

CONFESSIONS OF AN ADRENALINE ADDICT



*How to Achieve More
With Less Effort*

ADOLEY ODUNTON
AND
DEBORAH DERAS

Synergy Unlimited Publishing

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*For our husbands.
For your patience, love, and unending support.
We love you!!*

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was my inspiration to seek this path. I appreciate her love and support. I also want to acknowledge my little brother, Cameron. Be nice to our Mother. And, of course, my brother, David who is my shining angel, always protecting and guiding me.

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Ennio is the kind of man that if you needed \$1 and he was down to his last \$5, he would give you the entire amount. He is a beautiful soul with such a big heart. He is also multi-talented as a working artist who is teaching art to at-risk youth and being a catalyst for healing. I am extremely blessed to have such an amazing man in my life to guide, teach and sup-

port me. I love you very much.

When I met Adoley, I knew we would be great business partners. I had no idea we would become more than friends. Sisters. I appreciate her patience, insights, focus, creativity and courage to pour her heart and soul into this book so it would be a healing source for all that read it. I am so grateful to have you in my life.

D&A
Deborah & Adoley:

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October 2005



Introduction

"Adrenaline is like a drug. It pushes our body to work faster and harder with the energy reserves we have. The end result can be a crash of blood sugar, of energy and a depletion of our nutritional reserves. Adrenaline junkies are looking for the boost that their fight-or-flight response gives them, but like other junkies, that boost get less and less satisfying, even as it hooks them. High Adrenaline levels over time can lead to heart disease, diabetes, and chronic fatigue states. They can also lead to chronic insomnia, suppressed immunity and to anxiety and depression."

— GLEN ROTHFELD, M.D., M. AC.

Do you repeatedly over-commit yourself?

Do you wait until the last minute to complete projects?

No matter what you accomplish, do you feel you need to do more?

If your answer to one or more of these questions is yes, you're not alone.

When we speak to audiences and conferences, we begin our talk with the words: “I have a confession to make. My name is ‘X’ and I’m an Adrenaline Addict.” Frequently, audiences are taken aback. “What do you mean?” They ask themselves. Often they think we are talking about an addiction to high-risk pursuits – bungee jumping or skydiving.

We proceed to tell them that Adrenaline Addiction is a primary cause of stress in our lives and the source of many of our time, balance and productivity challenges. Adrenaline Addicts are compelled to be in action. They are often workaholics and over-achieving production machines. They are addicted to the burst of energy we all get in a crisis situation under a perceived threat, when the body produces adrenaline to help us deal more effectively with the crisis. This is part of our survival mechanism – the fight or flight – syndrome. We commonly refer to this burst of energy as an “adrenaline rush.” Unfortunately, Adrenaline Addicts continue to perpetuate the behavior that creates the crisis, long after it is useful to do so. In time, this leads to stress, overwhelming disorganization and a host of other behaviors. For many Adrenaline Addicts, especially women, the body eventually breaks down and sickness follows.

Cheryl Richardson, renowned life coach and bestselling author of *Take Time For Your Life*, states that “more and more people are experiencing Adrenaline Addiction at epidemic proportions.” If an Adrenaline Addict remains unaware of their condition or does not make the necessary changes, adrenal fatigue is the result.

As we continue to talk about the characteristics of Adrenaline Addicts, the costs and payoffs of the behavior and the long-term effects of Adrenaline Addiction on our health, relationships and lives, many of those who hear us tell us that we are talking about them.

Getting The Most Out Of This Book

This book shares with you how we discovered the insidious and destructive nature of our own Adrenaline Addiction. It takes you step-by-step through the recovery program we developed to help ourselves and our clients create a more balanced, less stressful, and ultimately, more fulfilling way of life. It shares seven fundamental principles that we have discovered to be vital in creating a life of ease and grace. Don't just read this book and put it back on the shelf. It is a workbook that will help you transform your life. As coaches, we don't just motivate or inspire, we are committed to giving you practical tools that you can apply in your life so you can make permanent changes.

This book sets forth principles that will act as a guide so you can break free of the habit of Adrenaline Addiction. We start with principles because they are foundational. They are the building blocks upon which you can create the life you truly desire.

We illustrate these principles with our own personal stories or confessions, and those of our clients, and draw insights from those experiences. To recover from any addiction, the process is a continuing journey.

THE RECOVERY PROGRAM

1. Coaching Steps

At the end of each chapter, we give you action steps that you can take to incorporate the principle into your daily life. As coaches, we encourage our clients to action. Change is an inside job and it begins one action step at a time. Being

Adrenaline Addicts, we tend to read a book from cover to cover as fast as we can. But we make a point to read it more thoroughly, making notes and highlighting any ideas of value. We encourage you to underline passages that you find meaningful. Make notes in the margin, or get a notebook or journal. Read one chapter at a time and work through the action steps over the course of the week, integrating them into your daily life. The principles are designed to build on each other, so we recommend that you read them in order. You will be amazed at the changes that will occur.

2. *Declarations*

At the end of each chapter there are declarations. Declarations are positive statements you speak out loud. They are powerful tools to create the conditions you wish to experience in your life. In his bestselling book, *Secrets of the Millionaire Mind*, author T. Harv Eker states that declarations “not only send a specific message to the universe, they also send a powerful message to your subconscious mind.” As you work, tackle a principle each week. Place your hand on your heart and make your declarations out aloud each morning and evening. Take consistent action and watch what happens in your life.

SPECIAL BONUS

If you go to www.adrenalineaddictbook.com and click on “FREE BOOK BONUSSES,” we will give you a list of all the declarations in this book presented in a printable format that you can download and frame.

3. Question To Ponder

As coaches, we spend a lot of our time asking our clients questions. We recognize that our clients are their own best guides. They know what is right for them better than anyone else can – if they really pay attention to their inner wisdom. We encourage them to ponder the question and allow the right answer to emerge. We encourage you to do the same. At the end of each chapter we ask you a question. Reflect on it during the week and write down your thoughts in a journal. You may be surprised at what you discover.

The Power Of Commitment

Finally, we encourage you to sign the agreement on the next page. It is powerful to make a commitment to change and put it in writing. In our coaching circles, we stress the importance of keeping our word. Most of us are far better at keeping our promises to others than we are to ourselves. As Don Miguel Ruiz so eloquently states in his bestselling book, *The Four Agreements*: “Being impeccable with your word is the correct use of your energy; it means to use your energy in the direction of truth and love for yourself.”

Developing the habit of keeping our word to ourselves is vital if we are to make the changes we desire in our lives.

RESOURCES

Take Time for Your Life, by Cheryl Richardson (Broadway Books, New York). Filled with a wealth of exercises, personal stories and resources, Cheryl Richardson shows you how to regain control and create the life you want.

Adrenal Fatigue – the 21st Stress Syndrome, by Dr. James L. Wilson (Smart Publications). A valuable and comprehensive book about adrenal fatigue: what it is, how it manifests itself and how to treat it so you can make a full recovery. For more information about Dr. Wilson's work on adrenal fatigue, visit: www.adrenalfatigue.org/drwilson.php.

The Four Agreements, by Don Miguel Ruiz (Amber Allen Publishing). A classic book that describes four simple but powerful “agreements” that will definitely have a powerful and positive influence in your life if you practice them regularly.

Secrets of the Millionaire Mind, by T. Harv Eker (Harper Business). T. Harv Eker teaches you why you have your current relationship to wealth – “your money blueprint” – and how to change it to a “millionaire mind” and create lasting wealth and success. To find out more about his life-changing programs, visit www.millionairemind.com.

MY AGREEMENT

I commit the next 7 weeks to using this book as a guide to my recovery from Adrenaline Addiction.

I shall integrate the 7 power principles into my life by taking the action steps, doing my declarations, checking in with my partner and pondering “the question”. I am committed to creating a life of more ease and grace.

Your Name

Adoley Odunton & Deborah Deras

*“Until one is committed, there is hesitancy,
the chance to draw back, always ineffectiveness...
the moment one definitely commits oneself,
then Providence moves, too. All sorts of things
occur to help one that would never
otherwise have occurred.”*

— W. H. MURRAY



Confessions Of An Adrenaline Addict

Can you imagine a day spent simply doing nothing without feeling *guilty* about it?

Or a day spent doing just one thing without feeling the need to do something else at the same time?

Neither could we. As speakers, authors, coaches, seminar leaders, cable show producers, wives, daughters, mentors, friends and partners, we have a lot of roles that we play with conflicting obligations and commitments. Our friends would often joke with us and say things like: “Deborah, are you going to work out in between your quest to save the world?” Or “Adoley, when do you find time to sleep? Just hearing about your schedule makes me tired.” We would laugh knowing they were right. If our friends and family wanted to see us, they would have to schedule an appointment at least six weeks in

advance to squeeze into our busy schedules. For years, we were always on the go, the queens of multi-tasking, taking on one project after another, striving to do more, be more, achieve more. No matter how much we did, it never seemed to be enough. For us constant activity was “normal.” It was only gradually, as the price tag became too high, that we realized that our old way of doing things was no longer working. We finally realized that we were Adrenaline Addicts.

ADOLEY'S CONFESSION

Replay

In Spring 2004, I developed a bug I couldn't seem to shake. It seemed like a replay from six years before when I had been seriously ill. In 1995, I had been diagnosed with lupus after months of repeated infections. I found myself consigned to bed rest. From being an overachieving production machine, I became someone who was lucky to get out of bed and walk around the block.

To get better, I had to learn to slow down – to listen to my body and pay attention to what was going on inside me rather than the external goals I usually obsessed over. I began to question everything in my life, my purpose, my career and my friends. It was a complete makeover from the inside out. By the time my journey was over, I had left my career as a television producer to become a life coach. I also became a licensed yoga teacher and a Spiritual Counselor (RScP). I formed my own

coaching company, Lightbearer Coaching, and soon fell into my old ways. As a “solopreneur,” I wore all hats. Like many small business owners, I was consumed with working “in” my business. My office was right in my house and I could work 24-hours a day. My workaholic tendencies came back full force.

Synergy

It was about this time that Deborah and I met. As we became friends, I saw my behavior clearly reflected in hers. We finally had the wisdom to partner up, realizing we could achieve a lot more together than we could alone. That’s why we call our company Synergy Unlimited. By working together, we were much more productive. $1 + 1 = 1000$, as we like to say in our seminars. We had to be on constant watch to hold each other accountable. We would look at each other and say, “Why are you taking that on?”, only to realize that each of us was doing the same thing!

It was a huge step forward for us when Deborah suggested we take Sunday as a day off. Imagine a day with no work, no phone calls, no emails, no agenda or schedule. What a shock for an Adrenaline Addict. At first, I didn’t know what to do with myself. But then having unscheduled time became absolutely delicious. The more rigorous we were at following our recovery plan, the more effective we became in our work hours. Our time literally expanded. We began to give seminars on Time Expansion™ and to write a book on the topic. We kept attracting clients with the same issues and were able to help them transform their lives. Of course, we had moments when we fell off the wagon, but we were able to help each other get back on track.

Our First Big Seminar

All was going well until we decided to put on our first major seminar. Instead of our usual groups of 25 to 30 people, we would create a seminar for 200 participants. We picked a date four months away. We also decided to create a new website, launch a new web newsletter, marketing campaign, press kit and celebrate the official launch party for our new company during this period! All this while we both had other jobs to pay the bills.

In our work, Deborah and I coached our clients on life balance and how to set and achieve goals. We were working on a book about Time Expansion™ – yet in our lives we were increasingly scheduled to the max. Soon I started catching one bug after another. I went from doctor to doctor, taking tests. No one could figure out exactly what was wrong with me. But none of this slowed us down. We just pushed harder.

A Visit To Ghana

On top of this, my father became seriously ill. I went home to Ghana to see him. I spent my time shuttling back and forth to the local Internet café, trying to send emails and work on Synergy projects. I persisted in doing “business as usual”; applying an American pace to an African lifestyle, succeeding only in stressing myself out with self-imposed deadlines that I couldn’t fulfill. By my last week, I was exhausted. I realized I had spent my entire trip working.

Divine Signals

Soon after my arrival, I met a friend of my cousin, Susan, who had psychic gifts. Afi was from Los Angeles and attended the same church I did – but we had never met! She told me that my spiritual guides were trying to talk to me. “I needed to slow down. If I didn’t, I would get seriously sick. I was working too hard and making it harder on myself than I needed.” I wondered about the message, but the part about my work habits rang true. Afi told me to visit a healer in L.A. who could help me. Her name was Dr. Esther Ting. I was amazed at the series of “seeming coincidences” that were being woven together.

Esther was a Doctor of Chinese Medicine I had known several years earlier. We had lost touch, but a month before my trip I had run into her. How odd that Afi would mention Esther!

Just before I returned to the States, my sister, Elizabeth, received a call from her friend, Audrey. Audrey’s sister had been awakened from a dream by an insistent voice that told her to get a message to me. To my shock it was the same message – word for word. A few days later I returned to Los Angeles.

Deborah and I held our weekly strategy session. After we finished, she said, “I met a psychic who gave me a message for you. She told me to tell you that you need to slow down. If you are not careful, you are going to be sick. She said you should have your lungs checked out.” Three wake up calls in three weeks! I had to pay attention.

At Last, A Diagnosis

My doctors ran a host of tests on me. To their surprise, I had no trace of lupus, even though my immune system was clearly compromised. They couldn't figure out what was wrong with me. I made an appointment with Esther Ting. She was the first person to say, "No problem. I can help you get better. Adrenals work too hard. You work too hard. Body on fire. Need to cool down. Must rest. Sleep. Eat well. Adrenals work too hard."

Adrenaline Addiction

My adrenals were working too hard. The phrase stuck in my mind. What did she mean? How could my adrenals work too hard? I scoured the Internet and was introduced to the subject of Adrenaline Addiction.

I had all the classic symptoms. I was an overachiever. I took on too much. I was great in a crisis and produced well under pressure, but failed to plan and would "wing it," producing less than I was capable of. Most of the time, I "got away with it." I enjoyed living on the edge, but often generated a lot of unnecessary drama and my high wire act increasingly created a lot of stress. Life was often chaotic and I felt overwhelmed.

I discovered that the adrenals kick in and produce adrenaline when the body is under stress. Under a perceived threat, adrenaline is produced, giving us the extra energy to deal effectively with the crisis. This is the adrenaline rush we experience. The problem was that I was addicted to that rush and continued to produce adrenaline whether there was a crisis or not. I was in permanent overdrive, producing adrenaline even

when the situation didn't warrant it. The result was that my adrenals were shot. It was time to downshift and learn to use my other gears. When I shared my diagnosis with Deborah, she had a sense of recognition.

DEBORAH'S CONFESSION

Physically Ill

I first became aware there was something wrong with my health in college. I was working full-time, going to school part-time and doing an internship, so I naturally had to push my body a bit harder than normal. I fueled myself with caffeine, sugar and loads of comfort foods. I had no idea what constituted a healthy diet. High carbohydrate snacks kept me going. On the weekends, I rewarded myself with cookies and alcohol. It was a dangerous combination. Eventually, it began to catch up with me physically, mentally and spiritually.

I began to get sick constantly. A normal cold would turn into bronchitis and walking pneumonia. The antibiotics caused constant candida or yeast infections. My immune system would weaken from that and the cycle would start all over again. I expressed concern to my physician about taking so many antibiotics in such a short period of time, but she just blew it off. I decided to seek alternative physicians. I finally found a medical intuitive, Caroline Sutherland, who lovingly nurtured me back to health. She also enabled me to lose the 15 lbs. of fat that protected me from feelings I avoided by keep-

ing busy. She advised me to cut out caffeine, sugar, chocolate, dairy and, most importantly, to limit carbohydrates. These substances were all nourishment to the fungi that was growing inside of me, attacking my immune system. I was devastated. These substances, along with adrenaline, were the fuel I used to stay constantly active.

Despite my physical setbacks, I never saw my way of scheduling myself as the problem. I blamed it on a poor immune system or susceptibility to illness.

Mentally Drained

On a mental level, I began to get highly irritable, restless and discontent. I was very unhappy with my living situation; I hated my weight and was super stressed out by the high standard I put on myself to excel at school and at work. My goals were all unachievable and I would set myself up for failure over and over again, which began to take its toll on my self-esteem.

I thought the problem was my environment, so I kept changing my jobs, residences, and boyfriends. I did not realize that the common denominator in my crazy life was me. Anywhere I moved or went, I was still there and very unhappy.

Spiritually Bankrupt

Spiritually, I felt totally disconnected. Even though I was raised in a reformed Jewish household, I did not have a personal relationship with God. I felt very isolated and alone. Worse of all – I had no higher power to turn to. The disconnection

from my source led me to plummet into a depression, which only exacerbated my physical and mental states of desolation.

My Breaking Point

The final breaking point came one night when I was walking to my car at ten at night after being on the go since six that morning. I hit the clicker on my alarm over and over, looking for my adorable, silver Honda CRX two-seater sports car. I had an alarm on the car and a club on the steering wheel. Had I been so tired that I forgot where I parked? I called the school police, but they could not help me because I was parked off campus. I was trying to save \$40 because money was tight, so I did not buy a parking pass that quarter. They helped me to call the city police. They told me that the area was a prime target for car thieves and the car would most likely turn up stripped for the parts.

Because I was always on the go, I had my life in my car – books, my entire music collection – but most importantly, it was my transportation to live my crazy life. I began to cry when I realized I had no way to get home. The police graciously dropped me off and wished me luck with my insurance company.

This was my first new car that I obtained a loan for on my own. I only had three more payments to own this beautiful car. How was I going to get to work, to school, my internship, the gym and all the other places I had to be to keep up with my accelerated lifestyle? I was forced to take a moment to slow down and reevaluate my life. It was an opportunity to really look at how I was running myself ragged.

Recovery Process

I would like to say at this point, I realized the errors of my ways and slowed down, but I did not. I had no idea I was an Adrenaline Addict. I just thought I had a very busy, full life and liked it that way. Despite many futile attempts to slow down and limit my activities, the empty space would quickly be filled and I would be overwhelmed again. The cycle of illness, mental confusion and spiritual bankruptcy continued to plague me.

It was not until years later when I met Adoley, that I realized I had a more serious problem.



INSIGHT

*We realized we were mirror reflections
of each other. We acknowledged that
we were Adrenaline Addicts...*

The gift of our partnership is that it helped us to see our behavior more clearly – and its impact on our health, relationships and wellbeing. We realized we were mirror reflections of each other. We acknowledged that we were Adrenaline Addicts and set about creating a recovery program for ourselves and developed the tools we share with you in this book.

1

What Is An Adrenaline Addict?

An Adrenaline Addict is someone who has a compulsion to be constantly in action and is addicted to the rush of energy that adrenaline provides. This state of always being “on” takes its toll on the adrenal glands, which, left unchecked, can lead to total adrenal burnout. When we are in a crisis situation, under a perceived threat, the body produces adrenaline to give us extra energy to deal more effectively with the crisis. This is part of our survival mechanism – the “fight or flight” syndrome. This burst of energy is what we commonly refer to as an “adrenaline rush.” Adrenaline Addicts are addicted to that burst of energy. Unfortunately, they continue to perpetuate the behavior that creates the crisis long after it is useful to do so. In time this leads to stress, disorganization and a host of other behaviors. For many Adrenaline Addicts, especially women, the body eventually breaks down and sickness follows.

In his book, *“Adrenal Fatigue, The 21st Century Stress Syndrome,”* Dr. James L. Wilson gives a comprehensive account of the causes, symptoms and treatment of adrenal fatigue. He states that the adrenal glands are known as “the glands of stress” because they are designed to help the body deal with stresses and survive. “Your resiliency, energy, endurance and your very life all depend on their proper functioning.” The glands secrete powerful hormones that influence all of the major physiological processes in our bodies. We cannot live without our adrenal glands and how well we live depends on how well they function.

Adrenaline Addiction creates an imbalance in the function of the adrenal glands. This affects the secretion of the vital

hormones the body needs for optimal health and adrenal fatigue sets in. According to Dr. Wilson, it is estimated that up to 80% of adult Americans suffer some level of adrenal fatigue at some time during their life, yet adrenal fatigue “remains one of the most under-diagnosed illnesses in the U.S.” It is also a condition that can lead to autoimmune disorders, fibromyalgia, respiratory infections, chronic fatigue, adult onset diabetes, hypoglycemia and other diseases.

One of the reasons it is so challenging to really see how destructive and insidious our behavior is that our society rewards us for so many of the qualities that Adrenaline Addicts have. Adrenaline Addicts are often workaholics. They are production machines and love action. They will take on responsibility and perform well in a crisis. They love to “save the day” and get things done “under the wire.” These qualities often make them highly valued in the workplace.

A Workaholic Or An Adrenaline Addict?

How do you distinguish between a workaholic and an Adrenaline Addict?

A workaholic is someone who has a compulsive need to work and lives for their work. A workaholic is unable to set appropriate boundaries between work and other areas of their lives. Work is what they primarily think about and the only thing that makes them truly happy. Workaholics often make unreasonable demands on their colleagues and loved ones, and create enormous stress on themselves and others. They will sacrifice home, health and self for their work.

An Adrenaline Addict is often a workaholic but just because you're a workaholic doesn't necessarily mean you are an Adrenaline Addict.

An Adrenaline Addict is compelled to be constantly in action and is addicted to the adrenaline rush that a crisis creates. They may be great in a crisis, but what is often overlooked is that they frequently generate the crisis so they can save the day and create a lot of unnecessary drama and chaos that sufficient planning could have alleviated.

America has the reputation of being the country where people work the longest hours. In his excellent book, *Timeshifting*, about the effect of time perception on our health and wellbeing, Stephan Rechtshaffen, M.D., points out that “workaholicism is rampant in our society” and that “fatigue syndromes and heart attacks are linked to the excessive stress in the workplace.”

In a society that values and rewards work, predominantly, many of us find our primary identity and purpose through our work. Thus it is only when Adrenaline Addicts push their body beyond its limits, or their relationships are tested to the breaking point, that they realize just how lethal their behavior is. Adrenal fatigue and, ultimately, burnout is the consequence.

SPECIAL BONUS

To find out if you are an Adrenaline Addict
go to www.adrenalineaddictbook.com and take the
FREE Adrenaline Addict Assessment

Deborah and I were at different points on the same curve. Both of us are Adrenaline Addicts and workaholics, but I had pushed my body past its limits and now displayed many of the symptoms of adrenal fatigue. Dr. Wilson calls adrenal fatigue the 21st century stress syndrome affecting millions of people around the globe. He points out that conventional medicine does not yet recognize adrenal fatigue as a distinct syndrome and that it's difficult to detect because you look and act relatively normal. Often a person with adrenal fatigue may not have symptoms of physical illness for a long time and often the symptoms are hard to detect. He describes them as follows:

"Its main symptom is fatigue that is not relieved by sleep...a general feeling of tiredness, a lower sex drive, susceptibility to infections, flu, bronchitis, a lowered immune system, allergies."

I had most of these symptoms for many years and was still performing at a high level. It was only when my symptoms increased in frequency and severity that I began to pay serious attention. As Dr. Wilson says:

"Adrenal Fatigue can wreak havoc with your life. In the more serious cases, the activity of the adrenal glands is so diminished that you may have difficulty getting out of bed for more than a few hours per day. With each increment of reduction in adrenal function, every organ and system in your body is more profoundly affected. Changes occur in your carbohydrate, protein and fat metabolism, fluid and electrolyte balance, heart and cardiovascular system, and even sex drive. Many other alterations take place at the biochemical and cellular levels in response to and to compensate for the decrease in adrenal hormones that occurs with Adrenal Fatigue. Your

body does its best to make up for under-functioning adrenal glands, but it does so at a price.”

Like many of the patients Dr. Wilson writes about, I spent years visiting all kinds of doctors before I was successfully diagnosed. Fortunately, through the recovery program Deborah and I created, I had already made the critical lifestyle changes necessary to help restore my health. The writing of this book has been an enormous blessing to me, because it finally led me to the correct diagnosis, doctors and treatment for my condition. Now that I have an understanding of adrenal fatigue, I have begun implementing the nutritional and dietary changes that are vital to rebuild my adrenal system. I can finally say I am on the path to full recovery.

Wake-Up Call

This book is intended as a wake-up call to all those of you who may already be on the path of Adrenaline Addiction, so that you do not allow yourself to become a victim of adrenal fatigue, as I did, by continuing on this course unchecked. We have defined four stages of Adrenaline Addiction. Review the chart on the following page to see what stage you are at.

Four Stages Of Adrenaline Addiction

STAGE ONE: LOVE THAT ADRENALINE RUSH

- You get a high from performing in a crisis or meeting a deadline.
- You're always on the go.
- You enjoy the attention you get for all you do in a 24-hour period. It adds fuel to the fire, encouraging you to do even more.

STAGE TWO: I'M AN ADRENALINE ADDICT

- You're in constant activity focused on producing.
- Any downtime is perceived as wasted time.
- Fear of not reaching your goals pushes you beyond your capacity.
- You start getting stressed, having physical breakdowns, are on a short fuse, emotionally.
- You have difficulty focusing on any one project and it is hard to connect spiritually or be satisfied.

STAGE THREE: ADRENAL FATIGUE

- You get less and less results for the same amount of effort.
- You don't bounce back as easily from stressful situations.
- You get sick more often – flus, allergies, respiratory infections.
- You feel tired. Even when you sleep, you don't feel rested.

STAGE FOUR: ADRENAL BURNOUT

- You can no longer produce.
- You are exhausted, depleted of energy and unable to focus on anything.
- Your immune system is compromised, causing you to be susceptible to any one of a variety of serious illnesses.
- Whether you like it or not, you are forced to rest and make major lifestyle changes, or get sicker.

At Stage One, life is good. Who would want to change it? At Stage Two, alarm bells go off. In my case, at Stage Three, I knew that I had to either make the changes or have them forced on me. If you or someone you know are at Stages 2 or above, this book is for you. Take the Adrenaline Addict Assessment at www.adrenalineaddictbook.com.

A New Way Of Life

When Deborah and I hit rock bottom, we decided to make permanent changes in the way we approached life and in our daily habits. We tried and tested each of the strategies and tools we offer you, and can say to you *they work*. They have worked for us and in the lives of our clients. They require commitment, an honest assessment of your life and your values, and a willingness to change. You will make mistakes. It is a process of recovery that you will learn to take one day at a time.

What about you?

Has your life been unmanageable, with you running around constantly doing more and more?

Do you feel constantly overwhelmed by all of your commitments?

Perhaps you are tired of being always on the go and yearn for a simpler, more relaxed way of life.

Follow the seven principles in this book and discover how you can create a life where you don't have to sacrifice one part of yourself to realize another. We believe that it is possible to have success, balance and fulfillment in your life. This book

will give you the keys to creating a life of more ease and grace.

We want to hear from you. Show us that you are really committed to your wellbeing by going to our website www.adrenalineaddictbook.com and signing up. It's free. We will e-mail you a certificate of commitment commemorating your critical first step. Or write us at Synergy Unlimited, P.O. Box 11677, Marina del Rey, CA 90295, and tell us you are committed.

RESOURCES

Dr. Esther Ting, Tings Healing Center, 2121 Cloverfield Blvd. Ste 133, Santa Monica, CA 90404 310-315-0455. A wonderful healer, Dr.Ting comes from four generations of Chinese doctors.

Religious Science Practitioner, (RScP). A Practitioner is a spiritual counselor who is trained to help people use prayer to solve problems and to correct situations. Find out how you can work with a practitioner at www.religiousscience.org/practitioner.

The Body Knows, by Caroline Sutherland (Hay House Publishing). She was the first medical professional who helped Deborah discover why she was tired, sick and craving sweets and bread. She is a medical intuitive who lectures internationally. For more information, you can go to her website at: <http://www.carolinesutherland.com/>.

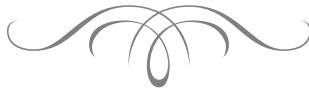
Time Shifting, by Stephan Rechtschaffen (Broadway Books New York). This fascinating book shows how we can alter our relationship to time and regain control over our lives through the practice of timeshifting. Dr. Rechtschaffen is the President and Founder of The Omega Institute for Holistic Studies. The institute offers conferences on yoga and meditation, women issues and overall spiritual and personal development. For a catalogue, call 1-800-944-1001.



— 1 —

POWER OF CHOICE

*“We always have a choice.
We choose how to respond
to our circumstances.”*





*"The last of the human freedoms
...is the ability to "choose" one's attitude
in any given set of circumstances."*

— VIKTOR FRANKL

4 ADOLEY'S CONFESSION

“It’s easier to be kidnapped by a terrorist than for a thirty-five year-old woman to find a husband!” the headlines screamed. The newspapers and talk shows were filled with doom and gloom about a new study that condemned thousands of women to single lives if they were over 35. Here I was, 36-years-old and planning on leaving my first husband. Several of my girlfriends declared flatly that I was “crazy.” As my cousin, Susan, put it, my husband was a “smart, attractive, good black man” who didn’t beat me. All of that was true, though I had never thought of “not beating me” as a criterion for a good husband! In fact, Johnny and I were good friends, but I knew deep down that our brother/sister relationship was not the basis for a long-lasting marriage. I had an intuitive belief that “somewhere out there” I was destined to meet my perfect partner. I soon discovered that the prevailing “conver-

sation” among single women in L.A. over 30 was about how difficult it is to meet “a good guy.” And if it was bad for white women, the odds for educated, black women were even worse. Apparently I was doomed to be forever single.

Footloose And Fancy Free

For the first year after my divorce, I didn’t care. I just wanted to experience my freedom and reconnect with myself. I enjoyed dating, but I wasn’t looking for commitment. Eventually, things changed. I noticed that many of the men I dated “choked” after the first couple of dates. They would lavish attention on me at the beginning of the relationship and then disappear or stop returning calls. I would meet someone, date for a while, but it never felt right. After a while, I stopped dating and just hung out with my girlfriends. My life was great. I had a beautiful condo at the beach, a good job and I was directing my first movie. All I needed was a great guy to share it with. But there were none in sight. Soon, I began to join in the “single women’s lament.” We would talk about how difficult it was to find the right guy. Needless to say, it was a self-fulfilling prophecy.

The Law Of Attraction

About this time, I began taking Science of Mind classes at my church, Agape International Spiritual Center. I learned about Universal Law and the power of our mind to create the conditions in our lives. The Law of Attraction states “like attracts

like.” Thoughts of lack would produce more lack. If I wanted to have a wonderful relationship, going around telling myself that it was difficult to find good men was not the best use of the law. If I believed good men were hard to find, I would keep producing that result in my life. If I really wanted to have a relationship, it was time to get rid of my negative beliefs.

Putting The Law To Work

I went home and wrote down a list of 20 qualities that I wanted in the man I would marry. I put the list in an envelope and put it away. When my friends started to complain about not having a date or not meeting any men, I would tell them my ideal mate was on the way. I practiced affirmations – “I meet fabulous men everywhere.” “My ideal mate is in my life right now.” “I have a wonderful and loving partner.” And the amazing thing was that I began to meet men all the time. They weren’t necessarily my “ideal,” but they were “good guys” and I had much more fun.

One evening I was with my friend, Bruce, a gifted writer and poet, and we were talking about the dating game. He joked that his theme song was “They’re singing songs of love, but not for me.” It was a typical Bruce line, funny, clever and, unfortunately, true. Despite all the available women who expressed an interest in Bruce, somehow the one he wanted was never truly available. I decided it was time for me to pick a theme song to go with my list.

Somewhere Out There

I went to the record store and over the intercom, they were playing a duet by Linda Ronstadt and James Ingram: “Somewhere Out There.”

*“Somewhere out there,
Beneath the pale blue night,
Someone’s thinking of me,
And loving me tonight.*

*Somewhere out there,
Someone’s saying a prayer,
That we’ll find one another,
In that big somewhere out there.”*

That was the perfect theme song for me. I learned all the lyrics and played the song in my car, in the shower and at the beach.

I decided my perfect partner in my life was already in my life right now, I just didn’t know it. That meant I didn’t need to worry anymore and should really enjoy my single life because it would end all too soon. I spent my time exploring, doing things I wanted to do, going to Cancun with a girlfriend, hiking by myself in Hawaii. I had a great time.

As my focus shifted, my circle of single girlfriends fell away. We seemed to have less in common. Within six months, I began dating the man who would become my husband. It turned out Jim had been in my life all the time. In fact, I had gone on one or two dates with him a year before. We began dating again. Two years later, we married.

A year later, we were walking by the ocean and a jogger ran by us playing “Somewhere Out There.” I told him what the song meant to me and that it had been the theme song I sang the year before he came into my life. I began to sing the lyrics. To my surprise, Jim not only joined me, he knew all of the words. He told me that it was one of his favorite songs too. He had bought it at around the same time I did and played it over and over again.

*“Somewhere out there,
If love can see us through,
Then, we’ll be together,
Somewhere out there,
Out where dreams, come true.”*

Just as the song said, even though we were far apart, we had been wishing under the same bright star, sleeping under the same big, blue sky and love had brought us together.

When we went home that evening, I went and searched in my drawer for the list I had written and read it to Jim. He had all the qualities on my list. He smiled at my obvious pride in my powers of manifestation, but with characteristic humor had just one comment: “You could have added that I was a millionaire.”



INSIGHT

*We always have a choice as to
how we can respond to circumstances.
What we choose to believe and how we respond
will determine our experiences.*

We always have a choice as to how we can respond to circumstances. What we choose to believe and how we respond will determine our experiences. Despite the headlines and conventional wisdom about the difficulties of finding a partner over 35, I went ahead and ended my first marriage. I chose to believe that I would find my perfect partner. I acted on that belief and I did.

PRINCIPLE

“We always have a choice. We choose how we respond to our circumstances.”

Many times we act like victims and give away our power in situations. We blame people, places and things for our circumstances. We blame our boss, our job, the economy, the city we live in, our background, age, finances and on and on. But even

when we abdicate our capacity to choose, we are making a choice: to be powerless and accept the status quo. Once we claim our power in the situation, we can be pro-active and create new possibilities.

Last Of The Human Freedoms

The story of Viktor Frankl is a powerful reminder that we are never mere victims of our circumstances. Frankl was a psychiatrist and a Jew, who was imprisoned in four Nazi death camps during World War II, including Auschwitz and Dachau. His entire family, except for his sister, died in the camps. He suffered torture and countless indignities. During this time, he discovered what he called “the last of the human freedoms” ...the ability to “choose one’s attitude in any given set of circumstances” (excerpted from *Man’s Search for Meaning*). Viktor Frankl realized that he would never be a victim unless he chose to be. While his jailors had control over his body, they could not control his mind unless he chose to give them that control. He made up his mind to do everything to develop and strengthen his mind. He used his memory, imagination and his capacity for self-awareness. He survived the camps and taught many of his fellow prisoners to do the same. Later, he shared the powerful principles he learnt with others.

When we hear stories like Viktor Frankl’s we are inspired, but may feel this is outside the range of our own experience. Yet in our own lives there are heroes who make powerful choices. I have a personal hero who is a powerful demonstration of this principle. My friend, Stephani Victor, is an inspira-

tion to me and countless others because of the powerful choices she has made in her life.

When I first met Stephani, she was the epitome of the California golden girl – a USC graduate, blonde, athletic, beautiful and smart as a whip. All her life she had dreamed of becoming an actress and had just landed her first roles on stage and film. Her whole life was in front of her. Just a few days before Christmas, she was standing in a driveway with her former boyfriend when she was hit by a mini-van. The driver lost control of his car when it hit some construction debris left in the road. The car jumped the curb at 25 miles an hour, crushing Stephani between two cars and taking her legs out from under her. In an interview with the paramedics some time later, they told me that she looked as though “she had stepped on a landmine.” Stephani’s injuries were extensive. She had lost a lot of blood. Her life hung in the balance. In order to save her life, the doctors had no choice but to amputate both her legs above the knee. In a split second, it seemed as if all Stephani’s dreams and hopes were shattered. Miraculously, she made it.

Later from her hospital bed, Stephani told us how she died for a few minutes at the time of the accident. “At that moment I made a choice. I asked God for my life and I made a choice to stay.” She knew that God had a plan for her life and she was surrendering to it. Stephani made the choice to live. And *live* she has.

From that moment she activated the Power of Choice in her life, making conscious choices on a moment-to-moment basis. Recognizing that life offers no guarantees, but in absolute faith and conviction, she made not just one, but a series of difficult and extraordinary choices that have allowed her to carve out a

remarkably rich life, living at an intensity that many dream of. A graduate of USC's famous film school, she made the extraordinary choice to document everything that happened to her on video almost immediately after her accident, including subsequent surgeries. With her amputation level above both knees, Stephani was told that she would never walk again. She refused to accept this as a given. She did extensive research and discovered that there was a surgeon performing a breakthrough procedure that could "grow the bones of her legs" so she could wear prostheses and participate in sports. In an environment where individuals have little recourse against the decisions of their insurance companies, she took on her HMO and fought to have this out-of-network surgery. She won.

Stephani tolerated this excruciating procedure, going through 10 surgeries over a period of three years so she could add six inches to each leg. This was just enough to allow her to wear a prosthesis and, most importantly, to participate in sports. A gifted athlete, Stephani participated in every sport available to her, including swimming, water skiing, jet-skiing, scuba diving, wheelchair tennis, basketball, kayaking and mountain biking. Little did she know that these years of training were preparing her for a role of a lifetime.

In 1999, Stephani went to Park City, Utah, where she met Marcel Kuonen, a famed Swiss ski champion. A ski lesson led to an amazing partnership. Kuonen became her coach. In three short years, Stephani has become an Olympic Champion skier. Her skiing success reached an all-time high in 2004 when she won a Gold, Silver and Bronze medal in Slalom, Super G and Downhill, respectively. She also won the coveted Overall World Cup title in Slalom, with a total of six World Cup

Victories. She is now on the US and Olympic Teams and travels all over the world. Stephani has continued her career as an actress and filmmaker, starring in television and film and is an internationally recognized public speaker, who has inspired thousands of people to believe that “anything is possible.”

I have seen Stephani go through profound loss. In what Stephani calls “her greatest tragedy” her beloved mother, Chloe, my dear friend, died four years after Stephani’s accident, of cancer, in a matter of a few weeks. Stephani has not only survived loss and tragedy, she has turned it into an amazing gift to all who come in touch with her. In September of this year, she married the man she loves, Marcel, her partner and ski coach.

When I look at Stephani, she reminds me so powerfully that “anything’s possible” when we refuse to be a victim of our circumstances. I am humbled, and in awe of her extraordinary accomplishments. But I am also inspired and know that anything is possible, if Stephani can do it.

Responsibility Is A Choice

Many times we have clients who come into the Circle who are feeling stuck in their lives. They join the Circle because they want to move forward and create the results they desire, more easily and joyfully. Claire was a new member of our Synergy Circle who complained about feeling trapped. Her husband worked in the family business and came from a close-knit family. Their cultural traditions meant frequent visits with his extended family. Claire complained about her mother-in-law who insisted they attend weekly family gatherings. Claire felt

frustrated because they never had enough time for their own family. Her attitude was a familiar one. She had to do something she didn't want to. Her mother-in-law was forcing her to act against her will. She was the victim of a dominating, selfish woman, with no control over her situation. Every suggestion that was made in the Circle to give her an alternative was met with defensiveness or an argument. She couldn't tell her husband how she felt. She couldn't limit the number of visits a month. She couldn't find a focal point for the visits that would make them more tolerable. When we gave her feedback, she insisted on arguing for her position. It was clear that Claire was more comfortable with the familiar role of victim.

Power Of The Circle

I explained how the Circle worked. We drew on the power of the group by practicing the principle of synergy. This meant that when the group gave feedback, we simply listened instead of arguing or defending our position. Our mastermind group was there to offer us possibilities. By listening, we gave ourselves the space to truly consider them. Later on, we could decide what to use and what to reject. The practice of listening might offer her new perspectives to make choices from. Claire finally listened and didn't say a word.

The next week, she admitted that she realized she had been avoiding acknowledging her true feelings to her husband. She pretended she was going to her mother-in-law's for her husband's sake, but mostly it was because she didn't want to make waves and deal with criticism from his relatives. By not choos-

ing to acknowledge her true feelings to her husband and his family, Claire was choosing to sacrifice her feelings and the needs of her family, in order to maintain the status quo. The Circle gave her the impetus to discuss the matter with her husband. They would take one weekend a month for their family alone. She was now choosing to go to family gatherings for the whole family’s sake, and asked for feedback as to how she could make the visits more enjoyable.

A month later, Claire announced that she was creating a family history with her children. Visits with “Grandma” were now an opportunity to share photographs, stories and tape accounts of the family’s history.

Whenever we choose, we exercise our creative power. It means we accept that we *have the ability* to choose. We take responsibility for ourselves, and our capacity to create our lives.

It is much easier to be a victim, reacting to circumstances and abdicating our responsibility. Notice how often you use language such as “*I should*” or “*I have to*” rather than “*I want*” or “*I choose*.” When we accept responsibility, we take on the role of someone who has the power to create conditions and make conscious choices about our experiences. As victims, we are powerless, reactive and at the mercy of people and things around us. Adrenaline Addicts will often talk about the demands of their work, the pressure of time, the overwhelming number of commitments and obligations they have, the demands bosses, husbands, children and career are imposing on them rather than admitting that often times their stress is self-imposed. They fail to set boundaries for others and for themselves. They often made assumptions about other people’s expectations of them and have unreasonable expectations of themselves. Conditioned

to “do it all themselves” they don’t ask for help and push themselves unnecessarily. Part of the process of recovery for an Adrenaline Addict is in relinquishing the victim role and taking responsibility for the choices they make.

But it’s also important to acknowledge that sometimes we just feel plain stuck. That, like Claire, we really cannot imagine any other possibility. This frequently happens to Adrenaline Addicts when they get caught up in their reactive habitual behavior.

When we were writing this book, Deborah and I created a schedule indicating when our chapters would be written and delivery dates to each other. We scheduled in time for rewrites, sessions when we would work on the chapters together, and selected a delivery date to our editor. We wanted to have the book ready for a series of speaking engagements and a major conference in August. Deborah was going to Mexico and would be difficult to reach. The book would have to be completed before she left.

For the first couple of months we were on time and on schedule. Then “life started to happen”: unexpected work commitments, a trip out of town, last minute speaking engagements and workshops. Our workload and commitments increased, but the schedule stayed the same. Being Adrenaline Addicts, we reverted back to our old ways as the deadline approached. I was producing a big event, Deborah was leaving for Mexico in a week and our editor was waiting for the manuscript. We went into overdrive. We worked all weekend and prepared to write every available hour of the following week before Deborah left. Right on time, my body gave me a “Slow Down” signal. I pulled my back out schlepping boxes that were too heavy for me because I

was in too much of a hurry to wait for help. Still, we pressed on.

Fortunately, our “accountability angel” stepped in. Deborah called me one morning after meditation to share an “A-Ha!” moment. Our printers had informed us that there was no way they could meet our delivery schedule. We wouldn’t get the book till late August. Yet we were so caught up in the adrenaline rush of production that we were still working towards our previous deadline. Our conversation had become filled with “*I can’t do X*” because “*I have to do Y*”. Both of us were feeling stressed out but didn’t want to disappoint the other by not meeting it.

Turning Point

We realized that we were *creating* the stress we were experiencing and other options were available to us. Our deadline was self-imposed. If we created it, we could change it. It was time to ask ourselves a new question: How could we complete the book, even while Deborah was in Mexico? How could we take advantage of our speaking engagements in August, even if we didn’t have the book in hand? As soon as we focused on these new questions, we found creative solutions. Deborah could make arrangements for us to communicate via email and we would focus on completing all the parts of the book we needed to complete together. I could add any research information while she was away. We could pre-sell our book at the conference and offer purchasers an e-book that they could have right away while they waited for the book to be delivered. Our pre-sales would also help cover our printing costs!

We created a much more reasonable schedule that allowed

us to complete the book, but take care of the other aspects of our lives. Under less stress and with more time to reflect, we found we produced much better work.

When you feel stuck or that you have no choice, it is time to ask yourself a different question. Scientists tell us that human beings have 65,000 thoughts a day. Unfortunately, many of them have the same thoughts over and over again! When you feel you have few options or none, you are probably thinking the same thoughts and having the same inner conversation. Make the choice to change the conversation. Instead of focusing on what's wrong with the situation, ask yourself: "What opportunity lies in the situation that I can't yet see?" This opens up possibilities that may not have occurred to you.

One of our clients, Rachel, a wife and working mother of three teenagers, complained constantly about how overwhelmed she was and the lack of balance in her life. Her husband was a traditionalist. He expected a cooked meal when he came home. Her children expected Mom to run the household, do the shopping, the laundry etc. and be the family chauffeur. She never had time for herself. She was overwhelmed and believed there was nothing she could do about it.

In the Circle, she was encouraged to assess her priorities and see where she was failing to act in accord with them. She began to realize that her priorities had changed at this point in her life. Secretly she longed to go back to school to get the degree that she never finished, but she believed it was impossible. What she wanted most of all was to improve her education so she had better career choices and higher earning power that would benefit the family as a whole. Through coaching, she realized that by focusing so much of her time and energy

on household duties and chores, she was not acting in the long-term best interests of the family as a whole. She also began to acknowledge that she hadn't really attempted to set boundaries for her family, or ask for their help. She assumed she already knew how they would respond and secretly took pride in being seen by others as “Supermom” who could do it all.

We suggested she schedule a meeting with her husband and children. To her surprise, they supported her plan to return to school. Together they created a family action plan to share household responsibilities and duties and a budget that allowed her to return to school. Within two years, she successfully obtained her degree and began a new and more satisfying career. Her family is now reaping the reward of the extra income.

COACHING STEPS

1. Take Responsibility

Pick an area of your life where you may be blaming others or your circumstances for your situation. Make a list of all the things you can take responsibility for in the situation. Choose one action step you can take to move forward.

2. Practice This Declaration

Identify a situation in your life where you feel stuck and you are resisting the situation. Practice this daily declaration: “I am exactly where I am supposed to be.” Allow yourself to relax

and ask yourself this question: “*What opportunity is there for me in this situation that I can’t yet see?*” Reflect on this question as you listen to relaxing music, meditate, or take a walk. Set aside 10 minutes a day to just “ponder the question.” Journal any ideas that come to you. Maintain the daily practice, even if nothing comes to you at first. You will be surprised at what you’ll discover by the end of the week.

3. Make A Choice

Write about what comes up for you when you hear: “You always have a choice.” Where in your life do you feel you don’t have a choice? What is missing or what do you need in those situations to feel you have a choice? What action can you take or what choice do you need to make to give you power in the situation? Write for 30 minutes. Use a timer. We find that using a timer is very effective to get you in action.

DECLARATIONS

1. I always have a choice.
2. I choose how I respond to my circumstances.
3. I live in a world of infinite possibilities.
4. I create through the choices I make.
5. I choose to take responsibility for my life.
6. I am responsible for my choices.
7. My choices support and empower me.

QUESTION TO PONDER

Where in my life am I choosing to remain stuck?



Incorporating the power of choice into your life is an empowering tool that puts you in the driver's seat to choose activities that support your highest good.

Now, we're ready to explore how surrender can empower you to let go of your superhero cape while still achieving your goals...

RESOURCES

Man's Search for Meaning. Washington Square Press Pocket Books, a division of Simon & Schuster, 1959. A landmark book and deeply moving account of renowned Viennese psychiatrist, Viktor E. Frankl's internment in Nazi concentration camps during the Second World War, and his search to find reasons to live.

To see pictures of Stephani Victor and learn more about her appearances, go to www.adrenalineaddictbook.com.

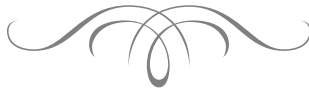


— 2 —

POWER OF SURRENDER

“Choosing to surrender
allows us to be receptive.

It can be an act of
strength and courage.”





*"To choose to surrender rather than maintaining
a position, resisting or opposing can be
the ultimate act of maturity."*

— ODUNTON & DERAS

A WHERE THERE'S A WILL THERE'S A WAY

Surrender and I have had a difficult relationship. Like most Adrenaline Addicts, I'm wired to believe that I can make things happen. I have a strong will and most of my life I have been able to manifest the major things I wanted using my will. Even when I ran into roadblocks, if I persisted, things generally worked out. Three years after my divorce, I had married Jim when many of my girlfriends were stuck in a belief that there were no good men out there. I decided that we would go to Ghana for a "traditional African wedding" even though we didn't have the money to do it. I bought tickets, made plans, and acted "as if" the money was there, the wedding was on, and two weeks before we were supposed to go, Jim got his first television writing assignment which paid for the entire trip and wedding. We had bought a terrific three-bedroom condo in a competitive market when on paper we didn't have the credit or the

ability to buy. We believed we could do it. We visualized the home we wanted down to the exact specifications and, sure enough, Jim received an unexpected financial windfall, the financing fell in place and we purchased our dream home.

Getting Pregnant

Life was good. We had each other, a beautiful home, great friends and family. I had just finished producing a movie. Jim had a couple of writing assignments. The only fly in the ointment was the fact that we couldn't get pregnant. Here was one area of my life that I didn't seem to be able to control. We had been trying to get pregnant for a couple of years and my biological clock was ticking. So much of my early life had been spent avoiding pregnancy it seemed ironic that now I wanted to get pregnant, I couldn't. Like many couples with fertility issues, we tried alternatives. Nothing worked. Getting pregnant became the major focus of our lives.

Finally we decided to try in vitro fertilization. This is an expensive and time-intensive procedure. It was going to cost us \$8,000. Funds we didn't have. But for an adrenaline addict, where there's a will, there's a way. We made sacrifices, found the money, a good doctor and began the process.

In Vitro Fertilization

We now handed our love life over to technology as we began the process to create life in a lab. For 10 days, Jim gave me injections as I couldn't stand to inject myself! I had a foretaste

of what menopause would be like as I started experiencing hot flashes on a regular basis. Finally my eggs were ready to be harvested. Typically, women produce from five to 15 eggs. I only produced four. Egg and sperm were finally united and two embryos were placed inside me. We had just two chances to get pregnant. It was two weeks before we found out. The wait seemed interminable. Even though I knew the odds were against me, I was sure I would beat them. I didn't. We were bitterly disappointed. I wanted to try again. Surely, it would work a second time. My doctor gently suggested that we use a donor – a younger woman. I wasn't producing enough eggs and they were too old. Like many of my contemporaries, I had bought into the idea perpetuated by the media that women were in control of our lives and could delay childbirth with impunity. I had always taken it for granted that when I was ready, I would be able to have children. Now I realized that nature had its own time line. I felt as if I had failed as a woman but there was no turning the clock back. Here was another thing I couldn't control. At least I would have the experience of childbirth and the baby would have Jim's genes. The only problem was money. We had already put considerable stress on our finances. Now we had to start the process again. Somehow, we found the money.

A Donor

Finding the right donor was an emotional and time-consuming process. We studied profiles of different potential donors, short-listed them and finally found one that seemed right for

us. She was a beautiful, bright, young woman with similar values and qualities. We exchanged letters and connected. We were a good match. Then the medical process began. I was put on a course of hormonal treatments to prepare my body to receive the fertilized egg. Our donor went through a procedure to give her eggs and Jim gave his sperm. Youth definitely had the edge. She produced eight eggs. Double what I had. A few days later we received a call saying that four of the eggs had fertilized. We now had four chances to get pregnant. I went in to hospital and the fertilized eggs were placed inside my womb. I was sent home and placed on bed rest for three days. I was to lie down and keep movement to a minimum. For an Adrenaline Addict that was a challenge. I have to admit even under these circumstances that were so important, I would find myself wanting to get in action and go to the computer to work, or to make phone calls or to do some task around the house. It was just so hard to be still. For the most part, I stayed in bed and read, but I'm ashamed to admit that once or twice I cheated and got up and worked on my computer.

The Waiting Game

The following week we went back to the doctors and they took a blood test. We were on pins and needles as we waited to find out if we were pregnant. The hours dragged by as we waited. Everywhere we went we seemed to see mothers with babies and toddlers. I would watch Jim's eyes following them – he adores kids – and I would imagine what it would be like having our baby. I bought a couple of outfits for the baby. I “knew”

we were going to have a girl. We'd already picked out her name: Olivia Dzifa Proser. It had a nice ring to it. "Act as if" they told us in my metaphysics classes. "Act as if" it has already happened and it would manifest. Jim's birthday was coming up. My being pregnant would be the perfect present.

The Birthday Dinner

On Jim's birthday, I took him out to dinner at Geoffrey's in Malibu. Geoffrey's is a beautiful restaurant with stunning views overlooking the Pacific Ocean and the perfect setting for a romantic evening for two. We were just on our way when the phone rang. It was my doctor. "Adoley, I'm really sorry. I wish I had better news...." He continued but I really didn't hear him. I already knew. It hadn't worked. I wasn't pregnant. I was stunned. For a while I didn't feel anything. Jim finished talking to the doctor and came and held me. We clung to each other silently. After a while, he asked if we should cancel dinner. What was the point? We would just sit at home and be miserable. It was still his birthday. I insisted we go to the restaurant.

As we drove in our white sports car down Pacific Coast Highway to Malibu, the sun was setting over this beautiful stretch of highway that overlooked the Pacific Ocean. It was a perfect California evening and to anyone looking down at us, we would seem like the couple who had it all. And yet, in that moment, we had lost the one thing that we wanted so much. As I sat in the car, I realized this was something I couldn't will into existence. This was something I couldn't control. Tears

began to fall silently down my cheeks.

We went to dinner in silence. We were seated at a table with a glorious view. We ate dinner by candlelight and drank wine as the sun set. To this day, I have no idea what we ate. Gradually we began to talk. Should we get further in debt and try again? Quietly we explored our options, then tabled the discussion for later. It was a bittersweet evening.

Later that night, I prayed, asking for guidance as to what our next step should be. In the morning I felt very clear. We could continue to force the process but the financial and emotional toll was too high. It was time to surrender and let go of the idea of “our” child, with our genes, our flesh and blood. It was a really hard thing to do. As my coach, Breck, said, sometimes “your fantasies have to die for your dreams to come true.” And sometimes fantasies die hard – especially for an Adrenaline Addict. For a long while I felt guilty, what if I had stayed in bed every second. Eventually, I surrendered. Life moved on. Jim was ready to adopt but somehow I found reasons to delay.

Letting Go

One day at church, my minister, Reverend Michael was baptizing a little boy at one of our “family style” baptisms in which the entire congregation joins in taking responsibility to raise the child. He quoted Kahlil Gilbran reminding us that each child comes *through* the parents not *of* the parents. The child is his own person, with unique gifts and a purpose. The parents are there to provide the space for the child to *discover* itself.

In that moment, I realized that it was time to surrender the idea that this child was an extension of us. It really didn't matter if we had a child of our own flesh and blood, we were there to simply create a loving space for a child to realize itself. In that *moment of surrender*, the possibility of adoption became not a second best because we couldn't have our own child, but a wonderful opportunity to receive an incredible gift. We have begun the adoption process and I absolutely trust and know that we will receive the child that is meant for us.



INSIGHT

*When we chose to surrender and accept
“what is,” it opens the doorway for acceptance
and allows us to move forward.*

When we chose to surrender and accept “what is,” it opens the doorway for acceptance and allows us to move forward. This doesn't mean we deny the feelings of loss, pain, sorrow and anger – we feel them but are not forever bound by them.

Resistance Leads To Suffering

Many of our clients, especially the Adrenaline Addicts, pride themselves on their ability to produce results and achieve goals.

It's uncomfortable and frightening to admit that they have no control or that they can't have what they want no matter how hard they try. This resistance can produce a lot of suffering.

As Iyanla Vanzant so powerfully puts it in her book, *Faith In The Valley*: “Resistance is when an immovable force encounters an unrelenting energy.” Sometimes we simply have to accept “what is” and let go.

Accepting “What Is”

Webster's dictionary defines surrender as “to yield to the possession or power of another,” and “to give one's self up.” Other words used by the dictionary to describe surrender are to submit, abandon, forego, relinquish, and renounce. These words don't make you feel very good about surrender. So when we face a situation that's not going according to our plans, what do we tend to do? We resist or oppose the situation. We keep telling ourselves this shouldn't be happening and resist “what is.” “What we resist persists” and we suffer terribly in the process.

In And Out Of Control

The paradox of life is that we are both in control – and not in control. There is a reality bigger than ourselves over which we have no control. When we face loss (the death of a loved one), when we want something we can't have, no matter what we do (a child, someone we love who doesn't love us back), when we do everything in our power to make something happen and we just can't make it happen (we pursue a dream or goal and it just

doesn't work out), the most challenging thing is to know when to surrender and to be willing to do so.

One of the challenges Adrenaline Addicts often face is surrendering to the idea that they actually *have* an addiction. Many of the qualities that an Adrenaline Addict has – being in constant activity, being goal oriented and constantly producing are qualities that are admired and rewarded in our culture. It can take a while to realize that there is a downside to this behavior when it's carried to extremes. It took me the best part of a year to realize just how seriously I needed to take my condition. While I referred to myself as an Adrenaline Addict, it was still an intellectual concept. Deborah had struggled with addictions and been in 12-Step Programs, but I had never considered myself an addictive personality. I didn't drink, smoke, do drugs or overeat. I felt like I didn't have any serious addictions. I *talked* about being an Adrenaline Addict, but I didn't really *feel* that I was one until I reached a crisis point in my marriage.

I was on deadline on several projects for Synergy and had fallen behind. Instead of telling Deborah how things stood and asking for help, I reacted the way I generally did in a crisis. I tried to control everything. I assumed I had to do it all myself. I was caught in a frenzy of activity that consumed me. I was constantly in action, but increasingly less and less effective. I pushed myself to do the impossible and ended up overwhelmed, exhausted and depleted. I wasn't getting the job done but seemed unable to do things differently. I was up at the crack of dawn, scheduled to the max throughout the day and working at the computer till the wee hours of the morning.

Finally, Jim came in and switched the computer off.

“Adoley, I’ve had it. If you get sick again, I’m going to leave you. I won’t live with someone who doesn’t care enough about herself or our relationship to take care of herself.”

I realized my husband was dead serious. He had nursed me through my years of sickness six years before and had been amazing. I knew he loved me very much, but I also saw that he was tired of the way I burned myself out. For the first time, I realized that I was in the grip of behavior that I had no control over. I finally had to confess to my addictive behavior and admit that I was powerless to change it on my own. I needed help. Deborah read me the definition of an addict from Alcoholics Anonymous. It was only then that I realized at a profound level that I was, in fact, an Adrenaline Addict.

In order to recover, we need to acknowledge that we are Adrenaline Addicts and that our behavior is out of control. We need to realize we can’t simply rely on ourselves to monitor our behavior but that we need help and support. Deborah and I have been able to support each other by seeing our behavior reflected back to each other – but because we are both Adrenaline Addicts, we need to be able to see when we go off course. That’s why we developed these principles to provide a foundation for recovery, and created an ongoing coaching program to help you maintain balance.

In order to support you in staying on track, Synergy Unlimited has a free teleconference each month to motivate, inspire and support your success. For information call 1-877-290-6582 or book@synergyunlimited.net.

Surrendering to the idea that we are Adrenaline Addicts is not helped by many of the cultural myths we have about what it means to surrender.

MYTH # 1 – QUITTERS ARE LOSERS

Adrenaline Addicts are Type A personalities. They are goal – and achievement – oriented. They not only believe that they *can* do it all they believe they *should*. The idea of giving up and letting go goes totally against the grain. When we think of surrender, the word that comes to mind is quitting. And what does our society tell us about quitting? Quitters are losers!

Anna's Story

Anna, a classic Adrenaline Addict client, was a movie executive who was looking for a new position. She had diligently applied for all possible positions, sent out resumes, tapped into her network and had broadcast her perfect job to everyone she knew. After four months of diligent searching that went nowhere, she was very frustrated and tired. Since the television season was over and wouldn't resume till the fall, and she had a financial cushion, I suggested she take a vacation. She was appalled at the suggestion. She couldn't go away. What if she was offered an interview? She could request an interview for when she returned. She was horrified. She couldn't make such a request of a potential employer. I pointed out that the television season was over and many of the people she wanted to connect with were taking their vacations. She felt it was a tight job market and that I wasn't taking her predicament seriously enough. I asked her if she believed she had done everything she could. She agreed she had. Then maybe it was time to quit for a while and focus her attention on something else she wanted to create in her life – bringing a relationship

into her life or working on the script she wanted to produce. She left upset at me and stopped coming as a client.

A few weeks later, she was invited to accompany a friend on a trip to France. Despite her anger at me, my words had registered and she decided to go. While she was there, she got a lead that led to her dream job. She also met the man she later married. Three months later, she was back as a client, sheepishly admitting what had happened. As Helen Keller said: *“When one door... closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.”*

MYTH #2 – SURRENDER IS WEAKNESS

We have grown up in a culture that talks about winners and losers and tells us it’s always better to be a winner. It’s important to realize that surrender can be an act of strength. And that sometimes in order to gain something, you have to lose.

The Win/Lose Game

When I was a television executive, I took a job running a movie department at a major production company where I supervised a group of producers. One of them was a notoriously difficult man. “Richard” had a reputation for holding grudges, and for being a dangerous person to cross. I had worked with him at the network and I was careful not to spend much time with him. He always gossiped about people and shared all kinds of “dirt” on them. Being in his presence

was exhausting. Oddly enough, we got on well and he had lobbied for me to come to the company. Once I was there, however, he wanted me to foster his interests at the expense of the other producers I also served. In a few months we were on a collision course. Eventually we locked horns on a particular issue.

Battle Of Wills

I turned to my boss, the owner of the company, for support. He was totally intimidated by “Richard” and I began to realize that even though I had been following his orders in holding my ground, my boss was not going to confront Richard. And Richard knew this. For weeks, Richard and I were locked in a battle of wills. I felt right was on my side but our conflict divided everyone in the department as Richard went around badmouthing me and bringing everyone into the conflict demanding they take sides. My boss took no action. I couldn’t sleep. I couldn’t eat. I felt I was right and yet I didn’t know how to win. The stress was unbearable. I spoke to my coach and explained my situation. She asked me what would happen if I let go? “Let go?” I asked. I scarcely understood what she meant. Why do you keep fighting? she asked. “What are you fighting *for*? Say you are right. Does it really change anything? Your boss isn’t going to do anything. You can hold onto your position and Richard can hold onto his but how does it *feel*?”

It didn’t feel good. Being right was making me ill. It wasn’t giving me anything I wanted. What would happen if I let go?

Letting Go Is An Act Of Faith

The following morning I knew what to do. I didn't know what would happen but I just knew that I had to do what was right for me and trust that it would work out. I went into work and I met with my boss. He didn't want to fire me and he couldn't let Richard go. I told him that things weren't working and that I thought I should resign. I could see the relief on his face. He was off the hook.

Winning Through Surrender

I walked out of his office with a production deal! Instead of working for a team of producers and spending time on their projects, I now got to work on my own. I was given two movies to develop and produce and now had time to live my life and pursue my dream of directing. And I still received my full salary! Instead of losing, I had won more than I could have ever imagined through the power of surrender.

To be able to choose to surrender rather than simply maintaining a position of resisting or opposing can be the ultimate act of maturity.

MYTH #3 – THE SUPERHERO

Adrenaline Addicts often think they are superheroes. They buy into the idea that they are the only ones who can do a job, or that it's their job to save the day or that they can do it all. When I first met Deborah she totally bought into the

Superwoman myth. I thought I was a high-energy multi-tasker but she left me in the shade! She belonged to numerous networking groups and organizations and played a high profile role in several. She had a demanding job, her own business, a devoted husband, she was training for a triathlon and going salsa dancing into the wee hours of the morning. Her schedule was packed morning, noon and night! It was like looking at a mirror reflection of myself six years earlier. Having crashed and burned from living at that kind of pace, I knew that unless she slowed down, Deborah could also get sick as I had. At the same time, she also reminded me of the “high” that came with generating all that activity.

Accepting Our Limitations

Many of us have grown up with the belief that we have to “make things happen” and we are expected to do it all ourselves. By seeing a mirror reflection of ourselves, Deborah and I had the opportunity not only to “feel” what wasn’t working in our own lives but to see the cost by being able to see it more clearly in someone else. We finally realized we couldn’t do everything by ourselves – instead of viewing each other as competition, we could support and help each other so we could produce with greater ease and grace.

Letting Go Of Assumptions

My client, Alexis, was a single Mom of two teenagers, a daughter taking care of an aging parent, and an office manag-

er for a large team of men. She took care of everyone else's needs before her own. She had grown up with certain beliefs and assumptions about what it meant to be a good mother and daughter which meant that she was a caretaker, who had to do it all for everyone around her. She had dreams of phasing out of her job and opening her own business but felt that was a goal that was out of reach. Through coaching, she began to let go of some of the assumptions, perceptions and beliefs she had been raised with. She began to see that when she let go of her superhero role and released the need to do it all, she actually gave her family and co-workers an opportunity to take responsibility for themselves, thereby empowering them. She had to let go of her perfectionist tendencies and give those around her room to complete agreed-upon tasks in their own way, rather than insisting they do it her way. The more she delegated tasks and let people know what she needed, the more time she was able to create for her own needs. Within two years, she was able to replace her income at her company with that generated from her own business.

Surrender also means to yield. It has a feminine aspect to it. Marianne Williamson, in her beautiful book *A Return to Love*, describes the relationship between the male and female principle as follows:

“The right relationship between male and female principle is one in which the feminine surrenders to the masculine. Surrender is not weakness or loss. It is powerful non-resistance.”

This act of surrender or receptivity or allowing is not an act of weakness but one of strength in which the female finds fulfillment. In our love relationships and in sexual relationships, the act of surrender allows us to experience a deeper level of

intimacy and ecstasy. Surrender in this context allows us to be receptive and we often receive more than we could ever imagine possible. The same is true of other relationships. When we ask for help, it allows us to receive support. We discover that interdependence is not a sign of weakness but of strength.

Our partnership has given us a wonderful opportunity to see our behavior reflected in each other so that we could begin to make the permanent life style changes we needed. By admitting we couldn't do it all and learning to ask for and give help and support, we discovered the power of synergy and how to achieve more with less effort.

Choosing Faith

When we let go, things occur in our lives that we cannot see or envision that are often far greater than any plans we may have. The awareness of a higher or greater power that is at work in our lives, and the recognition that we are not solely dependent on ourselves, opens up possibilities for us. What a burden it is if all we have to rely on is ourselves. When we can let go trusting that our lives, our needs, our desires, our wants, are in better hands than our own, our lives can begin to flow again. Sometimes smoothly, sometimes not, but always forward, allowing something new that we could never have imagined to take form. When we stop protesting against the inevitable and surrender to what is happening, unimagined possibilities can occur. By choosing faith and trusting that a power far greater than ourselves will take care of things, we experience grace.

COACHING STEPS

1. Let Go Of Struggle

Look over your life right now. See if there is an area where you have been struggling for a long time or feel you are fighting to go upstream and you keep pushing trying to make something happen. Maybe there is another door that is open that you can't see because you are focused on the closed door. Ask yourself what would happen if you let go? Have the faith that when you let go, exactly what you need will occur. Choose to let go.

2. Let Go Of Resistance

Where in your life do you tell yourself “this shouldn't be happening to me?” Practice telling yourself every time that thought comes up “This is exactly what should be happening, because it *is* happening.” Ask yourself; “What is there for me to discover in this situation.” Practice this for a week and you'll be amazed at the insights that begin to show up when you stop resisting the situation.

3. Ask For Help

Look to see where you are feeling overwhelmed, stuck or frustrated. How could you delegate? Is there anyone you can ask for help? Let go of your superhero cape and ask for help even if it's just for support or another perspective on your situation. Choose one situation and ask someone to help you. You will be amazed at how much easier life can become.

DECLARATIONS

1. As I surrender, I receive.
2. I let go and go with the flow.
3. I am always in the right place at the right time.
4. I surrender and new possibilities open up.
5. I surrender, I accept, I receive.
6. I ask for and gladly receive help.
7. When I let go, I receive more than I ever imagine.

QUESTION TO PONDER

What would happen if I let go in this situation?



Allowing the power of surrender to permeate your decisions and actions will create a life with more ease and grace. Now, we're ready to explore the paradox of how slowing down can actually allow you to achieve more with less effort...

RESOURCES

Faith In The Valley by Iyanla Vanzant (Fireside Books. A division of Simon & Schuster). A favorite that offers a series of powerful lessons about how women can find peace in the midst of life's challenges.

A Return to Love by Marianne Williamson. Based on the teachings of A Course in Miracles, this is a wonderful book that teaches us how the practice of love and forgiveness is a powerful answer to the problems that confront us.



— 3 —

POWER OF SLOWING DOWN

“Slowing down restores
the body, focuses the mind and
rejuvenates our spirit.”





"I have a very full and busy life and occasionally I am asked, 'Scotty how can you do all that you do?' The most telling reply I can give is, because I spend at least two hours a day doing nothing."

— M. SCOTT PECK

ADOLEY'S CONFESSION

I Can't Breathe

Last summer I went to Ghana to visit my father, who was ill. During that time, I received three warning messages that I was in danger of being seriously sick. Two months after I returned, I started to have problems breathing. Usually I'm sick for a few days and then my body bounces back. This time, it didn't. And it was really scary. One of my biggest fears is of drowning and I had that awful feeling of being out of my depth in the water, struggling to breathe. I became like an old lady, dragging upstairs, fighting for each breath. In Kundalini Yoga we call the breath – "the breath of life." Now I really began to see how everything comes down to the breath. My entire focus was now on my breath as I watched my life energy disappearing.

Go Slow

The doctor said I had a serious lung infection. It would take several weeks of complete rest to allow my immune system to heal. He gave me an inhaler and told me to go to bed. I felt like I had been given a jail sentence. “Do not pass go. Go straight to “go slow.” Every time I felt better I would try to get out of jail, only to be sent right back with a fever, exhausted again. To spend my days sleeping and resting felt almost “sinful,” even though I didn’t have the strength to do anything else. How could I “go slow?” I was set permanently on fast forward. I was living a game of beat the clock in which I felt that there was always something else I needed to do in order to get somewhere. If I didn’t do it, I would miss out, someone would get there before me or opportunity would pass me by.

And it did. Deborah and I had all kinds of things we had planned to do together. She went and I didn’t. At first it was really hard to watch her go and come back and share all the news. I was happy for her, but I was missing out and I felt sorry for myself.

The strange thing was that after a while, I noticed that events came and went – but my world didn’t end. Working with my wonderful Spiritual Practitioner, Angela Montano, was a gift. She helped me embrace my condition instead of fighting it. After a while, the clock was no longer important – because there was nowhere for me to go and no deadline to meet. My job became to listen to the rhythm of my body. As I did so, I realized that maybe there was something for me to discover in following my body’s natural cycles, rather than working it like a machine. I generally get up at 6 am. Now I let

myself get up when my body dictated. Instead of eating meals on the run, Jim and I sat down for a leisurely lunch. I turned off the phone to rest in the afternoon and only spoke for set time periods. Since I knew I had limited energy available, I became ruthless about establishing my priorities. Going slow meant I took the time to think things through and in the process, eliminated a lot of unnecessary activity that had filled my life. The slower I got, the more urgent it became to clear away clutter in my life. I began to think of all the things I could let go of. I listened to my intuition more. The thought came unexpectedly – What if my “jail sentence” was a gift?

New Possibilities

The more I slowed down, the more I was able to receive. Deborah, Jim and my friends stepped in and began to do things for me. I realized how much easier life is when you let people help you.

I felt like a seven-year-old learning new skills. There were days when I longed for the old Adoley to be back in action. But I also realized that going slow was opening me up to feelings I didn't even know I had, to ideas and possibilities I had never slowed down long enough to consider. Jim and I hadn't had a real vacation for three years. I realized the odd weekend away or visit to see family was no longer enough. I promised myself that we would have an annual vacation and schedule long weekends away. I even began fantasizing about designing our lives so that in a few years we could take the whole summer off and travel! Being on the move all the time often disconnected me from my true feelings and desires.

All In Good Time

The Bible tells us, “To every thing there is a season. And a time for every purpose under heaven.” There is a time for fast and a time for slow. In cultures that are not dominated by the clock, like ours, time is cyclical and follows the rhythm of nature. As I adapted to my new rhythm, I realized that there is a flow to life and going slow allows me to “catch” that rhythm. Yoga explores the relationship between stillness and movement and helps develop our ability to move fluidly from fast to slow and back again. I began to deepen my practice, realizing once again how important it was for me to remember that I am a human *be-ing*, rather than a human *do-ing*.

After six weeks of bed rest, I woke up one day and I could breathe effortlessly. I felt energized – like my old self again. To feel that burst of energy was such a gift. I suggested to Jim that we go for a walk. It was a weekday and he was working, but to my surprise, he agreed. We’re so blessed to live near the beach in beautiful Southern California. It was a glorious day and we walked along the Venice Canals. I walked slowly and steadily, savoring each breath of life so grateful just to be able to breathe. The roses were in bloom and I buried my head in their buds, reveling in their fragrance. Each breath, each sight was intoxicating: a seal diving in the bay, a convention of pelicans gathered on the beach. It took me an hour and a half to complete my usual half hour “power walk.” Normally I would have felt guilty about taking so much time out. Now I just felt totally blessed. I came home and lay on my bed resting, guilt-free. As I lay there, the solution to a work problem I had been wrestling with came to me, seemingly out of nowhere, courtesy of “going slow.”



INSIGHT

*...as I slowed down,
time seemed to expand.*

The amazing thing was that as I slowed down, time seemed to expand. I realized that the more I had packed into the time I had available, the less time I seemed to have and the less joy I seemed to experience. The feeling I had discovered in going slow reminds me of that song by Simon and Garfunkel:

*“Slow down, you move too fast,
you’ve got to make the morning last.
Just kickin’ down the cobblestones,
lookin’ for fun and feelin’ groovy.”*
(59th Street Bridge Song)

Going slow made me experience time differently and helped me be more alive and present in the moment.

*D*Our bodies are not machines and if we don’t slow down periodically, our performance, wellbeing and quality of life will be compromised physically, mentally and spiritually.

There are countless benefits to slowing down, including:

increased clarity the ability to follow through on projects, and a boost to our immune system. It also gives our body a chance to restore and rejuvenate. On a spiritual level, it puts us in tune with our intuition, enabling us to make more informed decisions.

Before we explain how you can begin to incorporate slowing down into your daily life, let us share some of the concerns our clients have expressed when the idea of slowing down comes up in our coaching sessions and presentations.

Common Concerns About Slowing Down

“It is impossible to slow down, I always have a million things to do,” said a working mother.

“I am scared that if I slow down, I will become lazy, and just sit on the couch eating bonbons and not achieve my goals,” said an entrepreneur.

“I feel guilty when I take a day off – I can’t enjoy myself,” said a corporate executive.

“Even if I take time off, I can’t slow down the incessant mind chatter that keeps me chained to the office,” said a woman in middle management.

All of these are valid concerns; however, we are not asking you to stop everything and meditate on a mountain. At Synergy Unlimited, we have created a system that incorporates slowing down into your daily lives, which will enable you to still pursue your goals, but do so with less effort.

Downshifting

Imagine you are driving a stick shift in beautiful San Francisco, with the gorgeous hilly backdrop and beautiful ocean view. It is evident that you cannot continue to drive in one gear. You will inevitably need to shift up or down, depending on the road, terrain, hill, traffic, etc. If you don't change gears, you will burn out your transmission and be forced to stop.

The same is true with our bodies. If we continue to go full speed ahead in one gear, we will inevitably damage major systems. The majority of the chaos in our lives is self-created. The good news is that we can make choices to change it by slowing down.

Wellness Account

Instead of viewing slowing down as a sign of weakness, shift your perspective and see it as a preventative practice to stay healthy and operate at peak performance. Think of slowing down as depositing money into a wellness bank account. The more you put in by slowing down, the more you have deposited for withdrawal on a rainy day when you have to work overtime. If you don't have any reserves in your account, when you hit a crisis, you are going to have to borrow energy from empty reserves and will end up overdrawn. For an Adrenaline Addict, depending on your stage of addiction, you may temporarily get away with this behavior. However, you run the risk of adrenal fatigue, which can cause you to be out of commission for days, weeks, months or even a year or more.

Incorporating slowing down as a part of your life takes practice. Once you receive the benefits, you will not want to live any other way.

Letting Go Of Guilt

Many people, when they first consider the idea of slowing down, cringe at the thought. We all have so many responsibilities with work, family and community. The idea of slowing down to get a manicure, massage or eat lunch may seem like a guilty pleasure.

Without our wellbeing in tact, we are useless to everyone. Cheryl Richardson, the author of *Take Time for Your Life*, stresses the need for “Extreme Self-Care” she illustrates this by reminding us of the familiar instructions from flight attendants each time we step on an airplane. They remind us to first put on our own life vest before helping small children. Without your health and vitality, there is no work, family or community activities. This is why it is vital to schedule in time for yourself on your calendar in order to see it in your life.

Why It Is Difficult To Slow Down

Let’s face it. In our fast-paced world, society frowns upon the idea of slowing down. With the frenetic pace of information flowing to us, we are encouraged to put the axe to the grindstone and work until we drop.

It is tempting to go with the flow and join in the rat race. Stephan Rechtschaffen, M.D., in his excellent book, *Time*

Shifting, talks about the concept of *entrainment*, which he defines as a “process by which these rhythms fall into synchronization with each.” He gives the example of women who spend a lot of time together having their menstrual cycles coincide. Entrainment also happens in the workplace. If the corporate culture is to work through lunch and stay until 9 pm – it soon becomes a part of your normal routine. If you find yourself caught in a cycle of constant activity and feel compelled to keep going, you will suffer from stress as a result. You are not alone. A recent Gallup Poll found that 80 percent of workers feel stress on the job, with nearly half saying they needed help in learning how to manage it.

HOW DO I SLOW DOWN?

The following are some of the popular techniques that our coaching clients have successfully incorporated into their lives to help them slow down and achieve more.

Snooze Meditation

I had a client that was in a very demanding position, dealing with a lot of very difficult people. She came to me because she wanted a more balanced life, with less stress. I asked her if she was a “Snoozer.” She looked at me for a moment and then said, “Yes, I do snooze my alarm clock.” I said, “Good. Now, I am going to have you use your seven-minute snooze time efficiently to slow down.”

I suggested that she use the snooze alarm to train her body

to practice downshifting. Instead of going back to sleep when she heard the alarm, I told her to sit up in bed and use that seven-minute interval to focus her attention on the rhythm of her breath. I asked her to put her hand on her belly and to focus on breathing from her core. I had her continue to do this for the duration of the seven-minute interval between alarms.

She diligently incorporated this ritual of snoozing every morning. After I told her that she had been meditating, she was pleasantly surprised. As she focused her attention on the breath, it reminded her to be present in the moment. It also naturally slowed down her body, allowing her to be calm throughout the day.

My client was amazed to find that she could handle situations that used to be such a struggle with ease and grace. After a few weeks, her energy dramatically increased and she began incorporating exercise into her daily routine. Her self-esteem was boosted by the exercise and she now had the desire to get together with friends. Her social life began to pick up and within a few months, she and her boyfriend decided to get engaged and start a family.

Fitness experts say if you want to boost your metabolism, work out first thing in the morning. As a lifestyle expert, my recommendation is that if you want to boost your energy, clarity and vitality, do a snooze meditation before you take a step out of bed.

Intentional Breathing

One way of entraining our body's rhythm to be in synch with the easy and graceful rhythm of nature is through our breath.

Thich Nhat Hanh suggests a simple technique to help you slow down by repeating phrases slowly with the rhythm of your breath:

Breathing in, I am calm,

Breathing out, I smile.

In Adoley's Kundalini Yoga classes, she teaches her students the importance of the breath. She shares with her students that the practice of slowing down your breath to eight breaths per minute actually moves you into a meditative state. If you can control your breath you can control your state of mind and body chemistry.

White Space

Because of the multiple demands on our time, there is a tendency to schedule every moment of the day under the guise of efficiency. Unfortunately, when we are constantly on the go, our adrenals are producing above capacity; causing havoc to our body, mind and spirit. It is similar to working out above your target heart rate zone. You will sweat and feel like you are working hard but since you are in anaerobic mode you will not lose weight because you are burning muscle not fat. You are working harder but not getting results.

What is white space? If you have an organizer or daily planner, it is full of black ink – all those appointments with no white space to be found. White space is downtime. Remember, if you schedule it in your calendar you will see it in your life. That is why it is critical to even schedule time for slowing down. You can use this white space as a time to transition between

appointments, just to pause and be still, or to take a catnap.

Creating white space in your schedule takes a willingness to surrender the limiting belief that projects will fall by the wayside if you take 15 minutes to eat or meditate. Just consider that slowing down is the same as making a deposit into your bank account.

Day Of Rest

Scripture teaches us the importance of rest. “For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it.” (Exodus 20:11.) If our heavenly Father can rest, shouldn’t we find something to let go of on our “To do” list as well?

Adoley and I have a ritual of not working on Sundays. We ask our coaching clients to pick a day, or a half-day of rest. Since we began this practice, we have found that we are more productive during the week because of this day of rest and rejuvenation. On occasions when we have worked through our day of rest, we were more irritable and less productive.

Synergy System For Slowing Down

If you are not ready for a whole day of downtime, start small. We have created a gradual system for our clients to set themselves up for success. You can start by taking **Powerful Pauses**, build up to Vitality Breaks and eventually move into Revitalizing Vacations. Powerful Pauses are when you take 30 seconds to 7-minute snooze meditation to slow down and do

nothing. You may choose to daydream, meditate, or just relax. The point is for you to detach from your daily life, where your mind is constantly occupied. We have developed a one-minute and five-minute meditation CD program to support you in creating powerful pauses throughout your day. For more information visit: www.adrenalineaddictbook.com.

Vitality Breaks are 20 to 90 minutes of scheduled time to just tune out. You can take a nap, bask in the sun, read a good book or simply do nothing. Use this time to refuel and revitalize.

Revitalizing Vacations are a half-day to two weeks of time to disconnect from your projects and reconnect to your purpose. You can decide to stay home or go away. I like to get out of my normal environment so I can really disconnect. It does not have to be an expensive trip to Europe. It can be a local getaway near your home. The point is to detach, disconnect and downshift your body to a slower rhythm, so you can recharge. Adoley likes to take one day per month to go on a meditation retreat. I like to take a day just to lay out on the beach and bask in the sun. Last year, I took three revitalizing vacations to Brazil, Mexico and the Bahamas and was more productive than in any other year.

COACHING STEPS

If you apply the principle of slowing down, I promise you will achieve more with less effort. But don't take our word for it – try one or all of these tools for yourself and watch your life transform.

1. Practice Snoozing As A Meditation

Try using your snooze time to be still. Sit up in your bed or chair with your hand on your belly and focus on your breath. If you notice any thoughts pop into your head, be aware of them non-judgmentally as you return your focus to your breath. Periodically ask yourself where is your attention is and return to the breath.

2. Schedule In White Space On Your Calendar

Remember when you continually over schedule, you may find that you are forced to slow down by illness or burnout. Schedule in a cushion of white space on your calendar to allow you ample transition time between activities. Make a conscientious effort to leave 15-30 minutes between appointments, meetings and activities.

3. Day Of Rest

Select a day of rest each week in which you do not schedule any activities. Just vegetate at home by yourself or with your family. Practice eating, driving and moving at a slower pace.

DECLARATIONS

1. The more I slow down the more I accomplish.
2. I slow down and renew my spirit.
3. Slowing down increases my efficiency and creativity.
4. As I slow down, I restore my body.
5. I schedule in white space and increase my wellbeing.
6. The more I slow down, the clearer my focus.
7. My vitality breaks rejuvenate me.

QUESTION TO PONDER

How can slowing down improve my quality of life?



Making the commitment to slow down each day is pivotal for you to operate at maximum efficiency. Now we're ready to share with you a principle that will dramatically boost your energy, efficiency and overall wellbeing...

RESOURCES

Stopping by Dr. David Kundtz: How to be Still When You Have to Keep Going (MJF Books, Fine Communications, New York). This book gives another perspective on how to create more balance in your life.

Meditation by Eknath Easwaran (Blue Mountain Center of Meditation). This book demystifies meditation and gives a great example of how to meditate anywhere. The breathing techniques by Thich Nhat Hanh, a Vietnamese Buddhist monk mentioned in the book are also very powerful.

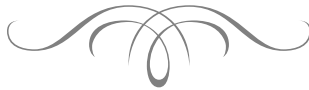
Meditation CD, by Odunton and Deras (Synergy Publishing). We have created a CD program that provides meditations for busy people. It teaches you how to meditate and simple ways you can incorporate the practice into your daily life. It includes a one-minute, 5 minute and 20 minute meditation. To order, go to: www.synergyunlimited.net or call toll free: 1-877-290-6582.



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POWER OF ENERGY

“Energy is the fuel of life.
We increase or deplete
our energy through the
choices we make.”





*"Performance, health and happiness
are grounded in the skillful
management of energy."*

— JIM LOEHR AND TONY SCHWARTZ

ADOLEY'S CONFESSION

Illness Strikes

In 1995, I became seriously ill. For years I had worked 60-hour weeks in the film industry, developing scripts and supervising television movies. I got up at 6 am to go to the gym, was on the go till midnight and involved in extracurricular activities on the weekends. Prior to my illness, I had fulfilled a long-standing dream to direct. I had a wonderful time directing a film on mental illness for a non-profit foundation and, with a new agent in hand, was all set to pursue "My Brilliant Career" (like half of Hollywood!). It didn't quite work out the way I planned. I spent a fruitless year beating on doors, "observing" on sets – watching other directors direct – and running out of money. I finally decided to go back to work – as a script supervisor. I thought this would be a good foundation for directing. No more cushy studio jobs for me. I spent a long hot summer in the Valley,

working all hours of the day and night on low-budget films for peanuts. I started getting one bug after another, but since I enjoyed good health prior to that time, and was generally unconscious to the clues my body gave me, I treated myself with antibiotics and went back to work as fast as I could.

My Body Gives Out

Eventually I was diagnosed with a form of lupus, placed on steroids and told to rest. I did, for a week. I went back to work and was soon down for the count. The doctor recommended bed rest for several months. It became clear that a lifestyle change was in order.

For the first time in my life, my body had failed me. At first, I was angry and depressed. I felt sorry for myself. Why had this happened to me? Eventually, I began to take responsibility for what had happened. I had been making withdrawals from my health account for a long time and it was seriously overdrawn. But I couldn't just accept the idea of medicating my symptoms for the rest of my life. I had been healthy all my life. There had to be a reason for the breakdown. If I could find the cause, maybe I could make the changes necessary to restore my health.

Taking Stock

I began a spiritual search. In my fear, I instinctively turned to prayer and I felt myself hungering for a sense of purpose and support that was currently missing. I had been so busy with my projects and activities; I never had time to slow down and real-

ly feel or think deeply about the life I was leading and the choices I was making. Now I began to take stock of my life. Feelings I had dismissed or suppressed came to the forefront; questions about my purpose, the quality of my relationships and my priorities. I discovered my spiritual home, my church, Agape, Spiritual Center of Truth and became a Religious Science Practitioner. Prayer and meditation became a way of life. I discovered that I had renewed energy and passion for my life, even if I wasn't so well physically.

Understanding My Body

I also began to pay attention to my diet. Prior to this time, I watched what I ate but the focus was all about looking good. When I went into a health food store, I debated whether I should pay the high price for organic foods. Now my priority was to put foods in my body that would help me heal. I bought them. I began to see my body as a temple instead of something that either looked good or was flawed. I had looked at my body as an object. Now, I discovered that my body was a communication system. I was amazed to discover that it was highly tuned – reacting in very specific ways to how I treated it. As I began to learn to read my body and give it the right foods, rest and exercise, it gradually responded giving me more energy.

The Mind/Body Connection

I started to take personal inventory of my thoughts and beliefs. Many of them weren't helping my recovery. I was a perfec-

tionist and very afraid of failure. My foray into directing had pushed both buttons. Since things hadn't turned out the way I wanted, I spent a lot of time beating myself up. Now I realized that my negative self-talk was contributing to my illness. I studied the body/mind connection and began to review my own life to see how my habitual thoughts and beliefs were impacting my health. I used affirmations, visualizations and journaling to identify and release a lot of my negative beliefs. I realized that I had been around a lot of people in the film industry whose energy debilitated me. I wanted to be around people with positive energy, who were concerned about the things I cared about. As I changed, I attracted new people into my life. Within a year, my circle of friends and acquaintances had completely shifted.

The Road To Recovery

I discovered Kundalini Yoga and it became a passion. I loved the fact that it worked on all levels – body, mind and spirit. My yoga practice helped me get stronger and more resilient. I decided to celebrate my returning health by doing the California AIDS Ride. I would ride 485 miles, from San Francisco to Los Angeles, on a bicycle, over the course of seven days. Quite a goal for someone who hadn't even learned to ride a bike until she was 18. I had three dear friends, Scott, my wonderful trainer, and John and Matt, two buddies from my movie days, who had died of AIDS. I wanted to celebrate their lives by raising money for research. When I started out, I was a terrible athlete. Growing up in rain-soaked England, I hid out in the school lock-

er rooms, reading a book instead of going out onto the sports field, whenever I could get away with it! My idea of a bike ride was a half-hour trip along the boardwalk to have breakfast. On our first training ride, I was last in the pack. During the six months of training, I would learn to apply everything I had learned about taking care of my body and listening to it.



INSIGHT

*I discovered that I wasn't made up of parts,
but that I was a "w-holistic" being –
both whole and holy.
...I learned how to take care of my whole self...*

My journey to health that culminated in the AIDS Ride taught me many things. This was one of the most challenging periods of my life, but it was also one of the greatest gifts I ever had. I discovered that I wasn't made up of parts, but that I was a "w-holistic" being – both whole and holy. And I needed to treat myself as such. I learned how to take care of my whole self, not just parts of myself. As an Adrenaline Addict, I was caught in a cycle where I constantly depleted my body. I created this endless pattern of drawing on adrenaline until my adrenals got exhausted and my immune system became compromised. The year I got my health back taught me how vital my health and energy was.

More importantly, it gave me the key to maintaining my

health. And, I finished the ride way ahead of my pack. Not bad for someone who finished the first training ride dead last!

DEBORAH'S CONFESSION

The Marathon

I was never very athletic growing up. At eight years old, I was put on my first diet to lose 10 lbs. I believed I was destined to be overweight because of my genetic makeup. This was until I went to watch my friend and mentor, Debbi, run the Los Angeles Marathon. She looked awesome. I saw all sorts of body types all with one mission – to complete 26.2 miles. My role model, Oprah, had run her first marathon as well. I decided if they could do it, I could too. I made the decision to train for my first marathon.

Like any new endeavor I pursue, I knew I needed the expertise of a coach and the support of a group to keep me motivated. I joined a local running club. It was a nine-month training program to prepare for this huge endeavor.

We met at a school in Venice early each Saturday morning. On my first visit, I was shocked to see hundreds of people with so much positive energy so early in the morning. These people were all ages and from a wide variety of professions all with the “I can do it” attitude that I love to surround myself with.

Our training runs started out at three miles, building up to 18 miles. The first thing I did was to run out and buy a fancy watch to keep track of my time and pace. Shortly after that, my

coach informed me that the key to success in running a marathon is not about time it is about “Energy.” He said, “The key is to pace yourself, drink a lot of water and eat before you get hungry.” He also said to focus on being able to keep up a conversation. This was an exciting proposition for a professional speaker who can talk non-stop. He nicknamed my training partner, Karla and me, “Chatty Patty’s.”

On race day, March 29, 1998, Karla and I were super excited. As we lined up in downtown Los Angeles, surrounded by 20,000 other runners and 10,000 more spectators, the energy was palpable. Muhammad Ali ceremoniously pulled the trigger and we were off and running. The adrenaline kicked in and most of my coach’s advice was silenced by the screaming crowds.

I let the adrenaline get a hold of me as I ran a little faster than our pace time of 10-minute miles for about 13 miles. As fatigue set in, our conversation subsided as I foolishly ran a little bit ahead of Karla.

At mile 18, Karla took a bathroom break while I tended to my injured toe. I felt completely depleted. The adrenaline rush had worn off and I felt like I was running on empty.

This is better known to runners as “bonking” or hitting “the wall.” In his book, *Marathon*, Jeff Galloway skillfully explains the physiological component to “the wall”.

“When you run faster than you’ve trained and overwhelm the muscles, the muscles are then forced beyond their capacity and can’t get enough oxygen. In this anaerobic state glycogen is burned and lactic acid and waste products pour into the muscles faster than can be removed and this causes you to slow down and hit “the wall.”

Karla, who had held back beyond her capacity, still had energy and was now in front of me. As I struggled to trail behind her, my sweet friend, Mark Schramm, from Indiana, came to run the last leg with me. He was such a positive ball of light, supportively bringing me water so I could conserve energy by not having to stop at the water stations, 50 yards out of my way.

We hit the finish line at four hours and 57 minutes – just under the five-hour mark. I did not know if I was hungry, thirsty, tired or going to faint. I did know I was nauseous, freezing and wanted to escape the pain pulsating throughout my shivering body. Instead of being pleased by my accomplishment, I felt disappointed by my lackluster performance, 40 minute over my desired time. A feeling of depletion and depression continued for a few weeks after, particularly because I was too sore to workout.

Pacing The Second Time Around

Being the Adrenaline Addict that I am, I decided that instead of wallowing in my misery, the best thing to do was to train for another marathon to improve my performance. This time I decided to apply the “Galloway run/walk method” of training. Jeff found that most runners record significantly faster times when they take walk breaks because they don't slow down at the end. On a mental level, you can pace yourself on a break-to-break basis instead of thinking how many more miles you have to go. It also helps to flush the lactic acid out of the muscles to avoid hitting the wall.

During my second Los Angeles Marathon, I decided I was

going to run smarter, not harder. I decided on a 6:1 ratio for running and walking, which later shifted to 5:1. I ate prior to getting hungry, took the time to stop and drink at each water station and resisted the adrenaline rush. I could really feel the difference. I was able to keep up a conversation well past mile 18.

As I approached the finish line, I looked up at the time and was amazed that I had cut an unprecedented 29 minutes off my time, coming in at 4:28 minutes – a personal best. I was elated. Best of all, the aches and pains that I had with the last marathon were seriously diminished. I was up and running a week later, all because of my focus on energy efficiency.



INSIGHT

*Mastering the principle of
energy efficiency increases endurance,
strength and vitality.*

In order to achieve more with less effort, we need to listen to our bodies by scheduling in rest and downtime to rejuvenate and refuel. Many of us treat our cars better than we do our bodies. It is vital that you treat your body as a temple and give it what it needs – proper fuel, food, exercise and rest. Mastering the principle of energy efficiency increases endurance, strength and vitality.

PRINCIPLE

“Energy is the fuel of life. We increase or deplete our energy through the choices we make.”

AIn *The Power of Full Engagement*, authors Jim Loehr and Tony Schwartz describe how in working with top athletes, they discovered that the difference between Olympic Gold and Bronze medalists was not about training harder, but the fact that the top athletes incorporated rest and renewal into their lives. They paced themselves and gave appropriate fuel to their bodies. Loehr and Schwartz state that “the fundamental principle in reclaiming our lives is to understand that “managing energy, not time, is the key to high performance and personal renewal.” They applied these same principles to executives and professionals, developing a highly regarded program for the “Corporate Athlete.” Instead of working non-stop and pushing themselves endlessly, as so many of us do, they taught them to apply the same system that athletes use – with spectacular results.

Deborah’s experience with the Marathon taught her the importance of pacing herself and understanding the rhythms of her body. As she learned to use the principles of energy management, she was able to increase her capacity for endurance, strength and production. This allowed her to be more “fully engaged” – fully alive in the moment and able to savor her experience. The more energy we have to bring to our experience, the more fully we can participate.

We live in a world where everything around us is accelerating. The relentless pace of technology and change leaves us

under pressure to produce results faster and faster. We struggle to keep up with the pace and try to cram as much in as possible. In *Time Shifting*, Stephan Rechtshaffen says that America is undergoing a crisis. It is suffering from “time poverty.” Studies have shown that what people complain most about lacking is not money, but time. This is certainly a major complaint of most of our clients.

For Adrenaline Addicts who naturally are “on the go,” the problem is compounded. They find themselves caught on a treadmill where they do more and more, but feel like they are accomplishing less and less, and that no matter what they do, they never have enough time. The first step in recovery is to focus on energy management instead of worrying about time management.

We believe that the key to recovery for Adrenaline Addicts is commitment to a way of life that involves managing our energy at all levels. Quantum physics demonstrates that everything is made up of energy; all of it moving at different frequencies. We are all constantly giving and receiving energy. Recognizing this, we have created the SEMP™ system, in which we pay equal attention to our spiritual, emotional, mental and physical self, so we don’t forget one important aspect of ourselves. Adrenaline Addicts typically focus on the physical self – the world of action and doing and producing results, and the mental – thinking, planning, strategizing, evaluating and criticizing. The spiritual and emotional aspects that often require more time and introspection often get short shrift.

We identify the energy drainers and the energy boosters in our lives. Many of us have relationships in our lives that are taking a lot of our energy. Perhaps we have not set boundaries

for ourselves, or we avoid speaking up and having critical conversations because we are afraid of the consequences. We may also have feelings we haven't acknowledged to others, and especially to ourselves.

Part of my healing process was in letting go of relationships that had run their course and admitting that it was time to make changes in major areas of my life. I ended up changing careers, something I had never even imagined, because I realized that my values and priorities had changed and it was time for something new. I had to express feelings that I hadn't acknowledged to myself – feelings of disappointment over letting go of my long-cherished dream of directing, as well as all the years invested in a career that had meant so much to me for so long. I admitted to mistakes I had made, and forgave myself, and others for things that had gone wrong. All of this contributed to the healing process. I didn't know it at the time, but I was implementing what has become the SEMP™ System. In the process, I found an exciting new career and got my health back. Best of all, it gave me the opportunity to really get to know and appreciate my wonderful boyfriend, Jim, whom I would marry.

COACHING STEPS

- 1. Identify people, places and things that zap your energy in all four areas of your life.** Choose one thing you are willing to eliminate.

2. Identify the people, places and things that boost your energy in all four areas of your life. Choose one thing you can incorporate into your life on a daily basis. Decide on one action step you can take right away.

3. Treat your body temple as well as you do your car.

Practice:

- i. **Regular maintenance** (exercise for fun)
- ii. **Downshift** (schedule in rest as recovery)
- iii. **Lubricate** (drink plenty of water. Our bodies are 90% water)
- iv. **Fuel** (eat small meals frequently)

DECLARATIONS

1. I make choices that boost my energy.
2. I have an unlimited supply of energy.
3. I am filled with energy and vitality.
4. I surround myself with positive energy.
5. My energy attracts wonderful people, places and things into my life.
6. I maintain my health with good food, rest and exercise.
7. I am always in the flow.

QUESTION TO PONDER

How does my energy affect my interactions with people, places and things?



Doing an energy inventory and letting go of the zappers and scheduling in the boosters will dramatically shift your ability to deal with stress. Now we're ready to explore how connecting to your point of power in the **NOW** will increase your problem solving, decision making and intuitive abilities...

RESOURCES

AIDS/LifeCycle A seven day, 485-mile cycling event to support AIDS victims and research. It is an extraordinary experience and well worth doing. Find out more at www.aidslifecycle.org.

Agape International Spiritual Center is one of the nation's largest transdenominational, multicultural, multiracial spiritual movements in the US, with affiliates worldwide. Led by Rev. Michael Beckwith, its mission is planetary healing and transformation. It is famed for its international choir led by Ricki Byers Beckwith. www.agapelive.com.

Kundalini Yoga. You can learn more from the 3HO Foundation www.3ho.org. Visit Adoley's personal center if you're ever in Los Angeles. www.yogawestla.com. You can also order Adoley's Kundalini Yoga DVD ideal for beginners or seasoned yoga aficionados. To order go to: www.synergynlimited.net.

Marathon, by Jeff Galloway (Phidippides Publication, Georgia). This classic running book gives you the basics of what you need to do if you are deciding to train for a marathon. He also gives great resources on running clubs that you can join in your area.

Power of Full Engagement, by Jim Loehr and Tony Schwartz (Simon and Schuster). In this excellent book on time, balance and productivity, Loehr and Schwartz share their experience in coaching athletes and how we can benefit from living our life like a sprinter, rather than going non-stop like marathoners do.

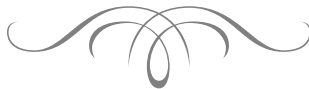


— 5 —

POWER OF NOW

“The point of power is in the present moment.
When the compulsive striving away from the NOW
ceases, the joy of Being flows into everything you do.
The moment your attention turns into the NOW,
you feel a presence, a stillness, a peace.”

— ECKHART TOLLE, THE POWER OF NOW





*"Ignoring what your intuition is trying to tell you...
is like ignoring a rattle that occurs in your car at low speed.
You may just drive faster, roll up the window, and think
the rattle has disappeared, but it is still there and
one day the engine will fall out."*

— MONA LISA SCHULZ, M.D. PH.D.

DEBORAH'S CONFESSION

Have you ever heard your inner voice speaking so loudly, you cannot ignore it?

Have you ever felt your intuition so powerfully, you knew you had to take action?

Have you ever had a feeling in your stomach you couldn't ignore?

In the midst of my Adrenaline Addiction, I was so involved in a dozen activities that even if my intuition was screaming out at me, I would not be able to hear it much less act on it.

That was not the case Valentine's Day weekend, 1992. My boyfriend was driving out from Phoenix to Los Angeles to be with me for the weekend. I was so thrilled to spend this time with

him as any young college student would be. As the date got closer, however, I could not stop hearing this nagging voice in my head that was guiding me to spend the weekend with my 16-year-old brother, David, instead.

David and I had not always been close growing up. I was three-years-old when he was born and thrilled to have someone to play with. Unfortunately, there were complications during his birth and he was not breathing. This caused mild mental retardation and epilepsy. He needed constant attention from my parents, who took him to neurologists, speech therapists, occupational therapists and regional center counselors. I lost the attention of my parents the moment he was born. The energy needed to care for a child with a disability was tremendous and I was forced to be self-sufficient. On an intellectual level, I understood that David needed more than I did. However, at an emotional level, it had a profound impact to have to grow up so fast.

At age eight, I began to take on additional responsibilities such as administering medication, babysitting, and supporting my beloved brother through terrifying convulsions. The fact that I was mature was a double-edged sword, because the more responsibility I could handle, the more was given.

This carried over to my work life, leaving me constantly feeling overwhelmed, overworked and on the verge of a crash.

At 16 years old, my parents divorced under tumultuous circumstances. I decided to stay with my father, even though we previously were not very close. The divorce was probably the best thing for my relationship with my father because we were able to form a very close, irrevocable bond. My brother always being the mommy's boy, went to live with my mother.

After some contemplation, I finally decided to postpone my romantic Valentine's Day Weekend with my sweetie. I called my mother and asked her if she could bring David over to our house for the weekend. My invitation surprised her, because it was one of the few times in my adolescence that I had insisted on spending time with David.

There always was a level of concern when I took David out in public, because we never knew when he was going to have a seizure. This time it was not even a concern for me. We had a great time shopping, eating and listening to music. David and I just focused on being present in the NOW and having a great time.

My brother absolutely idolized everything I did and said. If I liked a music group or color, he immediately did too. Even after serious fights as kids with hair pulling and all, he was unconditionally loving and forgiving of me. His favorite phrase to me was, "I am going to protect you." He would always say to my boyfriends, "Don't you hurt my sister." Or "I am here to protect her." It was so sweet how adamant he was about protecting me.

On Saturday night, when my brother went back home to my mother's house, I felt pleased for having followed my intuition. I knew my boyfriend and I could get together some other time. I was so content for having been present enough in the moment to listen to my intuition and spend that quality time with David. I had no idea how prophetic my intuition would be.

The Phone Call

I was awakened by a phone call from my mother at 8:30 am on Sunday, February 16, 1992. She informed me that David had

been rushed to the hospital by helicopter at 6 am that morning. My father and I were not overly alarmed, because we had our share of hospital trips with David. Once David tried to climb on top of the refrigerator to retrieve a helicopter toy and it accidentally fell on his head. He had to have 10 stitches. Another time we were walking to our condo from the pool, barefoot, when he accidentally stepped on broken glass and was rushed to emergency.

We took the panic in my mother’s voice as hysterics and proceeded to stop at a donut shop for a quick breakfast before driving the 95-mile distance from our home in the San Fernando Valley to Antelope Valley Hospital. As we drove in silence up the desolated road with nothing but Joshua trees for miles, a feeling of panic fell over me. I looked over at my father’s face and saw that he too was playing over scenarios in his head.

The Hospital

Instead of being taken to see David in his hospital room, a social worker guided us into a room where my stepfather and 2-year-old half-brother Cameron, were. As we walked down this corridor, the smell of antiseptic that permeated the hospital began to make me nauseous.

She informed us that my 16-year-old brother, David, had not made it. He passed away on the helicopter ride on the way to the hospital. A social worker apologetically said, “I am sorry, David is gone.”

I demanded to see my brother in a rage of disbelief. I barged

into the room where I heard some doctors talking. There he was, his body flaccid, and his normally tan skin was as white as a sheet. I could immediately feel my brother's soul was no longer present. This was my first time seeing a lifeless body, much less a family member. It was something my brain could not even comprehend. I screamed out of desperation and fell to the floor as the agonizing grief filled my body. How could God take away my 16-year-old brother? How could a boy that young simply not wake up one morning?

Explanation

The explanation from the doctor after the autopsy was that David had passed away due to “Status Epilepticus” or a fatal seizure. This was completely shocking to us, because even though he had experienced seizures throughout his life, it never really computed to us that they were potentially fatal. My mother had noticed an increase in his seizures in the past few weeks. The neurologist hypothesized that since his hormones were changing as a result of adolescence, the medication may have needed an adjustment. Sadly, my mother had made an appointment with the neurologist for the upcoming week to adjust his medication.

Self Destruction

The weeks after David's death were a blur. I had just started a new job and was grateful that my understanding boss, Mark who had also lost his brother, at a young age, and could

empathize with my paralyzing grief.

For the first time in my life, I was in a state of serious depression that led to self-destructive behaviors. I fantasized about ending my life, but could not imagine causing my parents any more grief and did not have the guts to go through with it. There was a little voice inside of me whispering that David had been with me for 16 years to teach me about my purpose in life and I was curious to discover what it was.

Destiny

What helped me finally turn the corner was the realization that my intuition had guided me to spend that precious Valentine’s Day weekend with David. I came to terms with the fact that it was his predestined time to go. I made the choice to believe that he was born to live 16 years. He was here to teach me and those around him about unconditional love, forgiveness, patience and equality for all people with disabilities.

I also realized the sacredness of life and how I needed to be present in each moment because I could not be guaranteed to wake up each morning.

Seize The Day

I made a decision from that point on to seize the day. I could not wait until tomorrow to live my passion or dreams. I needed to live every moment as if it were my last. This would honor the legacy of David’s life and make my life worth living.



INSIGHT

As Adrenaline Addicts, the tendency is to focus on the future or past. In order for us to achieve more, with less effort, we need to shift our focus into the NOW, since it is our point of power.

I realized that as an Adrenaline Addict, I was numb to my intuition because I was so focused on regretting the past or worrying about the future. I was so busy every moment of each day, how could I ever tune in to listen to the guidance that was constantly being relayed to me? After David's death, I made a decision to let my intuition guide me in major decisions in my life. I had chosen a career in Business Management because my father advised me that "to be successful in the United States you need to understand business." I totally agreed with him, but now that I was tuned into my intuition, I knew I had to follow my true passion, which was to empower people. Shortly, after that realization, I changed my college majors to Rehabilitation Counseling and the doors flew open in every direction. I obtained a full-paid grant to pursue a Masters Degree in Counseling and was easily able to become employed in my profession and obtain certifications to give me the edge in my field.

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Present Focused

Lynn Grabhorn in her book, *Excuse Me, Your Life is Waiting*, refers to the Law of Attraction, which explains how we create each moment of our day through our thoughts and feelings. She reminds us of the metaphysical principle based in quantum physics that wherever we focus our thoughts and attention is what we experience in our lives.

I am sure you remember a time when you wanted to buy a new car. Suddenly, you see that car everywhere on the freeway. Likewise, if our attention is focused on the unfortunate circumstances of our past and how we were discriminated against because of our race, age, height, class, parental neglect, etc., our behaviors will support that. Similarly, if we are future-focused, predicting major catastrophe may happen if we step out of our comfort zone, we will find ourselves stuck, unhappy and living out a miserable self-fulfilling prophecy.

It is no surprise that most of our clients come to us because they feel challenged in some area of their life. After some investigation, we inevitably find a limiting belief or negative emotion in the past that is holding them back. When we guide them to release it, they are propelled forward to achieve their goals at lightening speed.

We also have clients who are stuck in the “*Manaña Syndrome*,” in which they have been procrastinating until some perpetual “tomorrow” to change jobs, start that business, end the relationship or make that move. They are constantly planning for a future date that never arrives and feel frustrated for allowing another year to pass without reaching that goal.

Anytime our focus is on the regret and remorse of the past,

or fear and worry of the future, we are stuck. We are blocking our intuition, along with precious energy and access to resources only available in the present.

As Adrenaline Addicts, there is a natural tendency to be future-focused. It is exciting to always be on the go, in perpetual motion. On the other hand, if all of our attention is on the future, we will constantly be in a state of planning, instead of experiencing. Once the event is completed, we don't feel satisfied – just driven to begin the next project because of an underlying feeling that we are NOT ENOUGH. There is an irritating feeling of chasing our own tail, because we never feel the satisfaction from any great accomplishment. Even if we won the Nobel Peace Prize most likely we would not enjoy it, because we would be focused on our next project.

On the contrary, living in the present is about fully experiencing each moment. It is being tuned in and connected at all levels, not just physical, but emotional, mental and spiritual. It means embracing both the masculine energy, which is active and makes things happen; and the feminine energy, which is receptive and allows things to unfold. It is the combination of these two energies that allows you to fully access the NOW and obtain mastery in every area of your life.

Point Of Power

The fact is, the present moment is our point of power. Have you ever worked really hard on a project, but just could not make any progress? You decide to take a break to get some fresh air and just relax your mind for a moment. You are out-

side in the fresh air, present to all of the sensations around you – fully present in the NOW. Suddenly, the solution to your problem drops into your consciousness without effort. You have accessed the Power of NOW by simply shifting your environment and relaxing your mind.

We are so indoctrinated in our school system to focus on our left brain, which is the analytical problem-solving side of the mind. Often times, the answers we are seeking cannot be figured out through deduction. We need to have the courage to slow down and be present in the NOW – to switch over to the right side to allow the creative insights to just drop in.

Eckhart Tolle, the author of *The Power of NOW*, says, “Problems are mind made and need time to survive.” In the present moment, all of our needs are met. He also writes, “Have you ever done, thought or felt anything outside of the Now? Do you think you ever will? Is it possible for anything to happen or be outside the NOW? The answer is obvious, is it not? Nothing ever happened in the past; it happened in the Now. Nothing will ever happen in the future, it will happen in the Now.”

When we focus our attention in the present moment, we are available to access infinite possibilities. It is through the NOW that we are mindful and can access our creativity and intuition.

Meditation As Mindfulness

I am sure you have had situations in your life where you said, if only I had listened to my intuition. We are taught by the

media to look outside of ourselves for the miracle product to solve our problems. The truth is we have all the answers within us.

Oprah frequently comments about the importance of being mindful. To paraphrase, she says, we are first given whisper, then a nudge, then something falls on our head to really wake us up to be present to a situation or circumstance. We need to be mindful of the whispers. However, the only way we can hear them is to tune in to the NOW.

In his book *Meditation*, Eknath Easwaran defines meditation as a process of training the mind, the attention and the will. When we master our mind chatter, we are able to create amazing things in our lives. In addition, Easwaran says that when we meditate regularly, our addictions, compulsions and cravings diminish. The idea is not to achieve Zen, where your thoughts are completely gone. The goal is when your thoughts pop in, observe them non-judgmentally and return your attention back to your single point of focus (your breath, an image, or feeling).

Mindfulness can be practiced by simply focusing all of your attention on an activity, whether it be eating, walking, breathing or stretching. The process of mindfulness allows the antenna of your intuition to be adjusted so you clearly see, easily hear, and tangibly feel the messages your intuition is communicating to you each moment of the day. The key is to be willing and disciplined to be single-focused for a short period of time. Even five minutes of meditation in the morning will allow you to tune in all day.

Multi-Tasking Myth

The multi-tasking myth is the more we can do at once, the more productive we will be. I used to pride myself in saying I could do five things at once. The problem is that our minds can only fully focus on one task at a time. Inevitably, we are bound to make careless mistakes or compromise the quality of the tasks that are not receiving our primary focus.

As women we do have the keen ability to multi-task better than our male counterparts. It can also give us the false perception that multi-tasking is the ideal behavior.

Sarano Kelley, author of *The Game*, makes a distinction of when to multi-task. Sarano says:

“Sometimes people think they’re multitasking, but they’re just confused. They’re driving, drinking coffee, and listening to the radio while trying to read the newspaper. I call that being distracted, not multitasking.”

Multi-tasking is recommended if you are doing a purposeful activity with a non-purposeful activity, such as running, listening to an audio book or doing the laundry to your favorite music mix. It is not in your best interest to eat on the run or read an email while driving. These activities make it impossible to be in the NOW, therefore impairing your judgment, accuracy and intuition. Enjoy your food. Pay attention to each bite, taste and texture. Treasure your driving time as sacred time to tune in to your intuition and tune out the mind chatter. You will be surprised at how much more focused and clear you are as a result.

Single-Focused Tasking

I am one of many people who suffer from Attention Deficit Disorder. If I try to focus on too many tasks at once, I become frenetically busy and make a lot of noise and movement, but won't actually accomplish anything by the end of the day. What works really well for me is single-tasking, particularly on high priority activities. For example, while writing this book, Adoley and I would set a timer for 90-minute increments and focus only on writing for that duration of time. We followed with a 10-20 minute break, where we would stretch, eat, return a call etc. We found that we were able to complete big projects and tasks with much less effort when we were single-focused.

COACHING STEPS

1. Practice Mindfulness

Choose one activity today in which to focus all of your attention on. It could be a meal, a walk, or a meeting. Pour all of your attention into this activity. If you find your mind chatter coming in and distracting you, bring your attention back to the present by taking a breath.

2. Single-Tasking

Choose a big project that you have been procrastinating on. Pick one small task you can get started on. Get a kitchen timer and set it for 20, 45 or 90 minutes. You decide what works for you. Focus only on that task or project for the duration of the

timed segment. Make sure you don't go over or under. Working in smaller increments of time will allow you to accomplish a project that you may have thought of as overwhelming.

3. Meditate

If you practice meditation on a daily basis, you will be able to accomplish more with less effort. Start small with one minute, and gradually build up. We have created a CD program with 1 minute, 5 minute and 20 minute segments to help you get used to this cleansing process. You can order it at www.synergyunlimited.net.

DECLARATIONS

1. I focus my attention in the present moment.
2. I open myself up to infinite possibilities in the NOW.
3. When I am fully present, I am guided by my intuition.
4. Being grateful brings me into the NOW.
5. My point of power is in the present moment.
6. Now is all there is.
7. Everything I need is available to me right NOW!

QUESTION TO PONDER

Where do I focus my attention the majority of the day – on the past, present or future?



As you find it easier to shift your attention into the NOW, you will find that your worries and regrets are replaced with gratitude for the awareness that all of your needs are met in the NOW. Now we're ready to explore how the power of planning can increase your balance, joy and fulfillment...

RESOURCES

Awakening Intuition, by Mona Lisa Schultz M.D., PH.D. Dr. Schulz is a neuropsychiatrist, neuroscientist and a gifted medical intuitive who helped Adoley. She brings all of her expertise and knowledge to this excellent book on the intuition and provides deep insights into the intimate connection between the mind, body and emotions showing how that impacts our health and wellbeing.

Excuse Me, Your Life is Waiting, by Lynn Grabhorn (Hampton Roads Publishing Company, Inc.). This book is humorous, insightful and easy to read. She explains in plain English how to use the Law of Attraction to manifest your desires.

The Power of NOW, by Eckhart Tolle (New World Library, Novato, California). Eckhart Tolle modestly refers to himself as a counselor and spiritual teacher; however he is known as a modern day mystic. His book became a bestseller internationally almost entirely through word of mouth. Reading this book will change your perspective on the world.

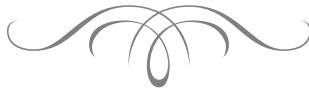
The Game, by Sarano Kelley (Jodere Group, Inc.). The book is a step-by-step guide to working on stepping up your game of life to the next level in work, relationships, health or spirituality.



— 6 —

POWER OF PLANNING

“Planning is the pathway to success.
The more you plan, the more
you succeed.”





*"Always plan ahead. It wasn't raining
when Noah built the ark."*

— RICHARD C. CUSHING

*"Planning prevents stress, produces excellence
and promotes creativity."*

— ODUNTON & DERAS

ADOLEY'S CONFESSION

Our First Big Seminar

In 2003, Deborah and I began discussing the formation of a seminar and coaching company that specialized in providing professionals and entrepreneurs with the tools to create wealth, success and fulfillment. Our partnership was the natural outcome of our friendship, shared vision and goals. We believed that we could achieve far more with far less effort through our partnership. That is why we call the company Synergy Unlimited. We held several successful seminars for groups of 25 to 50 participants throughout the year. Now we wanted to attract 200 participants for our Time Expansion Seminar.

The Plan

We began planning. We outlined the resources we would need – financially and logistically – and identified key personnel. We partnered with an event planner, Rebecca Flores, and a gifted graphic designer, Jennifer Plasencia, who is also a branding and marketing whiz, to help us develop our marketing strategy. We set a time line of six months to execute the seminar. We studied with two master trainers, Christopher Howard and T. Harv Eker, who specialize in the kind of seminars we wished to create. We began to implement our marketing plan of speaking at numerous associations and organizations on the topic. So far, so good.

Too Much, Too Soon

Developing the content and marketing campaign for an all-day seminar in six months was an ambitious undertaking, especially given that we had never done such a large seminar before. We both held other jobs and each had a private coaching practice.

As if this wasn't enough, we decided that this would be perfect timing for the official launch of our company. We would create an online newsletter, establish our brand with a new website, press kit and logo. We also decided to write our first book on Time Expansion™ while we were developing and creating learning materials for the seminar – CDs, workbooks etc. It never occurred to either of us that we might be taking on too much!

Setbacks

Two months into our schedule, my father became ill and I had to return home to Ghana to be with him. As I mentioned earlier, on my return, I fell sick with a mystery infection and was bedridden for several weeks. Like true Adrenaline Addicts, it never occurred to us to postpone the seminar or scale back our plans. Adrenaline Addicts simply don't know when to quit, say "no," or set boundaries for themselves.

We continued to barrel ahead, with Deborah taking more on while I recuperated. When we fell behind with our book deadline, we beat ourselves up about it. Eventually I recovered and we continued with our plans.

Overwhelm

We assembled a wonderful team of volunteers to help with the final stages of the event. We found ourselves under impossible, self-generated deadlines. We were constantly being asked to make decisions and we allowed ourselves to make them without having enough time to reflect on or digest them. We produced a 3-CD set and wrote the content for our website in the space of a week. There was something exhilarating about producing so much in a short period of time, but working around the clock also took its toll.

Our staff and team of volunteers looked to us for guidance. Unexpected problems arose. We began to feel pulled in all directions. We had less and less time to work on the content of the seminar. Our development meetings kept being postponed to deal with the next crisis. By the final weeks, we were both

exhausted. We didn't have our normally high energy for our creative sessions and found ourselves failing to provide the kind of leadership required to direct our team. We were simply too tired.

Murphy's Law

In the movie business we are always looking out for Murphy's Law: "Whatever can go possibly wrong, will go wrong." This is a basic guideline producers use when they are preparing for a major film production. They practice what Brian Tracy calls "crisis anticipation." By "think(ing) through in advance, the different delays and setbacks that can possibly knock the project out of schedule," they save themselves time, energy and money later on. Unfortunately, we overlooked Murphy's Law. Three days before the seminar, we discovered that the hotel had changed the room on us – a contingency we hadn't anticipated, and had failed to "get in writing." Valuable energy and time was wasted playing a game of "he said, she said" with management.

Showtime

We arrived on the morning of the seminar to discover that the new room was too small and totally unsuitable for our event. No one had checked it out. We eventually changed rooms – at lunchtime, during the seminar! We had no time to give our volunteers the information they needed to be organized. We had three event planners volunteering their time. Communication

and style problems arose almost immediately. Since we hadn't established a clear chain of command, one volunteer after another approached us to sort out problems during the seminar itself. Instead of being free to concentrate on our program, we were distracted and overwhelmed by these conflicting demands.

Crash And Burn

The event itself went by in a blur. It felt like an out-of-body experience and one we hope never to repeat. Not surprisingly, we had decidedly mixed reviews. Some participants walked out, others loved it. It didn't matter. We knew we had not done our best work. We felt we hadn't even come close. We did the worst sales pitch in the annals of sales! When it was over, we were \$15,000 in debt and had made \$100! Shell-shocked, we went into retreat. We needed to get still and evaluate how we could have gone so wrong.

Getting Still

We decided to pull the plug on all activity and do nothing. We realized that one of the casualties of our rush to production was our monthly visioning practice. We begin our sessions with prayer and meditation and once a month we vision and ask for guidance in terms of the direction we are going in. As we got caught up in our preparations, this practice had fallen by the wayside. Now we began it again.

Back To Basics

We went back to basics. As a wonderful coach of mine, Breck Costin, often says: The collars and cuffs weren't matching. Here we were doing a Time Expansion™ seminar and all we were experiencing was time starvation. We talked about achieving more with less effort, but even though we had achieved a great deal using the principle of synergy, we had created a lot of effort and stress because of a lack of planning, unrealistic timetables and failure to practice the principles of the **SEMP™ System**: taking care of our **S**-piritual, **E**-motion-al, **M**-ental and **P**-hysical self.

We asked ourselves fundamental questions. Why were we doing what we were doing? What did we believe and did we reflect those beliefs in our own lives? We knew that the only value we had as teachers was in our ability to demonstrate what we taught.



INSIGHT

Planning would have reduced the stress and allowed us to produce with greater ease, plus help us produce the caliber of work we were capable of.

Like so many Adrenaline Addicts, we are achievement-oriented. We set our minds on a goal and barrel through, regardless of the circumstances. Much of the time we are disconnected from our

feelings. In this case, we were exhausted, often overwhelmed, completely out of touch with our feelings and how our bodies were reacting. Planning would have reduced the stress and allowed us to produce with greater ease, plus help us produce the caliber of work we were capable of. Instead, we were totally stressed out. For much of the time we felt inauthentic. Never again! Worse still, we had taped the whole thing. Even though we hated watching it – I’m glad to have the tape. It reminds us of what it was like to be that disconnected from our true selves.

PRINCIPLE

“Planning is the pathway to success. The more you plan, the more you succeed.”

Planning is one of the most powerful recovery tools for an Adrenaline Addict and is perhaps one of the most difficult to apply. Planning, like slowing down, goes counter to an Adrenaline Addict’s instincts. It takes away all of the Adrenaline rush experience of creating at the last minute, pulling things out of the bag, getting down to the wire and producing amazing results under extreme conditions. Planning, on the other hand, is slow, methodical and detail-oriented. To many Adrenaline Addicts, it is boring. You have to think everything through and go step-by-step – all things adrenaline addicts hate. It is also necessary. Planning takes away stress and allows for greater ease and grace. The adrenaline rush has a major downside. To constantly activate the fight-or-flight syndrome creates enormous stress on the body and eventually wears out the adrenals. It also exacts an emotional toll.

Take Time To Plan

We did not spend nearly enough time planning, given the size of the undertaking. Yes, we had done seminars before, but this was like going from creating a dinner for four to catering a wedding for 500. Because of our Adrenaline Addiction, we soon got bored with the details and the time it takes to plan. We rushed into action. What we didn't realize was that by not planning, we were often busy doing the *wrong* things.

We were so busy producing a website and marketing materials, a book and CD series that we didn't schedule in enough time to work on the seminar itself. We kept pushing it back till the end and then found that the time we had left was eaten up by last minute crises we had failed to anticipate. Because we hadn't scheduled our time carefully to include rest and rejuvenation time, we also ran out of steam.

Schedule It In Your Calendar

If we had planned and scheduled in time for development right from the beginning, **on our calendars**, we would not have run out of time. We also might have realized that our timeline was simply impractical. This is why we have a slogan in our seminars – “Schedule it in your calendar, see it in your life.”

The Four No-No's

In his excellent book, *Time Power*, Brian Tracy, identifies the four main problems of project management:

1. Not Allowing Enough Time
2. Assuming the Best
3. Rushing at the End
4. Trying to Do Several Things at Once

We were guilty on all four counts.

Prioritizing

As we developed our recovery program, we followed the advice of Stephen R. Covey, author of *Seven Habits of Highly Effective People* and an internationally renowned expert on leadership and personal effectiveness. “The key is not to prioritize what’s on your schedule, but to **schedule your priorities**.” We learned to prioritize and focus on one thing at a time. We eliminated everything that was not a priority from our schedule. Our production increased and so did our sense of wellbeing.

Double The Time

We shifted our relationship with time. Adrenaline Addicts have no real relationship to time. They don’t have a good sense of how long things actually take. We thought we had time to do all the things we had on our plate. One of the rules we’ve created is that if we think a project is going to take us four weeks, we schedule in at least double the amount of time. Only then are we close to a realistic estimate of how long it will really take us, because Adrenaline Addicts constantly take on too much. We took on the impossible and didn’t even know it was impossible. We thought it was reasonable to expect ourselves to do all

of this. This is typical of Adrenaline Addicts. They have unrealistic expectations of what they should demand of themselves and have no idea how to pace themselves. They will push themselves to the max to achieve their goal and then are surprised when they get sick.

Adrenaline Addicts are often victims to an increasing number of autoimmune diseases, such as lupus, chronic fatigue, fibromyalgia, etc. They generally don't see it coming because they are disconnected from their bodies and focused on their goals. I was a classic example.

Planning Fosters Creativity

Learning to plan effectively in my work, frees me up to improvise and create even more, because I have a clear road map. When I was “winging it,” I wasted a lot of energy and was often stressed. When I did something that worked, I often couldn't repeat it or be clear why it did. When I worked from an effective plan, it took a lot of the stress away. I had a structure I could rely on that gave consistent results. It didn't prevent me from improvising or creating something in the moment – it just gave me more confidence and room to play.

Planning Supports Excellence

Planning creates a platform that allows us to perform with excellence. It allows us to be our best because everything is taken care of and when something unexpected arises, we've anticipated it or we have the room and space to take care of it.

Planning also makes us focus on the process, not the outcome. By doing everything step-by-step, we are brought into the present tense rather than in the future, which is where Adrenaline Addicts tend to live. We can enjoy our experience instead of missing it. Planning brings us into the NOW.

COACHING STEPS

1. *Write A Plan*

Set aside time the weekend before to plan your next week. Create a *written* plan. Every day, set aside ten minutes in the evening to review your plan for the following day. Be realistic about what you are going to do. Don't take on too much. Double the amount of time you believe it will take you to get each task accomplished. If you get it done faster, you can give yourself a pat on the back instead of beating yourself up because you didn't complete it in the impossible schedule you have set for yourself!

2. *Get Feedback*

Find a buddy who is better at planning than you are. Tell them your goal and ask them to give you feedback on your plan. Discuss problems you might run into so you can plan for them. Although your practical friends might drive you crazy because they keep shooting down your goals and plans as unrealistic, they will provide you with a useful reality check and will think of things you haven't thought of because they think differently from you!

3. Prioritize

Make a list of your top five priorities in a specific area of your life. Pick the top one. Take out your calendar. Look at how much time you spend doing things in that area that are not directly related to your top priority. Decide what you can eliminate and remove them from your calendar. You will produce much more in far less time.

DECLARATIONS

1. The more I plan, the more I succeed.
2. I give myself plenty of time to plan.
3. I have reasonable expectations of myself.
4. I enjoy the process of pursuing my goals as much as achieving them.
5. I set clear priorities and only take on things that support them.
6. I get things done in time, on time, every time.
7. When I schedule it in my calendar, I see it in my life.

QUESTION TO PONDER

Are you taking on so many projects that you cannot plan adequately?



Investing a small amount of time in planning will result in having time for your self-care scheduled into your calendar. Last, but not least, the power of synergy will enable you to get quantum results at a fraction of the effort...

RESOURCES

Time Power, by Brian Tracy (Amacom). Brian Tracy is a top business speaker and consultant to businesses and corporations on the topic of business management and sales. His book is full of practical tools and strategies to manage your time effectively and increase productivity, results and income.

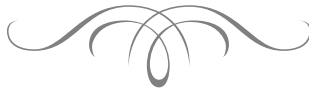
The Seven Habits of Highly Effective People, by Stephen Covey (Simon & Schuster). A principle-centered classic, this remarkable book teaches us how to achieve success by modeling the behavior of highly effective people.



— 7 —

POWER OF SYNERGY

“With the power of Synergy,
anything is possible.”





*"The whole is greater than
the sum of the parts."*

— R. BUCKMINSTER FULLER

ENTREPRENEURIAL SPIRIT

In 1998, I started my first coaching company, Passionate Living NOW! I was so excited to have the autonomy to be as creative as I wanted. I would be free to use my counseling skills without the confines of paperwork, office politics and bureaucracy. I would be fulfilling my life purpose to empower others to improve the quality of their lives.

Adoley also began her coaching company called Lightbearer Communications around the same time. I first met Adoley when she was my Kundalini Yoga teacher. I then ran into her at a women's networking meeting. There she was again at a Toastmasters meeting. The last straw was when I saw her at my church. I realized that divine intervention was trying to get us to come together. We definitely had synergy that we wanted to explore.

After getting to know each other, we found we both had the same limited amount of success with a tremendous amount of effort. We were determined to go to the next level

where we were transforming people’s lives while making a profit in our business. We knew that with the power of synergy, anything is possible. We decided instead of continuing to struggle on our own, we would come together and form one company.

Visioning

We began a process called “Visioning,” which was developed by Dr. Reverend Michael Beckwith, the founder of the Agape International Spiritual Center. The concept of visioning allows you to access the higher vision for a project or idea.

Reverend Michael Beckwith says, “Visioning is not about making something happen, but about making something welcome.” You can use the process to make a career change, create a business, find your ideal mate or simply get clarity on an issue.

Visioning taps into the universal power. Unlike visualization, visioning is not limited by your imagination or experiences. It taps into the infinite source, which is unlimited.

Adoley and I would begin our visioning session with a prayer to anchor us to be in alignment with our unlimited source and supply. We then began to ask questions to get clarity on our business and the roles we would each need to play to ensure its success. We would ask questions like: what is the mission, vision, qualities we need to embrace, things we need to let go of, for our vision to come to fruition?

Next, we would take a few moments to jot down our insights in a journal. We would then share them with each

other. On several occasions, we were pleasantly surprised to find out that we had both written down the very same thing; almost word for word. It soon became clear that the company we were going to form would be Synergy Unlimited.



INSIGHT

*Activating the Power of Synergy allows you
to leverage your resources, capitalize on your strengths
and delegate your weaknesses.*

During the first year of our partnership; we found we were able to achieve more, with less effort, by activating the Power of Synergy. We launched our first public seminar, a website, ezine, and CD program. We also began the outline for what will be our second book.

We realized recovery from Adrenaline Addiction is a process. Given that the two of us had yet to develop this recovery program, we did not have the tools to create a life of ease and grace. We were achieving more; but still with a lot of effort. It was only when we realized that our success depended on developing and *practicing these seven powerful principles* that our results began to turn around. It was not just enough to know them and understand them we had to live and breathe them. We began to attract powerful women with many skills that we lacked to be a part of our company. We decided

to put our Time Expansion book on hold and immediately began developing this seven-step program. We incorporated the principles into our daily lives, our coaching circles, our private practice, and in our speeches and trainings, with tremendous results.

Activating the Power of Synergy allows you to leverage your resources, capitalize on your strengths and delegate your weaknesses. It also allows you to surrender the superhero role so you can ask for help. This may be challenging at first, however, with practice you will find this to be second nature.

Adoley and I found that with the Power of Synergy, our goals, dreams and visions are unlimited.

Synergy Defined

R. Buckminster Fuller was a futurist who made the word “synergy” a household name. The majority of his work was based on Synergetics Geometry of Thinking. He defined synergy as: “The whole is greater than the sum of the parts.” Instead of $1+1=2$ with synergy it equals one thousand. The impact of applying synergy in your life is the ability to achieve quantum results.

Synergy is based on the collective paradigm that supports the belief that there is enough for everyone, as opposed to the individualistic and competitive one that we are raised with in a capitalistic society.

There are many ways you can use synergy to achieve more with less effort, through leveraging resources, by forming strategic alliances, networking, and forming partnerships with individuals with a mutual goal.

Strategic Alliances

Strategic alliances are relationships formed by two or more individuals or organizations to achieve a mutual goal or outcome of both parties.

You can activate the Power of Synergy by forming a strategic alliance with a friend, neighbor or co-worker to keep up with an exercise program. You may decide to meet three times a week to walk during your lunch hour. You decide what are the consequences for not following through and the benefits and rewards of your actions. By committing to your partner that you will show up, you are more likely to do so at those times when, most likely on your own, you would not keep your word to yourself.

In my position as an employment consultant for a government agency, one of my roles was to increase employment of people with disabilities. Our resources were limited, so I used the Power of Synergy to get quantum results. My colleagues and I put together a team of non-profit organizations, schools and community programs all with the mutual goal to increase employment of people with disabilities. We decided the best way to leverage our resources was to put on a Career Expo to showcase our qualified talent. The event was such a success it gave over 21,000 people opportunities for employment, and is now being modeled statewide. All through the Power of Synergy.

Networking

It is not what you know, but who you know that counts. After teaching job search workshops for years, I discovered the key to getting my clients hired is not a resume, but who you know and how good you are at presenting your strengths and skills.

Networking is a valuable tool to communicate your goals and desires while activating the Power of Synergy. When you network you have the potential to meet people who have resources that you will need to be successful. Instead of trying to recreate the wheel through networking; you can find mentors who have already trudged the road you are on and come out the other side successfully.

The key to successful networking is to build relationships that are mutually beneficial. It is not just a one-time interaction for you to get information. It is an ongoing development of a relationship through in-person follow-up meetings, phone calls and emails to form a solid connection.

Adoley and I used to facilitate a networking group along with our dear friend Ximena Salazar. We would teach our members the art of effective networking. One of the pet peeves we had was when someone would throw their business card in our face as soon as they met us, talk non-stop about their services, take little interest in ours and expect us to hire them.

It usually takes about seven interactions with a person to develop the level of trust to do business with that person. This increases exponentially when you have provided a benefit to this person by referring business to them, because they will feel obligated to return the favor.

Synergy Coaching Circle

The concept of the Mastermind group was first introduced in the 1900's in the timeless classic, *Think and Grow Rich*, written by Napoleon Hill. Hill said a Mastermind is: "The coordination of knowledge and effort of two or more people, who work toward a definite purpose, in the spirit of harmony."

Hill also talks about the spiritual power that is tapped in through synergy. He mentions that, "No two minds ever come together without thereby creating a third, invisible, intangible force, which may be likened to a third mind." This is the same power accessed through the visioning process.

At Synergy Unlimited we have facilitated countless Mastermind groups that we call Synergy Coaching Circles, because we use the power of synergy intently in every activity to ensure our participants achieve quantum results.

The reason these groups are so successful is the synergy, energy and passion that is generated in this fun atmosphere. It allows participants to step out of their problem and see it through the third-person perspective of their peers. Since the problem cannot be solved from the place that it was generated, when they see it from this perspective, it actually allows the problem to be dissolved or resolved with ease and grace.

Due to the popularity of these circles, we decided to have them available internationally via teleconference. In just a series of sessions our clients have been able to change careers, get out of a bad relationship, move residences, double their finances and lose weight all through the power of synergy.

For more information on our Synergy Coaching Circles visit our website: www.adrenalineaddictbook.com.

COACHING STEPS

In order to apply the Power of Synergy in your life, identify where in your life you are working hard and achieving less than spectacular results. Look at your Career, Health, Relationships, Prosperity or Spiritual satisfaction level (C.H.R.P.S). If you are lacking in any of these areas, you may be working harder rather than smarter. How can you use the Power of Synergy to achieve more with less effort?

1. Partner up with a buddy and check in with them 10 minutes daily to keep each other accountable in your goals. You can decide to do this for a period of 30, 60 or 90 days, until you achieve your goals and then recommit. It is very important to be clear about keeping the conversation strictly to your commitments, progress and challenges. Avoid using this time to gossip, complain or dump. Be clear with your partner on how they can keep you accountable and vice versa.

2. Form Strategic Alliances: Find someone who has a mutual goal in business or personal life that you can team up with to achieve your goal. Perhaps you will train for a marathon together, practice a second language or learn to cook healthy meals. Whatever you decide, make sure the person you choose is as invested in your success as you are. It is preferable to choose a person who is dedicated to success than to align with a friend.

3. Mastermind Group or Synergy Circle: Join a mastermind group or Synergy Coaching Circle to jumpstart a major goal or objective you have been procrastinating on. Once you commit to it, give it your 150% and watch how you are able to achieve more in a short period of time, with less effort.

DECLARATIONS

1. I achieve quantum results through the Power of Synergy.
2. It is easy for me to achieve more with less effort.
3. I synergize and simplify my life.
4. With the Power of Synergy, anything is possible.
5. I give and receive easily.
6. I utilize my strengths and delegate my weaknesses.
7. I choose to partner up.

QUESTION TO PONDER

Who can you synergize with to achieve more with less effort?



We believe with the power of synergy, anything is possible. When you truly use synergy in every area of your life, you will find yourself freed up to engage in your passions, which will ultimately increase your quality of life.

When you fully integrate these seven principles into your daily life, you will be amazed at how much your productivity and quality of life increases exponentially.

RESOURCES

Kundalini Yoga DVD, by Adeley Odunton (Synergy Publishing). This is an excellent program that is perfect for beginners or seasoned yoga aficionados. It gives you an awesome workout while inserting pauses to practice slowing down, ending with a beautiful meditation. To order, call toll free: 1-877-290-6582.

Visioning pamphlet by Rev. Michael Beckwith’ Agape International Spiritual Center is a trans-denominational community whose doors are open to all seekers of authentic spirituality, personal transformation and selfless service to humankind.” To learn more about the center or Reverend Michael’s visioning process, go to www.agapelive.com or call 310-348-1250.

Visioning CD, by Odunton and Deras (Synergy Publishing). We have created a CD program that uses a visioning process to help you get clarity, insight and focus in all areas of your life. It also shows you how to use visualization to create the life you desire. To order, go to: www.synergyunlimited.net or call Toll Free: 1-877-290-6582.

Buckminster Fuller Facts. Buckminster Fuller coined the term synergy and was the leader in the science of synergetics. For more information on him and his work, go to: www.bfi.org.

Networking Groups We mentioned the importance of networking to really accelerate your results. The networking groups that we participate in and would recommend are as follows:

- 1. Network for Empowering Women**, founded by a brilliant entrepreneur named Christine Kloser. N.E.W. Entrepreneurs is an organization for women who want to learn **cutting edge techniques** to grow their businesses and their life. For information on meetings go to: www.newentrepreneurs.com; be sure to mention that Synergy Unlimited sent you.

- 2. Shared Vision Network** is dedicated to inspiring and empowering our members to grow successful integrity-based businesses and abundant, balanced lives. Adeley and I participate in the Los Angeles Chapter, run by a gifted coach and speaker, Melanie Strick. For information, go to: www.sharedvisionnetwork.com.

- 3. For You Network**, a National Association Of Female Executives Affiliate network. Its mission is to help women achieve personal and professional goals. A great group of women, led by a human dynamo named Robbie Motter. There are chapters throughout Southern California. www.foryounetwork.org.

- 4. National Latina Business Women’s Association** is a national networking organization where Latina professionals and entrepreneurs can network, support each other and get business. I personally have made a lot of great connections and friendships through this organization. For more information, go to: www.nlbwa-la.org.



Summing Up

Well, it all sounds good, but what happens when I go back to my real life?

That's where the rubber meets the road. Right from the get-go, we said that as coaches we care about what happens in your daily life. As T. Harv Eker says: "Talk is cheap." We're glad you read the book and that you "got it" intellectually, that you can think about it and talk about it. That's a good start. But what we really care about is making sure that you incorporate these principles into your daily life.

Principles Revisited

This book provides seven principles to recover from Adrenaline Addiction, so that you will achieve more with less effort.

1. Power Of Choice – Choose
2. Power Of Surrender – Let Go
3. Power Of Slowing Down – Slow Down
4. Power Of Energy – Boost It Up
5. Power Of NOW – Be Here Now
6. Power Of Planning – Schedule It In
7. Power Of Synergy – Partner Up

POWER OF CHOICE — CHOOSE

“We always have a choice.

We choose how we respond to our circumstances.”

We believe that creating a life of ease and grace is a choice, even for the busiest professional with multiple roles and responsibilities. You make a decision whether or not to work on Sunday. You choose to wake up earlier to exercise. When you relinquish the role of victim and embrace your power of choice, you can co-create a *life of balance and harmony*.

POWER OF SURRENDER — LET GO

“Choosing to surrender allows us to be receptive.

It can be an act of strength and courage.”

We believe that you don't need to suffer to be successful. We believe that through the Power of Surrender, you can let go of your superhero cape and work smarter, not harder. Through letting go of people, places and things that no longer serve you, you will fulfill your visions and dreams, while maintaining your *health and wellbeing*.

POWER OF SLOWING DOWN — PAUSE IT

"Slowing down restores the body, focuses the mind and rejuvenates our spirit."

We believe that rest is vital for restoration and rejuvenation. As Adrenaline Addicts, we need to downshift into a lower gear from time to time, otherwise our transmission will burn out. As our world continues to move at an ever-accelerating pace, it is imperative now, more than ever, that we remain grounded and focused. Practice the power of the pause by taking a moment to breathe, shift activities, change environments, and give your mind a chance to relax. It will increase your *clarity, efficiency and productivity*.

POWER OF ENERGY — BOOST IT UP

"Energy is the fuel of life. We increase or deplete our energy through the choices we make."

We believe energy efficiency is the key to expanding time. We all have 24-hours in a day. How our energy is boosted or

drained is what makes the difference in our productivity. You need to be mindful of the energy zappers in your life and let them go. You boost your energy through conscious actions such as taking the time to prepare healthy meals, exercise and meditate. This gives your body the fuel to achieve *peak performance*.

POWER OF NOW! — BE HERE NOW

The point of power is in the present moment.

Now is all there is.

We believe your point of power is in the present moment. Anytime your attention is on the past, you may be caught up in worry and regret. When your attention is on the future, you may miss opportunities that are available in your present. In the NOW, you are open to download the infinite opportunities always available to you. By being present in the moment, you can fully savor your experiences and take advantage of amazing opportunities that will catapult your *abundance in every area of your life*.

POWER OF PLANNING — SCHEDULE IT IN

“Planning is the pathway to success.

The more you plan, the more you succeed.”

We believe that if you schedule it in your calendar, you will see it in your life. I am sure you are great at scheduling in work

and daily tasks; however you may not be as vigilant about scheduling in your other priorities. These may include quality time with your family and friends, and nurturing yourself. If you take time Sunday night to schedule these high priority activities into your week, you will experience more *balance, joy and fulfillment*.

POWER OF SYNERGY — PARTNER UP

*Through the power of synergy,
you can achieve quantum results.*

We believe with the Power of Synergy, anything is possible. You may already be using the Power of Synergy; however, now we are asking you to use it consciously. In any area of your life that you are having a challenge, find a buddy who can hold you accountable and support you. When you do, you will find yourself going to the next level of performance *easily and effortlessly*.

Getting Into Action

At the end of each chapter, we give you three action steps you can take to begin putting these principles to work in your life. They may appear simple at first glance, but we're not talking a lifestyle change here. We're talking about changing your life. Changing old habits, beliefs and behaviors takes intention, discipline and a commitment to your personal growth and development.

Our goal in writing this book is to give you tools that will assist you in shifting the way you think, behave and interact with others, so you can take back control of your life and free yourself of Adrenaline Addiction. By practicing these principles, you will discover how to achieve more success with less effort. We look forward to hearing about your success.

What If I Have Adrenal Fatigue?

Some of you may be wondering if you are suffering from adrenal fatigue. Dr. James Wilson's *Adrenal Fatigue* offers in-depth information about the causes, symptoms and treatment for adrenal fatigue. For more information about Dr. Wilson, his book and products, go to www.adrenalineaddictbook.com.

Success Stories

We want to hear how you are applying the Synergy Unlimited principles in your life to achieve more with less effort. Send us an email answering these questions or simply share your success story. Write us at story@adrenalineaddictbook.com, or mail to Synergy Unlimited, P.O. Box 11677, Marina del Rey, CA 90295 or fax to: 310-945-5652.

Please include:

1. How has this book transformed your life? Give us a before and after snapshot.
2. What specific actions have you taken that have created quantum results?

3. What behaviors/beliefs have you let go of to embrace these principles?
4. What new behaviors have you implemented?
5. What was your biggest challenge in making these changes and how did you overcome them?

Ongoing Support

In order to see transformational results from these principles, your commitment to taking the action steps is essential. *The road to recovery is an ongoing process.*

In order to support you in staying on track, Synergy Unlimited has a free teleconference each month to motivate, inspire and support your success. For information call 1-877-290-6582 or book@synergyunlimited.net.



About the Authors

Adoley Odunton combines more than 15 years experience in the film industry with her expertise as a professional coach and seminar leader. She is also a licensed spiritual counselor (RScP), and Kundalini Yoga instructor and is certified in hypnosis and neuro-linguistic programming.

Before co-founding Synergy Unlimited, Adoley was a seminar leader at the Los Angeles Coaching Exchange providing

coaching to Fortune 100 executives.

Adoley earned a Master's Degree in English from Oxford University. She was a top television executive at premier companies such as Embassy Television, CBS Entertainment and Republic Pictures, supervising the production of over 40 movies for television. She is a member of the Writers Guild of America and a Board Member of Women In Film. Adoley was nominated for the 2005 CEO of the year award for the Los Angeles Business Journal. She is a contributor to the 2004 best-selling series, *Chicken Soup for the Body and Soul*, and is a regular columnist for *West Coast Magazine*.

Deborah Deras brings over 10 years of experience as a Counselor and Trainer. She has a Master of Science in Counseling from California State University, Los Angeles, and is a nationally certified Rehabilitation Counselor. She also holds certifications as a Master Results Coach, and in Neuro-Linguistic Programming and Hypnosis.

Before co-founding Synergy Unlimited, Deborah coordinated the largest Cinco de Mayo Career Expo in Southern California. She also was the lead coordinator in creating a project called Diversity Employment Source for the State of California that was modeled statewide to increase employment for people with disabilities.

Her passion for networking led her to co-found the first ever Latina Business and Entrepreneur Network and the first bilingual Latina Toastmasters Club in Los Angeles. Her dedication to the Latino Community has led her to receive numerous awards, including a nomination for the United States Hispanic Chamber of Commerce for Latina Entrepreneur of

the Year, 2005. She is also regularly featured as an expert speaker and coach in Latina and Catalina magazines.

Together, Odunton and Deras have appeared on numerous television and radio programs. Most recently they appeared on K-EARTH 101 with Vivian Porter; Visions and Views with Pat Prescott on KTWV, 94.7 The Wave; The Aware Show with Lisa Garr on KPFK; 90.7; and on KBIG with Tobi Knight. They also co-host their own cable show, “The Power of Synergy.”

Their clients include: women’s groups, government agencies, universities, associations and Fortune 500 companies. Their dynamic style and interactive delivery has led them to be asked back year after year. Their topics range from Life Balance, Stress Management, Peak Performance, Time Expansion, and Diversity. Their presentations empower audiences internationally to achieve more with less effort.

If you are ready to be *synergized*, invite Odunton and Deras to keynote your next conference, facilitate a workshop or training at your company, or emcee an event or gala. They will customize their programs to meet your needs.

For more information, visit their website at www.synergynlimited.net and click on “services”. Or, phone the Synergy Unlimited headquarters toll free at: 1-877-290-6582.

For free resources, special bonuses and tools, visit: www.adrenalineaddictbook.com.

Their services include:

1. Keynote Speaking
2. Training
3. Workshops
4. Seminars
5. Retreats
6. Individual Coaching
7. Synergy Coaching Circle

For their free online newsletter go to:

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