

September 2009

The Eagle, The Condor, and You Use Your Mind and Heart to Create Work You Love

Our world is changing in significant ways, increasing the stress and uncertainty many people experience in their jobs, as well as their personal lives. Yet, what's happening is not a surprise to indigenous people in various parts of the world, who have passed down prophecies or stories that this time was coming, so I'd like to share the essence one of these stories with you.

The Achuar tribe of Ecuador is an ancient dream culture still living in harmony with their ancestral land-- nearly two million acres of tropical rainforest. For many centuries, the prophecy of the eagle and the condor has been passed down within their tribe. The eagle is the bird that represents more materialistic, intellectual, human-oriented societies, and the condor represents more spiritual, intuitive, heart-centered societies connected with nature. According to the story, which can be traced back many centuries, the eagle would fly in the sky alone for many, many years, but there would come a time when the eagle and the condor would fly in the sky together. The Achuar people, and other indigenous tribes around the world, have said we are in that time, a time when we need to bring these two worldviews together within ourselves and in our communities. By combining the best of our minds and hearts, we can create a sustainable future for everyone in how we live and work.

So, what does this have to do with you?

I learned about this story while participating in an "Awakening the Dreamer, Changing the Dream" Symposium last year, and it caught my attention.

In my work with professionals who are feeling stuck, depressed, confused, frustrated, burned out, afraid, or just wanting more meaning in their work, they're saying things like:

- "I'm overwhelmed with the amount of work,"
- "I'm physically drained by my job,"
- "I'm worried I'm going to lose my job (or I already have);"
- "I don't want to do this any more, but I don't know what else to do," and
- "What I really want to do isn't possible."

As I listen to these statements being spoken, it sounds like they are coming from mind and not heart. Can you sense that?

Thoughts and concerns like these are not the real problems. They are important clues telling you to pay attention. While the tendency is to work harder and faster hoping to catch up, cope with comfort foods (or other unsupportive behaviors), or escape to another job or career, I invite you to pause and take stock.

1. What do you really want (regardless of whether or not you think it's possible)?
2. What steps can you take right now to begin to move you in that direction?

I realize these are two big questions, so if you (or someone you know) need assistance or want support:

- Contact me to set up a complimentary consultation.
- Participate in group sessions called "Create Work You Love . . . Naturally." Next series starts September 30th. See below or go to my website for more details.
- Attend an Awakening the Dreamer, Changing the Dream Symposium and learn more about what's possible for the future. You'll leave feeling inspired and empowered to make a difference.

The Symposium so profoundly impacted me that I became a volunteer facilitator and will be presenting one in the next month. Contact me if you want to know more.

In these changing times, it's possible that you are being called to use the creativity and intelligence of your mind (eagle) and the spirit of your heart (condor) to create work you love and help create a sustainable future for everyone.

Live well,
Christine
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