

Inspiring You!

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A big thank you to our loyal 1000+ subscribers. We're in our 4th Year of publishing Inspiring You! We are pleased to announce that Success By Design is serving people in these countries: Australia, Canada, France, Hong Kong, India, Japan, New Zealand, United Kingdom, United States and South Africa.



lull in their activity and sensing certain things ending and falling away. Some feel unmotivated to set goals and strive for things in the outer; others are wanting to change circumstances, choices, jobs, relationships, and how they spend their

time or energy as well as their work in the world.

JUNE ARTICLE: LIVING IN THE VOID

Welcome to the new world. Are you sensing that things are changing all around you? A fluidness? Almost a feeling of being situated in uncertainty? Perhaps even a tad of chaos?

Systems are breaking down, what was familiar is no longer familiar, institutions are being called into greater alignment and integrity, what we used to trust is shifting and changing. Life seems very different than just five or ten years ago. It's a time of great awakening, aligning who we are with what we do, and expressing ourselves in even more authentic and powerful ways.

During the past few months while coaching clients and during presentations, I have noticed many people expressing and experiencing this period called a void or a

Many of us are standing at the end of an era. Our previous life situations are winding to a close and we are on the brink of stepping into new ones. It's an exciting time. A very open time... We are in the transitional zone right now. With this in mind many different thoughts might be rushing through our heads and impacting our actions. Ever feel like doing something without any logical reason for it? Like moving into a new city, starting a new part time job, learning a new skill, writing a book, going back to school, being creative, taking up something you've resisted for years? Just notice this phenomena. It's normal. It's called being in the Void.

You may also have more freedom and time on your hands as things complete

“You may be faced with looking at what you really want and creating your life to fully support that.”

or end. Sometimes it can be hard to deal with this extra time and not fill it up with the familiar and comfortable. Take note and grant yourself permission not to fill with the old but instead allow the new to come forward. As you have more time, and if you choose not to fill it up with busywork; you may be faced with looking at what you really want and creating your life to fully support that. During coaching sessions with clients I ask; What do you really want?. What stands in your way or needs to be released to fully receive that? It's a time of deep pondering not necessarily action.

“Stop worrying, if you are, that nothing seems to be happening, and enjoy the void.”

This can be an uncomfortable time for your personality and who you thought you were in the world. Our identities are being questioned and brought into greater alignment with our purpose and life path. Let this be and enjoy. It's what many of us have asked for for many years. What you thought you wanted out of your life may be changing as well. Your values, priorities, and the way you live your life may come into question and need to be updated to reflect your new self emerging. Let that be okay. You may also notice that continuing to do what you've always done no longer brings you joy. Again another sign that you are undergoing changes.

With this said, it can be hard to stop doing things that you have done for years without knowing what is next. This is where the energy of the void is so important to embrace and appreciate. Not knowing is a good thing as you get to BE in the present moment, fully accepting what is so, and allowing the grace of your life to flow to and through you. You may also notice and not be sure what new opportunities to draw to yourself, or if you are even ready for new ones. That is okay. Give yourself the permission of using this time to ponder, reflect and prepare yourself for whatever may be next. This void is the space before wonderful new things appear. Allow that to be.

Stop worrying, if you are, that nothing seems to be happening, and enjoy the void. Observe what is special and wonderful about this time. Give up really rigid schedules, to do lists, and let yourself emerge in the perfect right time for you. Release other people's expectations, and discover what you want. Refrain from analyzing what is happening. Do not label or judge your experience. When we do, it restricts the flow of new experiences towards us.

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**Cynthia Stringer, CMC, PCC, President
Chicago • Los Angeles • San Francisco**

www.successbydesign.net

888-610-8967

In our handouts from the class I taught this month there are some suggestions and ideas for you. Please visit our Workshop section on our web site to download and read.

<http://www.successbydesign.net/articles/livinginthevoid.pdf>.

I am always open to thoughts and feedback from you the reader. Do feel free to pass this along and share. Please send me your comments and thoughts. It supports me as well to hear from you, the Inspiring You! Community to find out what works and what you need more of. Also, if you are interested in writing a short article for submission in our upcoming newsletter, or if you would like to contribute resources and links, please let me know.

JUNE COACHING CHALLENGE

1. Give yourself full permission this month to appreciate and identify what you are grateful for in your life. Write it down and review it daily.
2. Identify what stops you or distracts you from fully embracing the greatness and beauty in your life. Be ruthless about letting those things, people, circumstances, beliefs, etc go thus making space for more grace and ease to come forward.
3. What can you more fully appreciate in

your life which may be ending, being drawn away or releasing from your life? How can you celebrate that transition with a ritual, a thank you, a sigh of relief, etc.?

CLASSES IN JULY

Please consider joining us for our various educational seminars. We provide interactive, nourishing and educational classes either by phone or in person.

*Manifesting Principles for Life: July 31st 8:00 pm EST. This class is FREE and by phone. Please email my virtual assistant at va@successbydesign.net to confirm your attendance and receive the bridge number. This class is an extension of our June class and will focus specifically on Manifesting your Future, your goals and your personal intentions. These are principles I've been coaching with and teaching for over 5 years. They work! Come prepared to learn, share and move forward.

*The Seven Keys To Effective Networking: July 23, 9:00-11:00 am PST in person in San Francisco. I am pleased to announce that this presentation is given in conjunction with 6figures.com. They provide very extensive and effective job leads and resources for Executive Candidates. They have offices all around the country. This

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presentation will include high level and effective networking and connections as well as engaging exercises and information to further your Career search or career management strategy. Visit this link to learn more and register.

<http://www.successbydesign.net/seminars.html>

TRAVEL SCHEDULE:

Cynthia Stringer is available for in person consultations and speaking engagements in these locations and times. Please send an email and let me know if you'd like to arrange something.

June 28-July 8th Los Angeles

July 8th-August 5th San Francisco

August 5-August 8th Long Beach

August Chicago and San Francisco

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