



*Life Coaching Encouragement for Your Advancement*

**USING WAITING TIME TO ADVANTAGE.....**

Do you ever think about time spent in waiting for someone else, waiting for a bus or a train, waiting for a job to be finished. All of us would probably agree that we expect to do some waiting today - but how many of us would consider doing something constructive during the waiting time? The University of Wisconsin made a study of waiting time and found that the average person spends 3 years of his life just waiting ! And yet how many of us complain we just don't have time to complete postponed projects? Those who accomplish great work mostly use their waiting time to advantage. Like the general practitioner, who, while making a great many house-calls, wrote a book during the minutes he spent waiting for people to answer their doors; and Thomas Edison, who conducted experiments in a makeshift laboratory he set up in the baggage car of a train on which he peddled sandwiches; Robert Louis Stevenson never went anywhere without putting 2 books in his pocket - one to read and one to jot notes down during those 'in-between moments'. There is so much profit to be gained from using your waiting time to advantage. See how many little unfinished details you could get off your back by making constructive use of those very important little minutes of waiting ! You may be pleasantly surprised!.



**CHOOSE LIFE...** Have you ever asked yourself questions like... " Why was I born? What is the purpose for my life? What in my life brings me fulfilment and makes my life worthwhile"? These questions seem at times to have no answers, and yet just being able to ask them often starts us on the path to bring us to the answers we seek. Too often we fail to realise we have never asked ourselves those questions, much less tried to answer them for ourselves. Consider for a moment that the greatest gift we could ever give ourselves is the opportunity to finally stop the endless flight away from all we may have thought we had to be and to begin the job of learning who and what we really are inside the exterior we judged. Perhaps we may have been so disillusioned, unhappy and disgusted with the outer being, the exterior person we thought we saw daily that we never tried to look within to find the real person who yearned to live life as it came and unfolded each moment. Life is the process by which we unfold and experience all that we can of ourselves. It is the opportunity to explore the personality, express it more fully and learn how to relate to the world beyond that personality. Each one of us was born to learn, to explore, discover, uncover, unfold and experience all that we can of ourselves. One obvious purpose of Life is to understand ourselves and to know what we have to offer of ourselves to the world around us. We were born to grow into an awareness of the uniqueness we are capable of being when we let the inner qualities, talents, skills and abilities show forth. It is this uniqueness we seek to unfold and to express, for each of us, alone have certain qualities of which no one else has quite the combination - and that makes us singularly important, special and wonderful in and to the world around us. Living our lives is the way to uncover all this: the way to learn and to understand what happens to us as we move through the experiences of each day. Living is the way to express what is inside ourselves and experience the results of our inner awareness and beliefs. Whatever we believe ourselves to be is what we become. We are the produce of our own thought process and the result of the ideas we allow to enter our mind. Just as a pebble tossed into a smooth lake transforms the energy of its flight into ripples when it enters the water and those ripples move out from the centre of impact, so do our thoughts move in a similar fashion. The energy of the mind puts ideas in motion and that power moves them beyond to become the experiences in our daily lives. Happy and calm in the knowledge that we alone can make the choices as to how we experience our experiences, as we go through life....Let it be, for so it is !



I do hope that you will experiment to see if there is something here that you can use for your own advancement. When you have finished with me I want you to please pass me onto someone else anywhere on the planet.....because we Seeds want to keep on circulating to promote and foster the advancement of people in every nation. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to [www.goodwillpeople.net](http://www.goodwillpeople.net)

