

# From My Desk

By  
Michaela Scherr



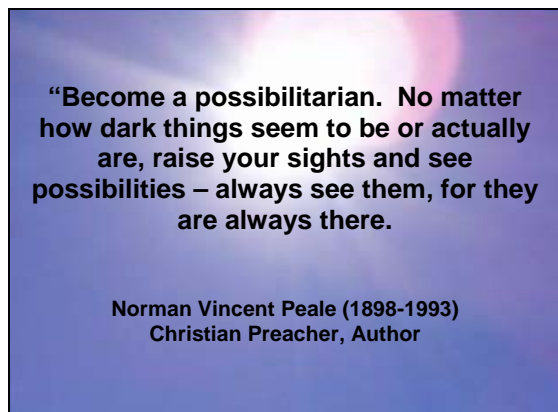
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## Welcome to Issue 1 of *From My Desk!*

Greetings and welcome to you all.

Each week I write at least one article which gets uploaded to my website, <http://www.michaelascherr.com/Articles.htm>. The article is then uploaded to the internet where it gets picked up by a large cross-section of websites, for example the Tony Dyson site, creator of R2-D2 - see <http://www.tonydyson.com/2005/11/12/to-procrastinate-or-not-that-is-the-question>.

Sometimes I'll be notified which articles will be used but most often not. Recently an email arrived letting me know one of my Valentine's Day articles I'd written (Three so far...I love this day...hint! hint!) was to be uploaded to their site. Feeling pleased with myself I followed the link...only to beat a hasty exit, my face the colour of bright crimson! Omygosh! I didn't know you could buy *that!!!* My days are sometimes very interesting!

The beginning of January also saw me start writing another book which provides step by step processes to help switch to more resourceful states of being - going from stressed to calm and balanced. All going well, this book will be published within the next 3 months along with my e-book for 'Newbies' on the internet.

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Over the Christmas break we managed to get away to the Gold Coast for some well deserved R&R and have included a photograph for you taken from the 77<sup>th</sup> storey of the Q1 Tower. What an amazing piece of engineering!

Looking down from 77<sup>th</sup> floor I saw the criss-crossing of roads, a multitude of buildings in all shapes and sizes, water canals, boats, people (okay...moving black dots) and cars all going about their daily business, more than likely totally oblivious to people like myself observing them from a great height.

I then started thinking about perspectives and the dynamics of how we interact within our environment and how others see us. This gave me the idea for this month's main feature article on '*Walk a Mile in my Shoes*'.

Still coming from different perspectives I asked my nearest and dearest (the said spouse) if he could write 200 words on role reversal (he is now me and vice-versa) for me. What I ended up with is an article the size of War and Peace (unable to follow instructions...tick) and have included his humorous and somewhat clouded perspective (in my opinion) of what a housewife does and thinks! I hope you enjoy it.

Until next issue, have many wonderful moments and may abundance of all that is good find you wherever you are!

See you then!

*Michaela*

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## The World's Tallest Residential Building, Gold Coast Australia

I've included a photograph on the right taken with my husband's mobile phone (ain't technology grand?) of the 80 storey Q1 Tower on the Gold Coast, currently the world's tallest residential building. The view is to the north and Queensland's capital city, Brisbane.

Stepping into the lift and being shot 77 storeys up in 49 seconds whilst hearing the eerie sound of wind whistling up through its elevator shaft was a better rush than drinking a shot of wheat grass at 4pm! 49 seconds can be a really long time when your astral body decides to leave your physical body and stare down the face of the elevator shaft!

For me it was good to read it's been designed to take the force of 10 jumbo-jets pushing against it. Pushing against it standing still...?



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## Walk a Mile in my Shoes

Comprehending the decisions made by partners, children, other family members, friends or work colleagues can sometimes leave us scratching our heads. I even beat myself up sometimes when I believe I've made a silly decision!

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Whatever the reason may be, to better appreciate other people and their viewpoints we sometimes need to look at things from different angles to understand where they're coming from.

If you were to look through a kaleidoscope what would you see? Well, you'd see a mixture of colours, shapes and patterns. As soon as you rotate the kaleidoscope it changes. You'll still see a mixture of colour and shapes as before however the pattern will be different. Keep rotating the kaleidoscope and you'll see endless configurations of colours and shapes.

Another way of perceiving things differently that you may not be aware of is by changing *perceptual positions*, also known as first, second, third or fourth positions. This NLP (Neuro-Linguistic Programming) idea was first put together by John Grinder and Judith DeLozier (1987) from Gregory Bateson's concept of 'double' and 'triple' description.

By utilising perceptual positions as a learning tool, we can gain a greater sense of how we interact with others, build greater rapport and understand where others are coming from.

**First position** is you; your beliefs, values, and feelings. **In a nutshell:** it's your reality...It's all about me!

**Second position** is you stepping into the other person's shoes, for example a work colleague or the boss, and experiencing what they think, see, hear, feel and value.

This is what's meant by the term "walking a mile in someone shoes" and gives us the ability to appreciate where they're coming from.



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**I see a green tree. And to me it is green. And you would call the tree green also. And we would agree on this. But is the color you see as green the same color I see as green?**

Carson McCullers (1917 -1967), American Novelist

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**Third position** is a detached view of you observing you and someone else. From this vantage point you can see the dynamics of a relationship between two people in an objective way.

Try out the following using hypothetical situations or situations you know are coming up such as interview etc, (practise when there will be minimal to nil distractions).

Visualise yourself sitting opposite another person, for example during a team meeting, see what you are doing, your gestures, facial expressions, volume, tone, pitch of your voice, words you use, what you're feeling, the colours and clothing you're wearing. Then notice the same with the other person.

How is the meeting panning out? Do you notice anything that you could be doing differently? From this viewpoint, what advice can you give yourself in how you're handling this situation?

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**Fourth position** - is where you not only observe the first three positions (**you, they, others**) but also observe how you (**we**) fit within a system, your responsibilities and theirs. 'The system' could be your family, cultural, company etc.

**All four positions are important. The best understanding comes from utilising all four in a balanced way.**

## The Downside Of Positions

- Someone stuck in the **first position** has a tendency to focus more on themselves rather than the needs of others.
- If you were to live too much in the **second position** then you would care more for the feelings of others, at your own expense.
- Someone living more in the **third position** may appear aloof or disinterested.

There is one more position and it's the one I love best, and access on a regular basis through meditative practise! This position isn't up, down, sideways or beneath, it's everywhere and no-where all at the same time. This is where I connect with spirit and the Creator/God/Goddess/All that is concept, and transcend all attachment to the physical world.

This position isn't really a position, rather a state, a state of 'I Am'. For me this is the ultimate trip and gives me the inner strength to keep going when the going gets tough and allows me to take some great time out and observe the connection of all things. On a clear day...you can certainly see forever!

For more information on the above including coaching or meditation enquiries please email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com) or phone 07 3863 0688.

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## Meditation Programs

I've started taking bookings for the next Meditation programs to be scheduled some time in May 2006. The programs are:

- ◀ 12 week Master the Art of Meditation and Develop Your Sixth Sense (has spiritual content); and
- ◀ 4 week Meditation Techniques only (no spiritual content).

If you're interested in attending either one of these programs please send an email to [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com) or give me a call on 07 3863 0688 or mobile 0402 208 577.

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From the moment I picked your book up until I laid it down I was convulsed with laughter. Someday I intend reading it.

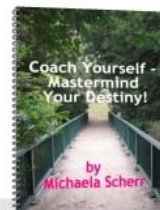
Groucho Marx (1895-1977), American Comic Actor

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## Coach Yourself - Mastermind Your Destiny!

Stuck, having a few too many 'bah humbug' moments, unhappy with life, the Universe and everything, and looking for sound strategies to help you out?

By working through this e-workbook you'll become teacher and student rolled into one. As you ask yourself the simple yet powerful questions you'll notice things about yourself you previously didn't and discover an amazing genius called...you!



You can adapt this workbook to reflect many different issues in your life. It may not totally resolve your situation because there are deeper issues that need to be dealt with first, however it will give you an insight into what you're prepared to do, or not, and what the bigger picture is.

For more information visit

<http://www.michaelascherr.com/Articles2/CoachYourselfMastermindYourDestiny.htm>

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Genius....means little more than the faculty of perceiving in an un-habitual way.

William James (1842-1910)

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## 5 Simple Steps toward Achieving Your Goals

Every now and again it's good to take some time out to pause, reflect on and revisit past goals. Were they achieved, were they realistic, can they be tweaked even further or are they no longer relevant?

This workbook will help organize your brainstorming sessions and provide you with a slightly different method of setting your goals.

The goal setting model contained within this book (<http://www.michaelascherr.com/publications.htm>) is not based on SMART (Specific, Measurable, Achievable, Realistic and Time-framed) instead it reflects:

1. The What and the Why Goal;
2. The State of Inner Peace;
3. A fresh perspective;
4. The How Exactly of Goal-setting; and
5. The Calculation of a tangible Outcome and flexibility of the intangible.



“That first step must be yours; all steps thereafter must still be yours”

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## Experimenting with the Second Position - Role Reversal in the Scherr Household

Recently I have experienced a 'role reversal' after the much discussion with my spouse over the roles of 'the worker' versus 'the homemaker'. After a considerable exchange of opinions the ultimate challenge was set...I was to be the housewife from hell....

The spouse was to be 'the worker and provider'...something she was convinced involved going to an air-conditioned office, drinking coffee, talking on the phone and attending 'meetings' all day. Also, apparently there is unlimited flexibility, time off work whenever you want it, incredibly flexible hours and an unlimited income.

I was going to stay at home, cook, clean, and watch Bert and Oprah. I thought to myself 'How hard can it be?'...I mean, it's just basic home duties isn't it? This should be a breeze...

Now my new day goes something like this....

- 0730 Wake up (an hour later than usual); get breakfast for number one son;
- 0815 Take 'the husband' a cup of tea, attempt to wake her up, leave tea to get cold;
- 0830 Take son to school, have a chat with some other 'yummy mummy's' and catch up on all the gossip about Brad and Angelina's baby;
- 0845 Get the morning paper, Woman's Day, New Idea, Weekly and Who Magazine (there's Angelina again...hmmm...she's getting fat), don't read the paper because it's full of boring sport and world news...stop by the bakery and get a chocolate slice (low fat);
- 0900 Arrive back home, the worker is in the home office asking for breakfast;
- 1000 Put a load of washing on, make the beds, vacuum the floors and stack the dishwasher....try not to look in the mirrors (does my bum look big in these football shorts?, are they more wrinkles? Will Brad and Angelina last? Will they ever invent non-painful mammograms?
- 1200 Make lunch for the worker, a healthy salad. I eat biscuits and chocolate whilst watching Bert (I just love Moira and 'buyers world') and then Oprah (she's lost weight again);
- 1300 Make some phone calls whilst folding the washing (must shave my legs and exfoliate tonight) and finish the housework....cleaning the toilets is a must in a house full of men (can't they leave the toilet seat down and aim a bit more accurately?);
- 1500 Pickup son from school...battle for car space, check out some of the other mothers and go for coffee and cake (low fat of course);
- 1600 Help with homework (all this confusing maths stuff, much easier painting my nails);
- 1700 Make dinner and set the table (a couple of glasses of Chardonnay go down well and help me cope with my stressful day);
- 1800 Watch the news and try to talk to the 'husband'... all she's been doing is sitting at her computer all day and talking on the phone, how can she be tired?;

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1900 Settle down to watch television and catch up on the latest gossip in my magazines;

2200 Need to go to bed, very stressful day...can't wait for the weekend when the 'husband' can take me out and entertain me after a long week...think I might like some flowers and a present too...excellent..

Seriously, it has highlighted to me how monotonous the role can be, and how we need to constantly consider the other person's perspective. My experiment in the **second position** has taught me a great deal about how I view others and their daily activities.

Still, at least now I know how to hang out the washing, eat chocolate cake and talk on the phone at the same time.

## From Said Spouse

A man travels the world over in search of what he needs and returns home to find it.

George Moore (1852-1933), Irish writer and art critic

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