

# From My Desk

By Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 12  
31 December 2006

ABN 77 357 710 454

Brisbane Queensland, Australia  
P: 61 7 3863 0688 M: 0402 208 577  
W: <http://www.michaelascherr.com>  
W: <http://www.quickclickintertips.com>  
E: [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com)

Content	Page
Welcome	1
The Fabulous Four Energy Management Secrets	2
Decisions and Deciding	4
Psychometry Readings	6
Self Help Tool Gallery	6

## Welcome to Issue 12 of From My Desk!

Greetings and Welcome to you all!

December has come around so quickly and it feels strange writing this last *From My Desk* newsletter. I've been writing these now for 3 years and had much fun sprinkled with a few anxious and frustrating moments in delivering it to you.

To prepare for the year ahead I've included an article recapping on 4 state management tools I've previously written about. Should 2007 turn into an exhilarating adventure for you, remember to take some time out and apply these energy management techniques to help you enjoy the ride!

Also, as I briefly mentioned last month I made some significant decisions regarding life direction for me and so thought it relevant to include a great article on decisions and deciding. I hope you enjoy it!

For me, I look forward to the year 2007 with hope in my heart and excitement at the prospect of new, wonderful opportunities, experiences and adventures.

For the coming year remember that you have immense power within you to create amazing changes if you want to. However, you also have that very same power to create negative changes. Notice where your thoughts are, if the focus is on negatives, reframe it in such a way as to give you the impetus to create positive changes in your life!

In closing I'd like to thank you all for your wonderful support and may abundance of all that is good and wonderful find you wherever you are and whatever you do!

*Michaela*

"May the road rise up to meet you,  
the wind always be at your back,  
the sun shine upon your sweet face,  
the rains always fall softly on your fields,  
may God hold you in the palm of His hand"

### Irish Prayer



©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com)

To unsubscribe email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com) with 'unsubscribe' in the subject field from the email address you'd like to unsubscribe from.

# From My Desk

By Michaela Scherr

ISSN 1832-9888

Vol 3, Issue 12  
31 December 2006



## The Fabulous Four Energy Management Secrets by Michaela Scherr

Some people practise their golf swing, lines for a play, recitals and a whole range of other things. There are many things I too practise but there is one thing I practise consistently and that is energy management.

So what exactly is energy management? In this case, it's not managing coal or natural gas reserves, it's about how we manage ourselves during times of stress and anxiety; when our energy isn't grounded and our thinking scattered; or when our minds are too full of everyday 'stuff' to think clearly.



The secret to dealing with times such as these are through employing a selection of energy management techniques that have worked exceptionally well for me and which I'd like to share with you.

Wondering what the secret is? Quite simply it's nothing new and really no secret in the true sense of the word. The secret to managing our energy is by accessing the present moment, meditation, mindfulness, and letting go.

See, nothing new, but it's great to revisit (including for me) these techniques in a nutshell!

### No 1 - Learn to be in the present moment.

This is the starting point for all energy management techniques and is a great tool for bringing back scattered energies of thoughts in the past, and future which robs us of the many wonderful experiences to be had in the here and now.

To begin find a comfortable spot to sit and do nothing except become aware of the rise and fall of your chest as you breathe in and out, listening to the sound of your breath.

- Using your five senses, focus and notice what is happening inside and outside your body.
- Became aware of the sounds you hear, eg people, traffic, music, inside your body, and anything else that is around you at this present moment.
- Become aware of colours around you, of your clothing, furniture, the seat you're sitting on, the colours surrounding the windows and doors within your line of sight.

- Notice and feel the texture right now of the clothing you're wearing, is it soft and silky, rough or cool, warm or fluffy? Notice the weave of the shirt, trousers or skirt you're wearing? Are there any marks on your clothing?
- Move your tongue around inside your mouth and feel your teeth.
- Start massaging your palms and notice the lines in your palms, does your skin feel dry, smooth or rough. Massage the tops of your hands. Do you notice any differences?
- When you have conversations with others, be there with them. Listen attentively; match their tone, speed, volume and pitch, also their breathing rate and if they smile, smile in return. People can sense when you're not paying attention to them. Put yourself in their shoes. Do you want to be listened to when you speak to others?

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com)

To unsubscribe email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com) with 'unsubscribe' in the subject field *from* the email address you'd like to unsubscribe from.

# From My Desk

By Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 12  
31 December 2006

When you go through this exercise retain your focus for at least three minutes because the longer you stay focused the longer you'll get used to being in the 'now'. When thoughts of dinner; what's on television; the shopping etc, begin to float into your consciousness refocus on your breathing to centre yourself again.

**No 2 - Become mindful.** '*Mindfulness*' can mean:

- Paying attention to our bodies, mind and spirit, from within and outside our selves, in an objective, non-judgmental way.
- Acceptance.
- Become aware of emotional patterns.
- Use of the senses: visual, kinaesthetic, auditory, gustatory and olfactory, and our sixth sense spiritual/intuitive.

Learn to observe yourself in a non-judgemental way through a 'mindfulness' exercise. Make any mental notes of findings you may want to deal with after this exercise.

To begin, become comfortable in your space, move around until you find the best level of comfort then take several slow deep breaths. Then become fully aware of what is happening to your body, internally and externally passing no judgement on what you find.

Notice and become aware of feelings (emotional and physical), internally and externally. Notice the feel of your chair, whether your hips are comfortable and aligned, is it hot, cold, warm, cool or indifferent. Is there pain and if so to what level?

What are the emotions you're currently experiencing? Observe these emotions objectively and notice how it

**No 3 - Letting go.**

Have you ever *wanted* something so badly it hurt? I know I have, and it was only by me letting go of 'wanting' something that I attracted it. Quite a paradox really - let go to receive.

Wanting creates an energy pull which acts much like two magnets of the same polarity - the two never meet. Maybe you've already experienced such a play of energy. If not, next time you're sitting quietly think of something you really want badly, fully experience this wanting then notice the energy it takes to produce this wanting.

When you release this pull, but keep working towards your goal, it allows for divine timing to come into play.

affects you physiologically and making no judgements on what you find.

Become aware of what you notice visually, are there are colours, images or moving pictures, or even words or numbers.

What internal dialogue do you hear and is it loud or quiet, positive or negative, clear or abstract? Where do you notice sounds or internal dialogue are coming from and what emotions are associated with it.

Also become aware of any tastes or smells and notice physiological changes as you notice these senses.

You can expand this exercise as much as you want to. All it requires is for you to be objective and observe.

Letting go doesn't mean giving up.

When we let go of the energy pull of 'wanting' we can give it up to the higher power, the universe, or whatever it is you're comfortable calling 'it'. While you do this continue to work towards achieving your goal. It's much like putting your stresses on the backburner while you go about doing what needs doing.

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com)

To unsubscribe email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com) with 'unsubscribe' in the subject field *from* the email address you'd like to unsubscribe from.

# From My Desk

By Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 12  
31 December 2006

## No 4 - Meditation!

This would have to be my all-time favourite and something I do for at least 20 minutes each morning before starting work, more if I have time.

*Meditation can provide greater clarity in:*

- Understanding ourselves.
- Understanding the big picture stuff.
- Discovering never-ending possibilities.
- Clearness.

*And can facilitate:*

- Greater life balance.
- Less stress.
- Better health and wellbeing.
- The creation of better personal and business relationships.
- Harmony for yourself.
- Finding the middle ground.

So there you have it in a nutshell; the Fabulous Four of Energy Management Secrets. If you're new to these techniques it may take a little practise to become familiar with them so maybe enrolling in a course where these techniques are taught will help toward achieving greater energy management.

---

**"Freedom is being able to live with the consequences of your decisions."**

James X. Mullen

---

## Decisions and Deciding

by Dr David McDermott

When you are deciding things what kind of framework do you have in place? Is it all about your or is it all about others? Do you constantly seem to be avoiding risks or problems or do your choices take you closer to the things you want? Do you make choices for instant gratification or for future reward? Do your choices serve to keep you isolate? Do you somehow seem to sacrifice yourself to keep others happy?

Let's have a closer look at some of these ideas.

Sometimes people have difficulty making decisions because of the **consequences**. One of these consequences may be "what will other people think?" This frequently leads people to not making a decision or not doing the thing that they would **really like to be doing** for themselves. So they miss out.

They have never learnt to make decisions for themselves, or they can make a decision but don't stick to it. They need other people to think well of them so that they can be okay. Which means of course, that other people are actually making the decisions for them.

The other argument, of course, is that if I do this purely for myself, then it is selfish. Oscar Wilde said that

selfish is not living your life the way you want to live it; selfish is expecting other people to live their lives the way you want them to. By this definition it's actually selfish of other people not to allow you make decisions that are consistent with **living your own life**.

Another consequence of making decisions is whether or not it makes you **stand out from the crowd**. This may be desirable, or it may not. However, instead of always choosing to be part of the group, or always choosing to do something different from the group, it's useful to have flexibility in this area.

And if you start making different kinds of decisions than before, it may not please those around you, because they have become accustomed to you doing things a certain way. How do you deal with that?

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com)

To unsubscribe email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com) with 'unsubscribe' in the subject field *from* the email address you'd like to unsubscribe from.

# From My Desk

By Michaela Scherr

ISSN 1832-9888

Vol 3, Issue 12  
31 December 2006



How much of your decisions and choices are based upon making sure that you avoid risks and difficulties? This means that much of your attention is taken up with **considering failure** and what does not work. Past mistakes are carried around and are used as reminders of those things that are not wanted.

This is similar to the coward, looking over his shoulder and running away from what he does not want. Where he is going is of little interest so long as he gets away from the things behind him.

I'm not saying that avoiding problems is not necessary. I'm suggesting that it's more useful to have your focus of attention on **where you're going** and **what you want**, knowing that within this framework you have already learnt what kinds of things to avoid. Because even the best decision maker knows that the unexpected will happen. And he/she builds this into the decision making process.

So what about the time frame of your decisions? **How far into the future** do you consider the impact of the choices you make? I think this is very much related to the starting point, the place from which you make your decisions. If you are concerned about your own safety and security, that timeframe is typically very short.

However, it is also very useful to be able to make decisions that you know will hold true for a long time in the future. This way you don't have to keep remaking them.

What about those times when you know you'd like to, or should, choose one option and you end up doing another? And later you think back and realize that you

made a mistake. But you also realize that at the time **you already knew** it was a mistake. It's interesting that you knew at the time what you should have done, but you chose to ignore the signals. Maybe it's time to learn to **pay attention** to these signals, if only you knew what they were...

There are those who spend time weighing up the pros and cons of each and every option available. They give each aspect of each choice a number so that they can total them up and make the best choice. Only to find that by the time they make up their mind, some of the opportunities have gone, some are no longer appealing and they've run out of motivation!

And then, of course, there are others who never have to engage in this analysis. These people seem to know how to quickly and easily gather the available information in a situation, make a decision, stick to it, and go through with it. The process is outlined at [www.decision-making-confidence.com](http://www.decision-making-confidence.com).

These folks also know how to easily change their decision. But they only do so when they get new and highly relevant information. And they have the ability to determine what is relevant, new information, and what is not.

If you were making great decisions easily and quickly, what would you do with **all the extra spare time** you would have?

How would you like to have all these considerations, and more, integrated into a single decision-making process? So that you knew each and every decision was **appropriate for you** and for those around you?

This process is already built into your system and you can learn to do it consciously for yourself. **Are you ready?**

Dr David McDermott walked away from a career as a plastic surgeon where he was helping people change on the outside. He now teaches profound personal change from the inside out, using the ultimate decision making model, your own! Find out more at <http://www.decision-making-confidence.com>.

Article Source: [http://EzineArticles.com/?expert=David McDermott](http://EzineArticles.com/?expert=David_McDermott)

---

**"Life is what you make it. Always has been. Always will be" Grandma Moses (1860 - 1961) American folk painter**

---

**Disclaimer:** The information and opinions expressed by the authors of articles other than by Michaela Scherr contained in the *From My Desk* newsletter does not necessarily represent those of Michaela Scherr.

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com)

To unsubscribe email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com) with 'unsubscribe' in the subject field *from* the email address you'd like to unsubscribe from.

# From My Desk

By Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 12  
31 December 2006

## Psychometry Readings

Jewellery or a personal object provided by the client can yield considerable information regarding individuals, places, events (including past lives) and their past (current), present, or even future.

Discover what story your jewellery or other personal object has to reveal by having a psychometry session with Michaela. For more information or a booking please call 07 3863 0688 or email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com)

## Self Help Tool Gallery



\*AU\$24.95



\*AU\$24.95



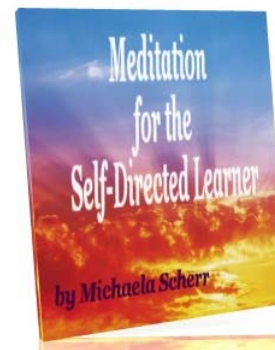
\*AU\$19.95



\*AU\$19.95

*Meditation for the Self-Directed Learner* is a 41 page 'how to' e-book written in easy to follow language.

- Introduction to Meditation
- Some precautions
- Journal / Diary Writing
- Setting up your Sacred Space
- Prepare Yourself First
- Breathing Techniques
- Fitness Workout - Exercising the Present Moment
- The Peace Process Exercise
- Centering yourself prior to Meditation
- One Minute Closed Eye Meditation
- Focus on an Object
- Quick Checklist - 10 Steps to Meditating
- How to Record Meditation Scripts to Audio Equipment
- Coloured Balloons Meditation Script
- Recommended Reading



**Only \*AU\$9.95!**

\*All prices are GST inclusive.

For more information on purchase details visit the e-book section at <http://www.michaelascherr.com> OR email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com)

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com)

To unsubscribe email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com) with 'unsubscribe' in the subject field from the email address you'd like to unsubscribe from.