



The Transformer

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Going for the Gold—Finding the Resolve and Commitment to Follow Your Dreams

by Alan Seale



It is Winter Olympics time and I've spent most evenings in the last week glued to the television. While I'm not particularly a sports fan, there is so much to marvel in as I watch these world-class athletes go after their dreams. I have been

particularly focused on the skiing, snowboarding, and figure skating events. While I actually know very little about the refinements in technique and style in these various sports, I am inspired and awe-struck at the physical mastery, discipline, and technique that it takes to do what these athletes are doing. Having spent the first twenty-five years of my professional life as a classical singer and teacher of opera and theater singers in New York, I have great appreciation for the physical and mental focus and detail required for mastery in a particular area. However, the level of sheer grit, determination, and laser-focused concentration that it takes to do what they are doing is still something that I dare say most of us can't quite imagine. Watching their amazing physical strength combined with such fluidity and suppleness in the body takes my breath away.

These Olympic athletes have a lot to teach us about discipline and focus, determination and will, and what can be accomplished when your mind and heart are totally committed.

However, in the end, what has struck me the most from watching these stellar performers is how most of them handle themselves when things are not going so well.

For skiers and snow boarders, when they crash it's all over for that round. They have sacrificed and trained for years for that Olympic moment, and then in a fraction of a second, their hopes are dashed. Others make mistakes in their run yet are somehow able to hold their focus and end up finishing the run. A couple of times those same skiers ended up taking the gold. Their technique and focus are so strong that even when they get off balance or swing out too wide they can still pull themselves back in and keep going. Regardless of what happens, for the most part they pull themselves together quickly and begin preparing for the next event.

For the skaters, I am awe-struck at how they can take a fall when landing a jump or lose their balance in a turn and yet keep right on going, seeming not to miss a beat in their choreography. You know that their heart is pounding and those inner critic voices that we all have are probably screaming in their heads. Yet for some of them, their performance somehow gets even stronger and more committed after the mistake.

As if the pressure of the Olympic moment were not enough, there is the added pressure

that the whole world happens to be watching. These athletes have all proven themselves in astounding ways in recent years, so they all come to these games with a reputation to uphold. This makes the stakes even higher. Yet in the face of all of these things, they get back up after the fall. If at all possible they jump right back in and keep going. To them, giving up is not an option. When the skiers and snowboarders crash, assuming they are not hurt, they stand up and smile and wave at the audience. They pick up the pieces and somehow accept what just happened. To add insult to injury, they then have to wait in front of the television cameras for the judges' scores. It is nerve-wracking enough to be in that position when you feel like you gave a pretty good performance, but imagine having the eyes of millions of people on you when you know your performance was far from your best, and while a voice over the loudspeaker broadcasts your dismal scores for all the world to hear.

These athletes are incredible models for going after your dreams, doing the absolute best you can, and daring to let the world watch when there are no guarantees that the dream will be realized. In fact, the higher the stakes, the greater the risk of crashing and burning. Yet they do it anyway. I can't imagine that any of them are doing this just because it seemed like a nice idea. They are doing this because they can't not do it. Something inside them drives them on. And a select few of them follow that dream and go for it all the way to the top.

We all have dreams. We all feel a call at one time or another to do something, to risk something, to create something, to speak out. Yet so many things can hold us back. We somehow don't find the courage, strength, and resolve to follow our hearts and push on through the fear of not making it. You can bet that every one of those athletes at one time or

another faced fear. Many of them will acknowledge that they face fear every day. The more committed we are to what is most important to us, the more likely it is that fear will show up at least once. The fear may not always come in such obvious forms, but it shows up. It is our choice how we respond to that fear and what relationship we will have with it.

Few of us are driven to be Olympic athletes. Yet every walk of life and every profession has its own kind of Olympics. In a sense, every day we are training for the Olympics in our own chosen paths. Every day we make choices about our levels of commitment, focus, and discipline. And from time to time we face the "performance" moment where we must decide whether or not we will put ourselves out there for the world to see. Sometimes that "world" is 5 people, sometimes 5,000. Nonetheless, we have to choose whether or not we will put ourselves on the line and walk our talk, go after our dream, put our stake in the ground and say this is who I am and what I am called to do.

We owe a debt of gratitude to the Olympic athletes – both the medal winners and, perhaps even more, to those who never made the podium. They are models of excellence in our world. They blaze a trail in the mass consciousness not only for what is possible, but also for going for it in the face of fear and doubt. And their very presence in our world beckons us to do the same.

Many blessings,

Alan

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Soul Mission Profile—Nancy Feth: Seeing the Sacred in the Extraordinary and the Everyday

by Johnathon Pape



Sometimes the path to discovering and claiming one's soul mission can stretch over a period of years. In the case of Nancy Feth, the foundation for her connection to soul grew out of a profound appreciation of life gained through the joys and sorrows of daily living and the strength of family

relationships. Before she had her first child, Nancy worked in product design, graphics, sales, and marketing. But after taking a year away from her job with the new baby, she realized that she wanted to continue her role as a full-time mother. Nancy stayed home with the children – she and her husband have three boys, who are teenagers now – and then her father was diagnosed with cancer. “It was a very spiritual journey,” she recalls, “and the seeds of the calling were really planted during these years, when there was time for self-reflection and meditation.”

“When 9/11 happened, things began to shift. I had been reading a book called *God Calling*, Edited by AJ Russell, at the time, and I realized that there was no time to wait. I had never really considered the movement of energy and Spirit, but I suddenly knew that this was real.” Shortly thereafter, Nancy met Joan Vasconcellos, who introduced her to coaching and encouraged her to consider becoming a coach. Nancy knew that if she returned to work, it would have to be for something that she truly loved. She decided to pursue coach training with The Coaches Training Institute (CTI), and quickly realized that this was what she was called to do.

“From that time on things really accelerated. I had an insatiable desire to connect to the work, to connect to Spirit, and things just kept unfolding.” Nancy got her coach certification with

CTI and later was also certified in Organization and Relationship Systems Coaching (ORSCC). Shortly after finishing her CTI core curriculum, she attended a regional coaching conference in Boston where Alan was speaking. “I remember he led us in a guided visualization to get in touch with soul. That was the first time that I was consciously pointing my awareness on soul essence. I thought here’s this guy that is doing everything I’ve been dreaming about with soul. Here he is courageously taking this out into the world.” Nancy bought Alan’s books and started working with the material, and then in September of 2008 she began coaching with him. The first part of their work together led Nancy to the discovery of her soul mission – *I connect people to the sacred*. “To have that clarity about why I am here is incredibly powerful. We’re all called into service and we all have unique gifts. When you’re clear about your soul mission and claim it and own it, you can have greater impact. The path becomes clear, the opportunities show up and reveal themselves to you, and you take another step.”

Johnathon Pape: *Thank you for sharing your soul mission story with us. Connecting people to the sacred is a truly beautiful thing.*

Nancy Feth: Connecting to the sacred really all comes back to “as above, so below.”

JP: *The law of correspondence!*

NF: Yes, that piece is huge for me now. There’s a greater connection to Oneness, to the interconnect- edness of all of life. You dance with it differ- ently. There’s nowhere I go now, where I don’t have that awareness. In the area of relationships this is exquisite. There is this ongoing potential in relationships for interaction and being able to invite people into the awareness that every moment can be a divine moment. I feel called to bring peo- ple to that. I connect people to the sacred – the

sacred in the everyday as well as the profound. To amp that up is really, no kidding, for the sake of the world. If we do this one-on-one with others, it affects us in community. There's a level of depth and authenticity that wants to happen globally. We all have to step up and bring our unique voice to the world. It's part of the essential tapestry of evolved life.

JP: *It sounds as if knowing your soul mission has really changed your life.*

NF: Now I have greater clarity, direction, trust and context for my life and work. I also have a deeper understanding of how the experiences in my life have all been part of preparing me to consciously engage with this work at a deeper level. Being in touch with my soul mission calls me into living it purposefully, and calls me into accountability when I am not living in alignment with it.

JP: *And how does your soul mission show up in your daily life?*

NF: In my professional life I work with individuals, couples, families, partners, and teams around relationship issues. I live from the place of soul mission by creating a space for conversations to happen that would otherwise remain below the surface. I know that by inviting my clients to be honest and authentic, even during conflict, and being able to stay present with them, they get in touch with the energy of potential within themselves and their relationships and begin to create new opportunities for synergy and collaboration. The "seeds" that I plant are the energetic strengths that I see but they might not see in themselves or each other. Together we create new realities.

In my personal life, as a parent of three teenage boys, I am continually living into my soul mission and am challenged to bring it to my relationships. Sometimes it's tricky trying to do peace work when my boys are playing war video games in the next room! But my soul mission really connects me to the power within. It keeps me more grounded, connected, and effective. When I'm rested and taking care of myself and I connect to that power, I show up differently with my kids. I create sacred space with them. It might not always look like that to

them, but I'm holding the space and intention of peace and authenticity as I am with them where they are.

JP: *You were part of the first cohort of the Transformational Presence Coach Training. Can you tell us how that has impacted your work and life?*

NF: Part of the reason I wanted to do this work with Alan was because I was working with energy and I thought I'd better know what I'm doing. So I learned the skills and tools and now I use energy differently. I'm aware of the flow of energy and listening to potential as I'm coaching. That awareness of energy and being a steward for potential makes Transformational Presence Coaching very interactive. It's much different than being directive as consulting and traditional coaching can sometimes be. Coaching is a dance between the client and coach – my CTI training was great with that. But in Alan's work, the energy itself is also part of that dance. As you partner with the energy, it helps guide the work and put a frame around it.

One of the reasons I went into coaching was also to get parenting tools. But now having the energetic piece is particularly effective in being with my sons. It prevents me from being as blown away by intense energies. I'm able to work with the energy that shows up. If they're in the middle of some big teenage drama, the TPC training helps me recognize that we're in "drama" and then I can help them get to "choice."

JP: *Are there particular tools that you carry with you from Soul Mission * Life Vision and/or Transformational Presence Coaching?*

NF: Well, there are so many. I'm able to cultivate a healthier relationship between the soul and ego, such that ego can be in service to soul. I now have a deeper connection to intuition and energy, the power of intention, partnering with potential, and an awareness and ability to work with signals in the body and chakra system. Also, the universal Hermetic Laws gave me a new understanding of the way that energy moves.

But if I had to pick one thing it would be the meditation and breath-work that Alan does. The way that

he brings you to the awareness of your breath is so easy and accessible, anyone can do it. The way that he helps to get you to stillness – it’s like a muscle that gets built when you work with him. Getting to stillness is something that I can use whenever I need it, even if only for a moment. And when I can sit in stillness, I remember who I am at the soul level. Very quickly I’m able to reconnect to the energy of my soul and get nourished for the journey.

JP: *What has been your greatest challenge to living your soul mission?*

NF: Day-to-day life and old belief systems! It is easy to get pulled into the energy of drama and other agendas and schedules competing for my time and energy, as well as my very busy mind.

JP: *And how do you transform that situation?*

NF: Creating order and balance out of chaos is a scenario that I find myself in a lot. The beauty is that each time that I do, I learn more about what it takes to make that happen. The discipline required to stay focused on the energy of soul mission starts with discernment and slowing down, being fully present and in relationship with what is here now, and bringing curiosity and presence to it. The ability to stay in it, and ride the wave through the chaos brings strength, clarity and resiliency. Then I can consciously choose how and where to spend my time and energy, moment by moment. It’s a very dynamic and interactive process. It requires spiritual hygiene.

JP: *Spiritual hygiene! I love that!*

NF: I can’t take credit for the phrase. Many years ago, I was swirling around in some drama or another, and a friend of mine, Sheldon Lewis, said “Oh my god, Nancy, you need to practice some spiritual hygiene. You are absorbing other people’s energies.” It’s about taking care of yourself – your physical, mental, emotional, and spiritual body. It’s easy for people to think about needing to get to bed on time or get to the gym, but this is about recognizing the deep restorative benefits of being in silence. It’s challenging at times, but so important. With the busyness of my life it’s easy to forget, but I now have a heightened awareness of

energy. Even within a busy day, I can take a moment to be with the energy. And then it calls us back, it courts us, and it rejuvenates everything – body, mind, and spirit.

JP: *What would you say to someone who is considering doing the Soul Mission * Life Vision work?*

NF: Step into it fully, with curiosity, passion, and commitment. The journey will connect you with your unique essence and equip you to live a life of greater joy and abundance, while stepping more fully into the leader that you are in your life.

Alan has this amazing ability to meet you where you are and take you to wherever you need to go. He helps people discover and own the brilliance of themselves. I’m his biggest fan – he’s like what we’re trying to evolve to. Ask anyone to call me and I’ll go on all day about it!

The world is calling each of us to embrace the unique gifts that we are. There is a way in which every single one of us is entrusted with a piece of the whole. When we connect to that, and bring our hearts and voices together, we can create a new reality that honors and celebrates life itself.

To learn more about Nancy Feth’s work, visit www.inspireconnection.com.



Nancy and her sons:
Sean (11), Julian (14), and Christopher (16)