



Coaching to Organize Your Mind

A core tenet of osteopathic medicine is that structure and function are reciprocally interrelated.

Nowhere is this more critical than the innerworkings and organization of our mind.

Consider for a moment a messy closet – I'd venture that most of us have had one at one time or another in our life – and let's explore some ways we might go about managing it. One option is to simply ignore it – keep that door shut, perhaps locked, open it only briefly to toss in items that are cluttering the house while standing ready to catch any objects that threaten to burst out, shoving them all back in and leaning our weight into the door to close it once again.

Another option is to open it up, fold some of the clothes, stack a few books, push boxes to the back and hang a few special items nicely so on first glance, it appears orderly, hiding in the dark corners the bins we aren't ready to acknowledge or address.

A third option is to throw open the door, turn on the light and pull everything out into plain sight, reviewing items, remembering where they came from and recognizing that we are the ones who placed them there. Sweeping the floor, building the shelves, gathering hangers, we commit to a systematized space. Intentionally deciding which items should stay and which should go, putting back only those that serve us.

Will it stay in pristine condition forever? Probably not – there are going to be times when we just need to put some stuff away really quickly. There are times we take on a new role that requires clothes and supplies for which we will borrow space, conceding the minimalist nature we crafted for the closet, perhaps temporarily. We will, however, likely take an extra moment before we just throw something else in and consider if we are willing to sacrifice the hard work we have invested in organizing the space. Considering if we can utilize it more mindfully and witness how crafting the structure with intention and care has cultivated a more functional space. Even for those moments when we just need to throw something in there haphazardly – it can handle the load for having been set up well.

Imagine now that the messy closet is your mind. And consider your current management approach. Is it overflowing with neglected thoughts? Do you just want to keep the door shut and ignore what's in there? Is it hard to fit a new thought in?

Perhaps you have organized bits and pieces – there are certain thoughts that make you smile, and you feel satisfied with your work, but those hidden boxes hold anxiety and concern and there isn't much space for new perspectives.

Maybe you've done a deep clean, really looking at your thoughts, clearing space and intentionally letting back in only those that serve your best health. How are you handling new thoughts and how are they serving you?

Overwhelm. Insecurity. Exhaustion. These are feelings that can come up with any phase of the closet clean out leading us to avoid, feel ashamed of and be increasingly vulnerable to our thoughts.

While we might wish for a magic wand to just make it all go away, that might cause us to lose or overlook key thoughts that only we would know to preserve by examining them ourselves. Consider instead a magic mirror that could show you fully the contents of the closet of your mind and through the reflection create opportunity to see your

thoughts in a new way, illustrating your power to choose and either preserve or purge them.

No one but you can truly see, know and manage your thoughts – but cleaning is always more fun with a friend and what better friend than an expert on thought management. Someone who will sit with you as you pull everything out, examine all the contents without judgment, offer you meaningful questions to help you better understand the feelings that come from each thought. Someone to hold space for you to make the tough choices on what you will remove and what you will retain and celebrate with you the beautiful transformation you make. Someone who knows that unwelcome thoughts will find their way back in and the process will likely need to be repeated, but likely a little easier each time as you gain awareness of your power over these thoughts and ability to choose which you want to remain. Someone who sees only opportunity for growth, learning and progress and will reflect that back to you time and again as you craft and nurture the closet of your dreams, the thoughts of your mind.

That mirror, that someone is a life coach – perhaps for you, that someone is me.

Contact me for a free consultation and learn how to eradicate the overwhelm, eliminate the insecurity and expunge the exhaustion as you structure your thoughts for optimal function in your life by accessing the inherent capacity within!