

News & Inspiration

S and the City 2! (when it came out)

Now, I know not all of you are into this, into what you may ask, derr....the Sex and the City phenomenon that is, of course!!! Watched it first night it was out, for all you fans who haven't yet!. Have you seen it? What did you think of it? The film is a hilarious romp, very funny and of course still real when it comes to women and our thoughts, feelings, angst and desires!

However, the main word that came out of the film for me was 'Satisfaction' and the question 'Why do we as human beings find it so hard to be or feel satisfied?' Even when we seem to get what we want, why can't we just be satisfied with that? Or is the grass really greener on the other side and all we want is our 'cake and eat it too'?

Satisfaction

Other words for satisfaction, 'content', 'fulfilled', 'pleased', 'happy'. Aren't we just asking for too much? Do we expect to feel this way each and every day or only on weekend and evenings? Is this fast paced, modern, 'must have everything now' lifestyle getting in the way of simple living and simple pleasures?

Of course it's fine to be ambitious and desire a more fulfilling life, whatever that means to you but doesn't there come a point when we have to sit within contentment, accept and be 'satisfied' exactly where we are? Isn't where we are, after all, what we have created for ourselves? If it isn't, well why is that? At some point did we not make a choice for this...right now...where we are?

Could sound harsh, depending on where in life we find ourselves right now but imagine asking for something, then getting it, then saying, 'well actually I didn't mean that, I meant this', then it comes. Then we look at it and say 'no, not quite', can you imagine how confused Life / Universe must think we are?! Do we really know what we want? Really? Who are we even, at this stage in our lives? Do we even recognise ourselves or is it too much to look at right now?

Defining who we are in between the roles of mother, friend, sister, aunty, daughter,

career manager etc sometimes means closing the door to everyone and sitting still. Hover above yourself and look at every area of your life. 'Where I'm I?', 'I'm I happy about this?' 'What will it mean if I do that?', 'What should I be grateful about', 'Who is in my life?', 'Who do I draw upon for support?', 'Is that enough?', 'What do I enjoy doing and I'm I doing it enough?' So many questions but sometimes until we sit down and do this, we don't realise that we are throwing all sorts of mixed messages out there, that Life is just throwing us all what we create in our thoughts. We find ourselves attracting all sorts of things and if we are not careful we find ourselves playing with fire!

We are never going to 'feel' satisfied ALL of the time every single day but on some level surely we should reach a plateau and engage on a level of contentment and realise 'it's all happening perfectly' and one day I may be actually ecstatic and another day just okay but that's okay because when I look how far I've come, actually let me just soak in all my surroundings, all my friends, family, children, let me soak in the good bits about my job, my clothes, my spirituality, my health.....etc....etc....and right then at that moment...sit in that and BE...CONTENT or in other words BE...YE....SATISFIED. In fact let us redefine not only ourselves but also the word content, let us bring that word back into our vocabulary and take our bras off (mostly ladies!) to the advertisers who say we need more!!!! Burn the bras for CONTENTMENT!! YEAY!!!!

Enjoy now...today.

"TOMORROW WILL BE THE OUTCOME OF TODAY. You choose."

Take Care now,

KAREN at
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Karen is a Qualified Certified Personal Development Coach and has been a Stress Management worker, Mentor, Writer, Woman's Group organiser/facilitator and Princes Trust volunteer. She is also a qualified Chartered Management Accountant coming from a corporate background. As she says 'I am Every Woman and Every Woman is me, whatever you're 'it' is, wherever you're 'at' in life, I encourage you all to say with me 'I CAN DO IT!'

Tel: 07761 823 456

Centre: 020 3417 6108

Email: karenburkeservices@sky.com

Website: www.therapy4life.net