



# DIRECTIONS

## Springtime...regeneration

The second month of spring is almost over, with water restrictions in force & sunscreen a must. The long weekend provided us with a short period of rejuvenation even though I heard the weather wasn't favourable for Sydneysiders. Fortunately I was able to take a few soothing days off & bask in the dazzling Queensland sun, doing lots of nothing...except for reading "Healing the Hardware of the Soul" by Daniel G. Amen, M.D. In his book Dr Amen offers many 'brain prescriptions' including: using prayer, meditation & diaphragmatic breathing exercises for superior emotional & spiritual flexibility. Highly Recommended Reading.

So in this issue of "Directions" we take a look at stress in the workplace, meditation & offer helpful tips to get things into

perspective. Dr Newberg of Pennsylvania University's study reveals distinctive changes in brain activity as the mind settles into a meditative state. Meditation gives you the ability to focus & calm the mind, essential in our working lives.

We also suggest healthy spring drinks for relaxation & renewal. Additionally 10 ways to improve your flirting skills. And if you really want to further your 'reading skills' why not join us in Sydney for the Body Language module (see event calender).

Lastly, we take a look at the effects of having 'fat houses' & with any luck it will ignite us to spring clean our homes, offices & bodies.

*Vivienne Kariotoglou  
National President*

### Body Language

#### 10 Ways to Improve Your Flirting Skills

1. Invade their personal and intimate zones (if you get close to somebody, you may be invading their 'personal space'. Try getting closer and see if the other person responds in a positive or negative way – leans closer or away).
2. Use Open Arm Gestures (try open palms when talking, exposing your wrists and avoid crossing or folding your arms).
3. Use Open Leg Gestures (this doesn't mean sitting with your legs spread apart – just avoid crossing legs and signaling negative gestures).
4. Thumbs hidden (tuck your thumbs in your pockets or pants when someone is speaking to you).
5. Body Pointing (people tend to point

with the objects they hold or with their body – watch for the signs such as foot direction and glasses being held and approach with confidence, or send out your own messages).

6. Mirroring (to build quick rapport, try mirroring the person you are speaking with – this quickens the get to now you timeline).

7. Preening (preening involves fixing yourself up – watch for others preening, e.g. fixing their hair, tucking their shirt in, applying makeup, etc).

8. Far Eye Contact (try glancing longer than usual and try getting caught – you will find that the other person will then check to see if you are looking at them and when you get caught again just smile and look away).

9. Close Eye Contact (when speaking to someone you fancy, look at their lips when they speak, this gives a personal touch and gives a simple signal of interest).

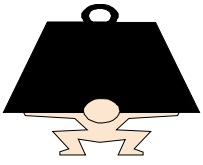
10. Hands on Body (yours, not theirs – a simple body fondling manner such as stroking your leg, your hair or your arm).

Now go and practice watching and applying the signals – remember, someone may be giving you signals that you don't even know about.



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## Stress @ Work...

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Our lives are full of stresses & pressures, some we create ourselves & others we cannot control. Learning to deal with stress is a constructive tool for contemporary life. Many techniques are available such as Aromatherapy, Massage Yoga & Meditation.

Research shows that when we feel we have no command of our time & are powerless to change the situation, we get in touch with stress. Conflicts arise at these times between home & work commitments or even among day to day tasks; our aims & ambitions that stress can arise are at their most. The secret is to identify the areas of conflict & to find a balance that can bring back a sense of domination & objective.

Identifying these stress points & taking action will benefit not only you, but also your work environment. Try & find balances & compromises that work for you & which also allow you to fulfil your work commitments. Avoiding real work tasks is by no means a long term solution-getting added support, either at work or home may be. The first step is to identify what the real situation is. Feelings of stress can be caused as much by minor hassles as major problems & getting things into perspective always assists. Here's some helpful steps to take:

- Take stock of the situation & make a note of the things that are causing you the most concern
- Look at things that you can do, or ask for support with what will ease the situation, no matter how small
- Set some achievable goals towards removing the problem
- Think back to some similar situations you have overcome and apply these lessons.
- Use Neuro-Linguistic Programming (NLP) to problem solve.

## Meditation...

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We are constantly subjected to sensory input & our minds are always active in the process of thinking. We read the newspaper, study books, write reports, engage in conversation, solve problems, etc. etc. Meditation allows all this activity to come to rest & often results in the mind becoming more peaceful, calm & focused. In essence, meditation allows the awareness to become 'rejuvenated'.

Even a few moments can provide relief from daily stress:

- Choose a tranquil location - one free from distractions.
- Decide whether you'd like to have soothing music in the background.
- Select a comfortable chair or place to sit, & assume a sitting position with your spine erect.
- Close your eyes.

- Breathe in, allowing your rib cage & belly to expand as you inhale.
- Exhale slowly.
- Concentrate on your breathing. Be aware of each breath & the feelings of deeper relaxation.
- Allow thoughts & feelings to enter your mind. Acknowledge them, allow them to pass, & refocus on your breathing.
- Open your eyes after you feel more relaxed & centred, preferably after a minimum of ten minutes.

## Event Calender

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### Body Language Module 1

*Date:* Wednesday 12<sup>th</sup> November 2003 Sydney

*Venue:* The Hunter Hotel 50 Hunter Street Sydney, Lower Ground Floor

*Duration:* 6.00-9.00pm

*Cost:* \$90.00 (members)/ \$130.00 (non-members) plus GST

*Facilitator:* Nick Kariotoglou BAppSc. MBA GDip Man. CPM Managing Director of Aargus Pty Ltd & Aargus Refill Centre, Executive Director of the ACCA, Executive Director of the Australian Marketing Institute (AMI), Executive Director of the Hellenic Australian Chamber of Commerce & Industry (HACCI)

Go to the link for more details:  
<http://www.ac4ca.com/communication.html>

### Business Communication & Performance Module NEW

This is a new module involving an overview of knowledge that's used in the workplace such as boardroom games, creative problem solving skills, fun body language readings & differing communication styles.

*Date:* Monday 24<sup>th</sup> to Wednesday 26<sup>th</sup> November 2003  
(3 evenings) Sydney

*Duration:* 6.00-9.00pm

*Cost:* \$210.00 (members)/ \$260.00 (non-members) plus GST

*Facilitator:* Nick Kariotoglou BAppSc. MBA GDip Man. CPM Managing Director of Aargus Pty Ltd & Aargus Refill Centre, Executive Director of the ACCA, Executive Director of the Australian Marketing Institute (AMI), Executive Director of the Hellenic Australian Chamber of Commerce & Industry (HACCI)

Bookings are essential so please call ACCA tollfree on **1300 137 038** or email [info@ac4ca.com](mailto:info@ac4ca.com) to register. Full payment is required before the module starts.

## ‘Spring Renewal’ & ‘Calming Mind’ drinks...yummy

Spring-a time of new life & regeneration, & similarly for us it’s a time to wake up & throw off the lethargy of winter. Here’s a delicious drink to get you started...

### *Tuscan Spring Tonic*

Perfect as a spring cleanser, celery, parsley & carrots all have diuretic properties, aiding the elimination of toxins via the kidneys, while garlic invigorates the whole body, disinfecting & cleansing as it goes.

250mL carrot juice  
125mL celery juice  
1 garlic glove  
1 handful of fresh parsley  
a few sprigs of parsley to garnish

Blend all ingredients together in a blender or food processor. Serve with a garnish of parsley.

1 serving

When stress & anxiety weigh heavily upon us & interfere with our ability to relax & reflect, we can look to the world of plants to help restore some balance & harmony.

### *Banana Calmer*

This smooth, creamy & comforting banana milkshake will help soothe your mind. With its mild soothing effect, this sweet drink is excellent for calming your restlessness, especially if it’s caused by overwork & stress.

250mL milk  
1 banana, peeled & sliced  
4 ice cubes  
1 tablespoon honey  
a pinch of ground or freshly grated nutmeg

Blend all the ingredients in a blender or food processor until smooth. Serve sprinkled with extra nutmeg if desired.

1 serving

### *Serenity Smoothie*

1 tablespoon ground almonds  
100g dates (stones removed)  
350mL water or rice milk  
1 teaspoon ground ginger  
a pinch of ground or freshly grated nutmeg

Blend all the ingredients in a blender or food processor until smooth. Serve sprinkled with extra nutmeg if desired.

1 serving

## ‘Fat Houses/Offices’ & the effects of clutter...

Clutter in Feng Shui (FS) promotes stagnant energy. One aspect of good FS is the freedom from clutter. Generally it is said, "*Clutter creates stagnation & grinds everything to a halt*". There is only so much physical space around us & when this space is filled up with ‘stuff’, stagnant energy builds up & we have a ‘fat home, office, garage’ etc.

How nice does it feel after a session of clearing out the cupboards or sometimes even as small a space as a desk drawer? Clearing clutter releases huge amounts of positive energy in you & lifts your spirit. Energy upon entering a property will circulate until it finds a corner. If it is not encouraged to move on, it will settle & becomes stagnant through time. Every house or office has a corner; some more than others, so: How do we introduce movement into them?

Here are several methods:

*Lights* - standing lights, table lamps & up-lighters.

*Plants* - round green leafy plants will liven up any corner. Avoid plants with thorns or prickles such as cactus.



*Colours* - a vase of colourful silk flowers, painted vases, pottery & paintings.

*Furniture* - a corner cupboard, a shelf, a round table.

*Mirrors* - a mirror placed to reflect a pleasant view.

But clearing clutter is a continuous crusade. How many of you would agree with me if I suggested, "our inner-self feels intuitively when the house needs a lift of energy"? We find we have a sudden inspiration to renovate certain corners of the house or office, or decide that a particular room needs a new coat of paint, etc...But good FS is not just about having a house/office that is clutter-free & looks like a show piece. The house/office reflects the personality of the occupants. Good FS is all about making sure the house/office is in a constant state of renewed energy, optimising favourable directional energy & making certain that the energies are in harmony with the physical environment. According to traditional Chinese culture, we should keep brooms, mops & buckets out of sight after we have finished with them. Electric systems have an effect on your nervous system. Hanging exposed wires or overloaded plugs can cause you stress. This is especially true with work/office tables which have computer systems, telephones, modems etc.... Make sure exposed wires are safely tucked or tidied away. Lights are a powerful way of activating Ch'i inside & outside your home/office. They can also be used to energise missing areas of a building. Having a bright light outside your front door is considered extremely lucky as it attracts good Ch'i. Remember to always replace blown out light bulbs.