

Diana's Guiding Principles

What you should know before we work together

Einstein said that you cannot solve a problem in the same state of consciousness – or with the same type of thinking – which created the problem. For this reason, I teach skills designed to shift you out of the state of consciousness in which problems occur, and put you into a state of consciousness in which those problems can resolve effortlessly.

Most problems can be resolved with five questions:

- *What am I not facing?*
- *What truths have I not spoken?*
- *What have I been blaming others for that I need to own responsibility for creating?*
- *What choices do I need to make?*
- *What actions do I need to take?*

I believe that the central issue people face is expanding their capacity to give and receive love and to handle greater levels of unity and intimacy in their relationships and lives. I address this issue by giving my clients tools to handle more energy.

There is extensive scientific research proving that play vastly benefits child development and learning, and at last, confirms that adults can't learn unless they are relaxed and playing. Dr. Hubert Benson says, "If you are anxious, you can't learn. It's like dropping seeds on concrete. With a quiet mind, people take things in." I inspire my clients to learn to play with their most painful situations and open up to new resolutions that seemed previously unimaginable.

I advocate absolute honesty in any relationship that matters to you. If your relationship to yourself matters, be scrupulously honest in acknowledging your feelings and motivations to yourself. If your relationship with a specific person matters, scrupulously tell the full truth about your feelings and your deeds to that person.

Many leaders share the experience of feeling unappreciated. I show my clients how they can create the acknowledgement and gratitude they most desire. When a person commits to being the source of that which they perceive missing around them, reliably they shift out of any form of suffering or loss.

I focus on specific actions over which you have control versus elements of a situation which you can't control. For example you can't control another person's reaction to or approval of you, but you can choose to tell the truth to them about what you are thinking and feeling. When people are courageous enough to do that, the energy that was wasted trying to control another can be re-channeled into creative activities.

Creativity is crucial to relationship and organizational harmony. Unless all parties of a team express their creativity, they are going to think that another or others are suppressing it.

Unconscious commitments can best be discovered by listening to what you complain about. When people complain about something repeatedly, it is almost always because they have an unconscious commitment to it.

Misunderstandings of responsibility fuel much relationship conflict. I help all parties involved take full responsibility for their part in any issue. Mentoring can be supportive in creating self awareness and exquisite relationship, and is most beneficial when combined with other lifestyle improvements. I encourage you to support yourself by eating natural foods oriented to your needs and sensitivities, drinking plenty of fresh water, exercising regularly, getting plenty of rest, spending time in nature, engaging in creative expression, and finding ways to support your nervous system by using techniques such as breath work, acupuncture, etc.

