



The Transformer

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Shift Perspectives, Unlock Possibilities by Alan Seale



In the June 2008 edition of *Full-Spectrum Living*, I wrote about Four Levels of Living. These four levels represent the four basic approaches we can take to events and circumstances in our lives. To give a quick summary here, those levels are: Drama, Situation, Choice, and Opportunity.

Drama is all about “he said, and then she said, and then this happened, and it’s somebody else’s fault.” Situation is simply the facts as you see them, and how do you fix it as quickly as possible, preferably so that it seems like “it” never happened. Dropping down to the third level, Choice, the energy shifts. Here you realize that you may not be able to change the situation, but you can choose who you will be in relationship to it and how you will respond. And then finally the fourth level is Opportunity. At this level you recognize that there is a gift buried in what is happening and you look for the message that is trying to get through or the opportunity trying to emerge. The purpose of the four levels is to give you a model through which to experience life in more rewarding and productive ways.

Recently my friend David Robinson and I were talking about these Four Levels as we were preparing to co-lead a class in my coach training program, “Coaching for Transformational Presence”. David observed that one distinction between the first two levels, Drama and Situation, and the deeper levels, Choice and Opportunity, was that the first two levels felt “fixed” while the

deeper levels felt more “fluid”.

This comment opened a door for me into a deeper understanding about not just the four levels, but about how sometimes we flow with life and at other times we get stuck. So often we view situations as “fixed” or absolute when in reality, that is only our perception. When we view them from a different perspective and let go of our pre-conceived ideas or agendas, we can discover that those same situations are actually “fluid” and mutable. As I continued to ponder this idea of “fixed” and “fluid”, I began wondering what could happen if instead of thinking of a situation as a reality set in stone, we viewed it as a “snapshot in time” – a set of conditions that exist in that moment in time, yet in another moment will be different? In another moment in time, at least one thing about that situation will be different, and therefore the circumstances will have already changed.

We know that everything is made up of energy and that energy is constantly vibrating. Life itself is energy in motion. Because the energy is constantly vibrating, it is also constantly changing. Therefore, it is only in our perception that the situation is “fixed.” The laws of energy tell us that, in reality, the situation is “fluid.” As entrenched as any situation may appear to be, according to the laws of energy, it cannot stay exactly as it is. Furthermore, the ancient Hermetic Law of Rhythm tells us that at the most fundamental level, energy is always either expanding or contracting, growing or withering away. So by the Law of Rhythm, the situation that we perceive to be entrenched is, in fact, either

becoming even more entrenched or it is loosening itself and shifting to something else. This is an ongoing process – constant shifting and movement. Staying the same is not possible.

While I've understood these principles for some time on a conceptual level, David's comment helped me drop to a much deeper understanding on a practical, every day level. I'm finding this practical understanding very helpful, especially when facing challenging situations. It is so easy to get caught in the attitude that "we'll never find our way out of this" or "this is how it is going to be from now on." On the other hand, regardless of how difficult or challenging a situation may be, when I look at it as a "snapshot in time," and realize that ten minutes, ten days, ten months, or ten years from now, something will have changed, I start to breathe more easily.

So often in challenging circumstances, some part of us just wants things to go back to how they were at some earlier point when everything seemed all right. Yet, in fact, that is also impossible. Things can never go back to how they were and be the same again. Energy has shifted. As a result, the situation is different. In daily practice, just as the situation is fluid, I must also be fluid in order to work *with* the change instead of resisting or fighting against it. The situation will continue to evolve in one direction or another. It will become more entrenched or it will release and transform. When I resist the flow, I actually become more entrenched in my resistance. However, once I become "fluid," I can actually support and encourage the release and transformation. I can ask, "How do I choose to relate to this situation?" and "What can I do to help release and transform the situation?" I can intuit what role I am called to play and how I choose to play it. I can ask what story I choose to tell myself as the situation continues to evolve, and then start breathing life into that story. Once I acknowledge that the situation is fluid and I choose to be fluid in relationship to it, opportunities begin to show themselves. And the situation begins to transform.

Opportunity always brings with it a bigger wave of energy than the problem or situation itself. If I ride that wave, letting it show me the learning and what

is truly wanting to happen, it carries me to a new relationship with the situation, and indeed often begins to alter some of the circumstances. I can't control where the situation will go, but I can recognize its fluidity, intuit its greatest potential and what is trying to happen next, and respond with thoughts and actions that will support that shift. I can become a steward for transformation.

Life is speeding up for all of us. We are being presented with new events, circumstances, opportunities, and challenges at an ever-increasing pace. The more we remain fluid, the easier it will be to drop down to the levels of choice and opportunity. The more we live at the levels of choice and opportunity, the more we find ourselves living in alignment with the evolutionary unfolding of our world. And the more we live in alignment with that evolutionary unfolding, the more we experience a sense of inner calm, clarity, and purpose in life.

"Fixed" or "fluid" are fundamental perceptions and beliefs about life. Take an honest account of whether you and those around you are living in a "fixed" paradigm or a "fluid" one. Make no judgment about what you find – just observe. Do you relate to life as energy in motion – constantly shifting, evolving, and flowing, carrying you and everyone involved to new possibilities for transformation and growth? Or do you relate to life as a set of fixed circumstances out of your control that you must somehow deal with and get through? The paradigm you live in is a choice. And that choice can make all the difference.

Many blessings,

Alan

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Soul Mission Profile—Alice Larsen

Rocking the Corporate World with Love

by Johnathon Pape



It comes as no surprise that Alice Larsen's perspective is decidedly global. Born, raised, and educated in Denmark, she learned her first foreign language (English) quite young. Her third (Japanese) was mastered when she went to Japan as an exchange student at age 16. Her undergraduate training was at the Copenhagen Business

School in International Business Administration, focusing on Intercultural Management and Communications. At the same time she got a bachelor's degree in Japanese at Copenhagen University. She returned to Japan for a whole year of graduate work in the Asian Study program at Kansai Gaidai University, close to Osaka, and later spent another 6 months in Japan while working on a master's thesis.

When Alice entered the corporate world, she worked for Novo Nordisk, the Danish Pharmaceutical firm that specializes in diabetes, in Human Resources and was later promoted to VP of Human Resources for the European region. She later moved to the Swiss chocolate company Barry Callebaut, where she was the Head of Global HR. (The irony of moving from diabetes to chocolate is duly noted!) These positions required extensive travel, and led her to live in Belgium and for the past seven years, in Zurich. Alice eventually became frustrated at the level of waste in the corporate world, of both energy and resources. She recognized that the waste with people had a direct spinoff on financials and wanted to help correct that. "I was a bit naïve," she explains, "I thought as a management team our primary focus was our people, our customers and building a sustainable company. However, I eventually realized

it was less about people and really about politics, share prices, and impressing the financial analysts at quarterly announcements. That was, more than anything else, what really drove management decisions. That was the final straw. I knew I had to leave".

Alice resigned without knowing what her next steps would be. After looking for other positions, she decided that the corporate world was not for her – at least not in the way that she had been living it. Since her background was in HR, several people suggested that she look at coaching as a new career option. She investigated various programs and found the International Coach Academy. "I liked that ICA used a variety of approaches instead of just one method. It was there that I found Alan – in the Spiritual Coaching Community of Practice. I was very drawn to the name of that group. I had been interested in spiritual things for a long time – not religion, but more about consciousness. I was happy to see that there was a way to approach coaching from that perspective".

While still finishing her coaching degree at ICA, Alice became one of Alan's private coaching clients. This past January she was in the inaugural cohort of the Transformational Presence Coaching program and has continued with the Coaching for Transformational Presence Mentor Coaching. In 2007, she formed [New Day Company](#), which uses transformational concepts to bring humanity and compassion into organizations, altering corporate culture, relationships, and leadership to support sustainable success.

Johnathon Pape: I love New Day Company's approach to transforming business. When Alan was in Switzerland in September, you brought the

company to the Manifestation Wheel workshop. What was it like to have your team present for that?

Alice Larsen: The moment I found out that Alan was coming to Switzerland, I knew that they had to go with me to experience the Manifestation Wheel. So I had a dual role – as a participant myself and also as a happy parent seeing how my employees took the journey around the wheel. We had arranged a special one-day session with Alan after the workshop. He had suggested that in the workshop everyone learn the tool by working on their own stuff, and then in our team session we came together to work on the business. Things flowed very naturally during that day.

JP: And how does your understanding of the principles of manifestation help a client transform a challenge, realize a goal, or get clarity around an issue?

AL: The notion of working from the greatest potential of something is key here, whether that is a challenge, a goal, or yourself. This means that no matter how difficult the challenge is or how stretched the goal is, you are looking at it from a very, very positive angle instead of the traditional way of being drained or feeling overwhelmed by what lies ahead of you. Because the potential is energy yet to be manifested, it also makes it easier to work with the more positive aspects of a client's challenges. Potential also helps the client stay away from attachments to desired outcomes. This opens the client up to new, unexpected things, and perspectives.

The Manifestation Wheel is a very liberating and intuitive way of working with a challenge or goal. For me personally, I find the most impactful thing about the Manifestation Wheel is that you get a glimpse of how this potential 'could' manifest in the future and this glimpse is extremely motivating and a real source of drive and inspiration to keep doing the work and stay focused on your commitments to the potential/project. At New Day Company we have started to integrate the Manifestation Wheel process in our work. This means that we are putting some of our projects on

the wheel. Using the wheel for our work is important to gather our own experiences, which we then can share with our clients. We are living and doing what we propose others to do and can share our learnings of how working from potential helps you access a whole new level of information and insights that are much more motivating and empowering.

JP: The soul mission of your company – we rock the corporate world with love – is so powerful and celebratory. How did you arrive at it?

AL: It grew out of my first 'trip' around the Manifestation Wheel with Alan in 2008, but that one-day session with Alan in September really nailed it down and made it ours.

JP: And how is it impacting the day-to-day workings of New Day Company?

AL: I'm currently working on this project with a global Fast-Moving-Consumer-Goods company and I see a real change in how I approach it. I have the courage now to do things differently. Two or three years ago I wouldn't have approached some of the tasks in the way that I am now. Inside the team, our language has changed. Some of the language of the workshop has become part of our natural way of speaking. We have a virtual workplace with three employees – two in Zurich and one in Denmark. This past Thursday we put a Quantitative Survey Project that had been in development for awhile on the Manifestation Wheel. It was an extremely motivating, insightful, and wonderful process.

JP: Your personal soul mission – I inspire and give courage – is also very powerful. Can you tell me more about that?

AL: I identified my soul mission in my coaching with Alan. I love to be inspired – it can be about anything and everything. And I've been told that when I get passionate, people sit there and go "wow!" Inspiration is such an important thing, so I want to be that on a daily basis for myself as well as others. As for courage, I think that is having the courage to live authentically. Part of that for me, is

that my partner is a woman – Helga – and we have a child together – Silja. This means having the courage to be who you are and do what you want to do in all things. Coming from HR, I heard of so many people being sad, de-motivated, and stressed out, but very few were willing or able to do something about it. I hope that inspiration and courage can help people get unstuck.

JP: *You just went through the Transformational Presence Coaching program. What kind of impact did that training have on your coaching?*

AL: First of all, it has opened my eyes to a whole new arena of coaching. It has felt like stepping into a new world. My coaching is more authentic; it has made me more present and has sharpened other and more significant senses (energy, listening, and feeling). The basic notion of moving the client forward is the same as in more linear or traditional coaching, however the “how” is completely different.

It reminds me of how we teach our children at school. Traditional/linear coaching reminds me of old traditional school systems where children are treated like “one-size-fits-all.” They all receive the same instructions, the same books, they are asked the same questions, and the system expects them to take it in or integrate it in the same way. There are little or no considerations of what senses they use to take in information or to digest learning. Transformational Presence Coaching is almost like “teaching” children on their own individual terms. You follow them and see how they best take in the information and how you can best support them.

So, bottom-line, I feel that TPC is like coaching much more on the client’s terms and not pushing the client into a defined coaching framework.

JP: *And has your work with Transformational Presence Coaching transformed your own life?*

AL: Through the program with Alan we did a lot of peer coaching as well as getting familiar with the tools. Doing this work of practicing and experiencing so many aspects of TPC in a safe learning environment is very powerful. You are both the student and the teacher at the same time. Personally,

I feel that this has helped me get closer to living my life to the fullest, to realizing my potential, and having a much stronger awareness of what goes on inside me, the energies around me, and how I respond to situations and people.

So I see Transformational Presence Coaching as a personal journey, and by traveling down this road, I live the transformational presence in my everyday life. It helps me be the change I want to steward in the world and with my clients. It is not to say that the coach has to be perfect, be a master of personal transformation, or come to the end goal of the journey (as there is never actually an end goal). It is to say that personal experience strengthens the way the TPC is done, lived, and perceived.

JP: *What are your thoughts about the difference between transformation and change and how they affect our lives?*

AL: Fundamentally, I believe our lives are in constant movement. Some will label this change and others transformation. For me, the word change is more of an ‘old world’ word (especially the business world). It is a word with a very narrow definition. I also feel the word is overused and misused, e.g. change management, change agents, etc. Everything is change, everything is movement. It is almost like transformation is a constant and change is only capturing part of the elements of the transformation. Or to put it another way, changes are gradual steps towards a full and lasting transformation.

If we could integrate transformation in our awareness as part of our lives, part of every day, then I believe many things would be easier for people and for organizations. It wouldn’t be (or feel like) such a hurdle, “a thing we have to get on the other side of and then things can be back to normal for a while.”

Personally, it has made a huge difference to work with transformation instead of change. It is more impactful, more natural and there is a true sense of wholeness and purpose.

JP: *What Transformational Presence Coaching tool have you found particularly helpful in your work and/or life?*

AL: My two favorites are probably Enlightened Dialogue and using Reality Fields/Three Intelligences. Enlightened dialogue is such a unique tool and is so easy to use. It is one of those things where you can be left in awe afterward due to the outcome and the shifts that happened as a result of an enlightened dialogue. It is also a tool that is easy to use with all types of clients. Hard-core business people (of the old-fashioned school) can do this and can get so much out of it. And enlightened dialogue is a tool that clients can take back home and easily begin to incorporate in their business and private lives.

It is simply amazing to address the same situation or challenge from the three intelligences. It is such a strong sign of the intelligence in our body and how partnering with our emotions and what we feel in our body can support us in everyday life. People are often left very surprised at how different parts of their body would give them different perspectives or even different voices to the same question.

JP: *What is the most important thing you've learned about yourself since becoming a Transformational Presence Coach?*

AL: As a coach it is to trust my intuition! To let go and trust what wants to happen, that I do not need to be in control of the session (in the traditional sense). To feel what is happening with the client, in our dance, and in me. On a more personal level, it is that I have the answers readily available for me. They are all floating around the universe and it is

up to me to access them and use them in my life. I can have enlightened dialogues or meditate over an issue and the answers I need will come to me.

JP: *What has been your greatest challenge to living your full authentic Presence of Being?*

AL: Staying within the new energy frequency. I have had these amazing insights and experiences of what authentic presence of being is, feels like, how it can support me, etc.

However, my challenge is to 'smoke out the leaks' and to keep connecting with that magnificent energy frequency where transformation becomes fully integrated.

JP: *And how have you managed to transform that challenge?*

AL: It's an on-going project...probably a life project! I try to be patient, although that is not a major strength of mine, and continue to work with it in a gentle and loving way. And not only trusting what wants to happen, but really believing and feeling what wants to happen.

JP: *What would you say to someone who is considering working with or becoming a Transformational Presence Coach?*

AL: It is as much a personal transformation and journey as anything else. Once you start it and start coaching in this way, you will feel and see the immense impact compared to traditional linear coaching. If you want to support your clients in lasting transformation, I believe this is the coaching that will get you there.

Alice and her team at
[New Day Company](#)

