

Inspirit Me

Growing up in 1960s Britain, I distinctly remember the time, around the age of 13, when I suddenly realised that I had a mind. The first major insight which almost immediately followed from this was that “belief” is a very flexible attribute. Essentially, it really doesn’t matter what beliefs we have; the main thing is that whatever they are they will inevitably give rise to relevant experience which reflects and reinforces those beliefs. The pattern of life experience follows the beliefs that we hold. The end of the decade saw me as an 18 year old firmly embracing the youth culture of that era. This naturally led into the 1970s through contact with poetry, magic and a range of eastern religions, resulting in several years study within the arcane school of Alice Bailey, promoting “meditation, study and service as a way of life”. The school also subscribed to the notion of “initiation”; a radical transformation of consciousness signifying a new development in the evolution of humanity. Disillusion with an academic approach to psychology at degree level did though lead to an enduring interest in psychotherapy. During this period I participated in Gestalt, Encounter, Psychosynthesis and Transpersonal approaches, while also developing a lifelong appreciation for Carl Jung. Livelihood, as now, revolved around person work. For this decade it was with disaffected youth. Intense inner experiences saw me enter the 1980s as an Osho sannyasin, lasting until it became clear that Osho’s teachings and the characteristics of his organisation had parted company at some point. My enduring interest in music making became more lucrative during this decade. Livelihood saw me finding my way into schools as a puppeteer, leading in turn to further training and gaining a teaching qualification. Since then I have taught at all levels and ages from pre-school nursery through to masters degree level. The transition into the decade of the 1990’s had me working in the field of community education, through which I discovered film-making, training as a producer. Painful personal experiences at this time confirmed for me that the powers of this world, the political and financial establishment, through accident or design, are instrumental in ushering in an era of progressively eroding liberty, equality and security. Individuals are readily sacrificed for their interests. Fortunately, I discovered academic theories of power and oppression which matched my experience, while training as a social worker, a profession followed through the early noughties working with physically disabled adults. The main learning of this period brought me round full circle to realise that it is the beliefs that people hold about themselves that have the most powerful effect upon the subjective life experience, more powerful than even the most profound impairment. Currently I work with adults in higher education, supporting individuals who have the cognitive style termed “dyslexia”. I am also one half of a writing partnership at www.diamondduo.net.

Following the pattern of my working life, I am keen to extend the support I can offer into a one-to-one life coaching practice. I have learnt that coaching is an intensely personal experience. There are many different styles of coaching. No one single approach suits everybody. However, if after looking at the website and reading this brochure, you experience the sense that this could be of value for you, you are invited to contact me initially by e-mail at inspirit@supanet.com. If after dialogue you decide that you would like to take it further, I can offer a telephone coaching service at a rate of £1 per 2 minutes, equivalent to £30 per hour, or else a meeting in a public place at a rate of £32 per hour. Please note that in special circumstances, these rates are negotiable.

<http://www.inspirit.me.uk>