans; it is happening all by itself.” This year Marianne will complete the planning and assemble her team – business partners, coaches, experts in the various aspects of the program – for a projected launch in 2011.

Johnathon Pape: This program sounds very exciting and incredibly helpful for parents in our fast-paced world.

Marianne Ydremo: A couple of years ago my daughter Annie – she was 10 then – said to me “Mommy, you’ve become a much better Mommy since you’ve become a coach!” I thought about this, and I really believe it was about finding my soul mission. Bringing a deep understanding of your authentic self to everything you do – parenting, coaching, everything. The coaching tools that I’ve applied with my own children have resulted in a fantastic relationship. I want to bring this to other families – to make them aware of the importance of making footprints for their children to follow. My dream is to move into this full time, with a program that can be implemented across Sweden, and maybe Denmark. For a long time, I had been very curious about what I wanted to do in my life. Before I was a coach, I worked in business with sales and marketing. I knew there was something important for me, but I couldn’t find it. At first I thought coaching was the mission, but now I

know it is just the tool. After doing the soul mission work, I was able to understand and open to this work with parents and children.

JP: *Bringing authenticity and ease to parent/child connections is so important, and it seems like the logical starting place is a bridge to the heart.*

MY: Yes. I was talking with another coach the other day who knows my oldest daughter, Ida. We were talking about her and I said “she’s such a good girl.” He said, “Yes she is, but of course you’d think that because she’s your daughter.” I told him that wasn’t the reason. I like and value her just for who she is. I respect her as a person, not just as my daughter. Our children aren’t our property just because we give birth to them. We have to get to know them soul-to-soul. That allows us to create deeper meanings and to love on a universal level. Then the energy spreads out like ripples in the relationship and builds their self-esteem.

JP: *The parents feel the effect too!*

MY: My father had a terrible illness not long ago and was very near death. I hurried back to Denmark, where he lived. He was unconscious and we weren’t sure that he would survive. But I felt such a strong feeling in my heart, and just sent all this love to him through my heart. I know the energy of the heart is something like 5,000 times stronger than any other energy. And so I just did this – I didn’t think about it or plan it, I just did it. Later, after he had recovered, I asked him if he could remember anything about being in the hospital. The only thing he could remember was that I was there. I would have never understood this bridging of heart-to-heart without *Soul Mission* and *Intuitive Living*. I’m convinced that when I focused on transferring the energy of love to his body it affected his recovery. I was also able to help my mother in this way, too. She was very sad because my father was so ill, but I could be the bridge to her heart and help her feel better.

JP: *Would you say that knowing your soul mission has changed your life?*

MY: Yes! I was brought up to have great respect for authorities, and it has been a hindrance for me in

my life. No more! Nobody rules over me! I know who I am. Life has become so much more substantial – and fun! I was thinking about this today when I was walking my dog. I used to have a great fear of being left alone – of being lonely. After *Soul Mission*, I no longer have this fear. I feel calm and safe, because I have found my inner wisdom – why I am on the earth. I understand on an emotional level that I have an important role in the world. I’m braver now and can take chances.

JP: *Say more... what are some of the chances you’ve taken?*

MY: Before I didn’t want to be a beginner, I thought I should be an expert on everything immediately. Now I like being a learner. Like skiing – I did that a year ago for the first time in my life. When I was there on the top of the hill waiting to ski down I thought I would die. I was so afraid and angry that I was so afraid. I thought, “How can I be so stupid as to get up on this hill.” Back during *Intuitive Living*, Alan had given me a message about seeing me on skis with one leg in the air. But I did it. I skied down the hill.



I also got the courage to quit my job and start my own business! And believe me that was just as scary as being on the top of the hill on skis for the first time! But because I know my soul mission and I need to keep the bridge to *my* heart clean, then I have to be authentic with myself and not let other people’s fears decide what I’m going to do. So I have more courage now to be honest, and sometimes that means there will be a conflict. But when I feel it is so important and it’s on my bridge, then nothing can stop me! Independence and freedom are two very important words for me now!

JP: *What tools from Soul Mission * Life Vision*

and/or Manifestation have been the most useful to you?

MY: It was so powerful to have seen my soul and my ego, and to learn the gift of having them do this beautiful dance together. I also really like the tool of physically moving into a future space where a goal has been accomplished, and then working back in time to understand the actions that got me to the fulfillment. It has been very helpful to have the increased awareness to know when the people around me are giving me energy or draining it from me. I use the Manifestation Wheel a lot in my own coaching and meditation. And I brainstorm by writing down my thoughts about something connected to the words POWER, SUCCESS, LOVE, and FREEDOM.

***JP:** What is the most important thing you've learned about yourself since claiming your soul mission?*

MY: When I live my soul mission, I am genuine and do not need to be perfect. I can be a role model by living my soul mission without the need for talking so much about it in words, but rather to show it in action

- to walk the talk. Right now I'm working in a big company as a leader. There are about 20 people on my team. I have to meet them with respect and authenticity and call forth authenticity in their relationship with me. I got this job because of my coaching and leadership skills, but it's very satisfying to see how I am as a leader after having done all this work with Alan. Knowing my soul mission makes a big difference in my leadership skills.

***JP:** What would you say to someone who is considering doing Soul Mission * Life Vision, Intuitive Living, or Manifestation?*

MY: This work has taken me to a place in my coaching and in my life that I could never have gotten to without it. I feel great confidence in my own ability and intuition. I am free and independent in my heart. I am my own leader! All of the goals I set have been realized. So I know now that what I set up can be fulfilled. I have the strength and the power and the ability to go as far as I wish! No limitations. And that thought can be a little scary - it is really my choice - and my responsibility! That is an amazing feeling.



Marianne with her daughters Ida and Annie