

Until recently we bred Bengal cats, and each summer we were invited by the mama's to share their pregnancy, the birth of their kittens and subsequent raising of them. The trust and acceptance of us at those times was very humbling and every year we marvelled at the beauty of nature unfolding around us. The kittens coats developed into a fascinating spangled array of patterns and colours, each one as individual as their personality. Additionally we enjoyed a garden full of naughty kittens tearing round what must have seemed like an exciting jungle to them. Naturally the time came when the kittens would be ready to go to new homes where they can enjoy a long and happy life.

It was always interesting to watch the dynamics as new families came to view their prospective kitten. Whilst some people chose their favourite kitten on his or her looks and chased it round the garden trying to catch a fleeting cuddle, others stood patiently ignoring them trying to analyse the character that would best suit their home.

Bengal kittens are very curious and playful and always made the most of entertaining the visitors in their own crazy way and perhaps allow a cuddle. The boys in particular always loved being held and adored.

The most successful visitors by far were those who did their best to blend in with the surroundings, that is to stand relatively still amongst the garden and enjoy the beauty of the kittens jungle environment while waiting for a kitten to grace their lap for a cuddle.

The nature of the confidence coaching that I do is to facilitate insights- those wonderful "aha" moments when everything just seems to come together naturally. Some people refer to these as light bulb moments because a light seems to come on for them; they see things in a new light that enables them to handle them differently, with a sense of ease that was not present before.

These are the insights which let us see straight through our problems until suddenly, we know what to do and our next action becomes crystal clear. Metaphorically, they're the moments where the "snake" becomes a piece of rope and the "Wicked Witch of the West" goes back to just being an annoying neighbour named Almira Gulch.

In the years I've been doing this work, I've noticed that insights are a lot like kittens- while there are things you can do to make them more or less like us, it's ultimately not up to us when they choose our company.

- If you try to chase them through meditations, exercises, brainstorming, and other forms of "figuring it all out", the activity in your head seems as likely to scare them away as draw them near.
- If you try to ignore your own wisdom and only learn through books, teachers, and other forms of other people's insight, you are very likely to succeed - at confusing yourself in a myriad of conflicting ideas about what it "really" takes to be happy and successful.
- If you are willing to simply enjoy spending time "in the garden" - the quiet, reflective state of mind that occurs naturally for most of us while standing in the shower, watching the sunset, or lying in bed on a weekend morning, insights will often show up and land with a grace that takes us straight into a quiet knowing and a deeper feeling.

Sometimes it's hard not to chase after a kitten, especially when the answers you're seeking seem to always be just out of reach. But as Franz Kafka said no doubt in a moment of quiet contemplation:

*"You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still, and solitary. The world will freely offer itself to you to be unmasked. It has no choice. It will roll in ecstasy at your feet."*



Diva and two of her daughters, storm and dolly, who know the secret of taking life as it comes...

## Success group update

Successful people stick together like birds of a feather, why? because they know the benefits of being around other successful people.

Do you want to know their secret?

Join the success group online and come along to our Monday night stress busting strolls along our beautiful Deal seafront, leaving Deal pier at 6pm.

Confidence coach, Janey and fitness consultant Julie will take you on a surprisingly gentle and effective walk, which will help you release stress, lose weight, sleep better, and feel really energised. Confidence coaching and fitness consultations are available on a one to one basis with Janey and Julie at special rates for success group members.

Register today and start to feel the benefits of having your own personal coaches to help you sort your life out and feel great this summer.

Call Janey on 07974 206376