

The Cultivating Excellence Newsletter - December 2009

Doctor Move's Musings

We are collaborating with Newfield
to bring you new Webinars and ePrograms

Five Rings Coaching 2010
new program begins in January



Doctor Move's Musings

Sergey said that he wanted to get more respect from his manager and that he felt that the key would be showing greater calm and self-control. He told me this at the beginning of the workshop when asked -- as we normally do -- what each person wanted to explore during our time together.

Watching Sergey during the program, I could see his complex dilemma. He was lively, funny, intelligent and rarely still. When it was time to work with him individually -- in the front of room -- I had an inspiration. First I spoke a bit about the way humans and animals were oriented in space and then demonstrated this.

Standing in my human (two-legged) orientation, the top of my head points upward and my feet point down; my face, chest and belly are facing front and my back faces back. And my hands hang relaxed at my sides.

Standing four-legged (the animal orientation), my face faces front and my tail faces back. From the top of my head, all the way down my spine, I am facing up and my soft underbelly faces down. And my hands act like feet to hold me up.

Before going further, I invite you to explore this so that the ideas of directionality (vectors) and orientation become less abstract and more palpable.

Sergey stepped right into the animal orientation, so well in fact, that within a few seconds he was moving around the room on all fours as a curious type of creature. No wonder he had such difficulties "containing himself."

No amount of human oriented control could keep him still for long. As soon as his attention wandered, he was ready to move out and about in his four-legged animal fashion.

Instead of trying to fight against this tendency, I asked him to first acknowledge his head-tail (front-back) orientation and then to simply remember the human orientation pattern (head up and feet down).

Instantly, as his head pointed up and feet pointed down, his whole demeanor shifted. Without any additional effort, he became calm and his natural power and authority shined through.

Everyone who knew him was stunned. Next, I asked him to shift back to his normal habit of orienting toward the animal vectors and instantly he reverted to his normal playfully annoying style.

The Human -- Animal

Begin by standing with the **Human orientation**: Head -- UP / Feet - DOWN and Face, chest, belly -- FRONT / Back of head, neck, upper back and lower back - BACK.

Now, let your face move a bit more forward as your hips and buttocks move back.

In this dynamic state, step forward with one foot, letting your arms rise so as to be ready to support your weight, if necessary.

One of our names for this is, the stalking stance, for how it reminds us of both a predator stalking its food and how a hunter in tune with nature moves through the forest.

Notice what it is like to be in the world oriented like this. Is this familiar or strange?

Maintaining this orientation/state, move your limbs and torso until you are standing upright in an animal version of the human stance.

Notice what it is like to be in the world oriented like this. Is this familiar or strange?

Still in the animal orientation, return to the stalking stance.

Now, remember again your human orientation, with your head and spine aligned with the vertical.

When I asked him to once again remember the human orientation, it was like a switch was triggered and all you saw was a calm and powerful leader.

This coaching is based on the first segment of our *Moving as a Whole* movement simulation and exercise, one of the key practices of the Five Rings Workout.

If you would like to explore the ten exercises that are found on our **Exercising for Versatility** webpage, visit: www.xvers.com

**We are collaborating with Newfield
to bring you new Webinars for Coaches & Leaders**

Transforming Difficult and Painful Emotions
Effective Coaching Presence
Leadership is not just in your Head
Presence and Power

Plus (long-awaited) ePrograms

A Guide to Recovering Center
Awake at the Wheel

The Five Rings Coaching Program

a.k.a., the Learnware Program

Designed and Built
by **Stuart (Doctor Move) Heller**

In collaboration with The Newfield Network

Re-Integrate your head with the rest of you

Add the missing pieces to the puzzle of learning and change

Learn a way of thinking that makes the difficult doable

Gain skills and practices you can use immediately

Open up whole new dimensions of perception, skill and power with a Heart-Mind Language of Movement that concentrates fifty years of study and practical experience.

You will learn the practical fundamentals to add the non-verbal to what you already know and can do with words.

Odds are that you will be using what you learned immediately, with yourself, with your family, and professionally.

Moving in this state, return to standing.

Do you notice any differences in the two ways of returning to standing?

If not, then you might want to practice this.

If so, then you might want to contemplate the implications.

Especially for issues of attention and self-control.

Have fun!

**Learn more about
the new programs
to be launched in
January 2010.**

Contact:

NewPrograms@w-y-t.com

or

carolyn@newfieldnetwork.com

February 10, 2010

The cost is: **\$3950**

**Early bird discounts
and flexible payment plans
are available.**

The next time the program is offered will be in January 2011. The price will be \$4750.

**You can begin
with the online component
as soon as you register.**

**AND you can start late
or even miss sessions
without loss of learning.**

**For more information about the
program, payment options or
to speak with a graduate,
please contact:**

Courtney Schwarten
cschwarten@gmail.com

Over a period of ten months of bi-weekly webinars you will learn a new way of observing, interpreting and feeling that carries over naturally to your everyday actions and responses.

The foundation of this revolutionary program is a proven and tested, comprehensive and versatile language of visual imagery and movement.

Designed as a Rosetta Stone, it allows you to translate visions, goals and desires into the subtle actions that make the real shifts that produce enduring and genuine changes.

The essence of the program is: **The more of yourself you bring to the moment the clearer, stronger and more masterful you become.**

"Of all the non-verbal and movement work I've done over the years, I use what I learned with Stuart and Carol Heller with most of my coaching clients and certainly with myself."

Terrie Lupberger MCC, (former CEO, Newfield Network)

"To learn with a virtuoso, someone who is literally reformulating the limits of coaching, is a rare and remarkable thing. And is also, an incredible opportunity for self-improvement and stronger coaching competence."

Bill Carrier Five Rings Graduate, Newfield Ambassador

Learn more on the program webpage:

www.FiveRingsCoaching.com

You can earn ICF Continuing Education Units.

In this next generation program:

You will learn new skills that you can put to immediate use for fast, effective, genuine and practical results with a wide range of goals, problems, people and situations.

You will learn a language that penetrates the silos that separate you from yourself, others and from the deep source of power, wisdom and compassion.

You will walk away with an indelible appreciation of the ever-present and profoundly influential non-verbal dimension of all we do.

The most important qualities, skills or virtues as well as the most difficult issues or problems require more than just the will and skill of your head. **Life requires all of you.** Your clarity. Your drive. Your skill. Your heart. Your muscles. Your energies.

*For the sake of the world,
refuse to live in pieces.*