



## Economic Crisis, or Opportunity?

I think it's a fair assumption that no one has been unaffected by the current economic situation, and few of us could say we don't know of someone dealing with redundancy or business slowing down. We're all tightening our purse strings to various degrees. No doubt like me you've have many conversations with people about what's going on. What I'm finding interesting is the differing perceptions people have at a time like this.

While it's natural to feel concerned about the recession, many people I've spoken to are making the best of the situation, focusing on what they *have* and taking sensible steps to look after themselves, their families and their businesses. By contrast, the media appears to be producing an unparalleled stream of doom and gloom, and unfortunately there are people out there listening to every word and hanging their hat on what they're hearing. Yes, the situation is rather severe. But fatal it is not.

Interestingly, there have recently been a number of encouraging indicators of economic optimism for those of us here in New Zealand, little of which the media has made an effort to splay across the front pages. Are you aware for example, that the US stock market had its biggest rise in 70 years last week? Of course it has a long way to go, but it's a move in the right direction. While this rise in the markets has been reported to some degree, given that the markets are a leading indicator of economic progress, I don't recall it being headline news.

Speaking in Auckland last month, Pascal Lamy, Director General of the World Trade Organisation, said he felt that New Zealand was one of the more optimistic countries in the world right now. Certainly the government is taking multiple practical steps to make the best of the situation, even if we don't all agree with everything they are doing.

Perhaps our optimism is fuelled by the fact that in many ways we are doing relatively okay in New Zealand. At a breakfast meeting last Friday, Prime Minister, John Key pointed out that New Zealand remains one of the least affected countries in the developed World, thanks in part to our strong banking system. This is not to say that everything is rosy right now, clearly it is not. We are, however, relatively fortunate, particularly given our strong export industry. On top of this we are blessed with a truly beautiful country and our resilient can-do Kiwi spirit!

So, is there a right or wrong way to think about a recession? Is worrying about what could happen the right or sensible thing to do?



### A big thank you ...

I'd like to take a few lines this month to thank my clients for working with me. I already feel incredibly fortunate to do work each day that I'm absolutely passionate about, and truly honoured that people allow me into their lives in order to help them change.

So to all my clients, past, present and future: thank you for allowing me to be part of your journey. It is real a privilege.

Opportunity often comes disguised in the form of misfortune, or temporary defeat."

Napoleon Hill



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Does feeling stressed help us make good decisions at a time like this? Is it helpful to assume the worst?

What is the most useful way to think about it?

A breakfast radio show I was listening to recently asked people to call in and talk about what they would do if there were made redundant. As it turned out, a number of people called who had been made redundant at some time or another. One woman reported that her husband went through redundancy some years ago. It was right out of the blue and initially they were quite shocked. Once they gathered themselves, they cancelled Sky (for 12 months), stopped going out so often and started budgeting to live on one salary for the time being. They banked his redundancy money and vowed not to touch it. They printed off thousands of flyers and delivered them to as many letterboxes, advertising her husband's trade. Bit by bit, customers began trickling in, and how almost ten years later they run a successful business.

She said "We've never looked back. It was the best thing that could have happened to us". Then I remembered that in the last year I have heard those words from the lips of at least three other people I know who have been made redundant at some time in their lives.



### The Eckhart Files

Given all of the gems that I've collected from reading Eckhart Tolle's books, I thought it was time to share some of them with you! So each bi-monthly newsletter will now feature an insight from his books that may guide or inspire you.

Tolle says "Facing facts is always empowering. Be aware that what you think, to a large extent, creates the emotions that you feel." He explains that when we accept what is, our emotions are automatically calmer. He says "see the link between your thinking and your emotions. Rather than being your thoughts and emotions, be the awareness behind them."

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### What can you do?

- Be sure to sort for opportunities. If we are reading the paper or listening to the news without carefully sifting through the information, we are doing ourselves a disservice. Our brain is constantly sorting for information (consciously and unconsciously) and it's simple: if we are focussing on the doom, we'll see it everywhere. If we focus on the opportunities, we'll see those instead.
- The general message from the financial sector is that as consumers it's important we keep spending (within our means) in order to aid an economic recovery.

- Do a stock-take this month of everything you and your family and friends have that you can enjoy, appreciate and share. Take stock of all the little things as well as the big stuff.
- Make your own fun at home. Dust off the old board games – monopoly, scrabble, whatever takes your fancy. My fave at the moment is Cranium – it has something for everyone! And if you like a wee dram, it's easy to stock up with the great wine sales on at the moment.
- Make it your mission to create sustainability at home. Plant a vege garden if you haven't already. Make chutney, passata, tomato sauce or jam. Swap your wares with your neighbours! If you're tightening your eating-out budget, make eating at home an event. Choose a theme – Indian, Thai, Italian, Kiwi barbecue or spicy Mexican! Ever cooked with a sombrero on your head?

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### *Events to watch out for*

#### **Master Mantak Chia in New Zealand in this month**

This is Taoist Master Mantak Chia's first visit to New Zealand - an event not to be missed. If you are interested in learning Taoist secrets to anti-aging, disease prevention and longevity, then go along to one of his events. Qi Gong is the art of balancing, replenishing and storing life force energy (Qi). These techniques, passed down for centuries, give you the ability to stay well and look after your own health without drug or supplements.



Master Chia teaches people how they can become their own master, teacher and healer. He has spent his life sharing the secrets to good health that have been passed down for centuries from ancient China. He shows people how they can affect all sorts of positive changes that the masses have been conditioned to think impossible, such as reprogram their DNA, regrow their bone marrow, prevent heart attacks, replenish lost energy and heal quickly from emotional traumas. He shows people that this information is their birthright and often very simple to put into practice.

This is fascinating stuff! Find out about these workshops [here](#).

#### **Jack Canfield is coming to New Zealand this year**

Author of the Chicken Soup for the Soul series, he is running a seminar based on his latest book, The Success Principles.

He says "By participating in the Success Principles Workshop, you'll gain skills needed to create major breakthroughs in the achievement of your goals and the quality of your life! I've carefully chosen the best transformational processes that will dramatically increase your clarity, focus and power, as well as help you develop the momentum and support that will carry you throughout the rest of the year. This information ... goes far beyond what is discussed in The Secret ... and will provide the missing ingredients you need to make the law of attraction actually work in your life."

One Day Seminars - Auckland – 6 November and Wellington 4 November (general admission). VIP packages also available.

Find out more and how to book [here](#). Earlybird pricing till mid-April!

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### *I must tell you about ...*

#### **Stainless steel drink bottles!**

Are you still drinking out of plastic water bottles? Tsk tsk. It's fairly well known now that plastic bottles leach harmful chemicals into the water we drink, which is exacerbated by heat (leaving your bottle of water in the car on a hot day is bad news) and time (the longer you use a bottle for the more it leaches). Basically, if water is tasting like plastic, that's because there's plastic in it! Additionally, according to Eco Tanka, we are drinking 30 billion throw-away bottles of water a year worldwide, which equates to 2.7 millions tons of plastic. Eeek.

Stainless steel bottles are hygienic, easy to keep clean, light to carry, durable, with no tainting. Water tastes like water. They also keep cooler than plastic bottles. I highly recommend trying one!

Take a look at [www.ecotanka.com](http://www.ecotanka.com) to find out more, and pick one up for yourself from many health food or camping stores.

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Have a rewarding and enjoyable month as you notice opportunities out there. Be sure to keep warm as autumn continues its advance. Go well.

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Fresh Ways Forward  
Auckland, New Zealand  
ph 09 366 0183, mob 021 403 408  
[karen@freshwaysforward.co.nz](mailto:karen@freshwaysforward.co.nz)  
[www.freshwaysforward.co.nz](http://www.freshwaysforward.co.nz)

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