



## ***A Soul of Business Success Article: From Layoff to Takeoff*** ***Sprouting Wings in the Face of Adversity, by Michele Lisenbury Christensen***

Business success and spiritual fulfillment are complementary aims. Each enriches the other when they are explored in tandem with mindfulness and commitment. The Soul of Business Success is my system for pursuing business success and spiritual fulfillment through one integrated path. This article addresses one dimension of SBS: Sprouting wings in the face of adversity.

Whether you've lost a job or seen your client load drop to 50% of your capacity, business and career downturns are frightening, confrontive situations. This article will support you to ask yourself questions and to make distinctive choices. By engaging with powerful questions and seeking new answers each day, you will open an ongoing dialogue with Spirit that will serve to guide, comfort, and challenge you through current and future changes. By recognizing your choices, you will begin to discern options and question assumptions you may not have realized in the past.

### **Questions for Your Quest**

When the world throws you for a loop, the questions you ask will shape the thoughts you think, the feelings you experience, and the actions you take. Combined, these factors set your future course. The function of any question is to invite the conscious, subconscious, and superconscious minds to seek information and understanding. As a result, regardless of the question we ask, we will receive an answer. When the question is disempowering, so too is its answer. When faced with a loss, you might ask, "What did I ever do to deserve this?" Frustratingly enough, you will be presented with an answer... and no answer you receive to that question will be particularly helpful, as it comes from a vantage of blame and harsh "justice." Yet in the same situation, you can ask an empowering question. "How can I make the most of this?" "Who's faced a similar challenge and been glad for the experience? What did they learn?" "If I were to throw myself into the arms of the Divine, what would I do on the material level to put feet on my faith?" Such questions call up all manner of mental, emotional, and spiritual resources to facilitate your forward movement and evolution. The following are some of the most powerful questions I've found. Experiment with asking these and add your own powerful questions.

- ◆ "Why me?"

A bit tongue-in-cheek, as "why me?" may be the flagship question for the victim mentality. It's whiny. It's rhetorical. It's deflating. On the other hand, we can ask "why me?" with sincerity and positivity, as Martin Luther King, Jr. may have asked and answered, as the little shepherd boy David did ask and was told when he was called to tackle the giant Goliath who'd been tormenting his people. And when we ask, "In what ways is this challenge the PERFECT opportunity for me and only ME to shine?" the answers will encourage and strengthen us.

- ◆ "To what am I secretly so committed that I energetically invited this shift? What does this change now make room for?"

**I believe no one is ever fired from the job they truly belonged in. When a business fails or dips, it's simply an opportunity for the owner and team to realign with more fun, more ease, and a deeper commitment to serving people in the way they want to be served. This question is a head-turner: It stops us from looking over our shoulders at what's been lost and has us looking ahead (and WITHIN) for what's being sought.**

- ◆ "Since I cannot have security on the material level, what will I choose?"

**Seeking security, continuity, and certainty are hardly guarantees of receiving them. On the contrary, it seems the universe is determined to wake us up to our own limitless freedom and power, independent of**

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the illusory comforts of this material realm. To ask this question is to face that intrinsic pain and limitless joy. No, the things that American society will tell you create security cannot guarantee that kind of security. And yes, you ARE irrefutably safe in the safest of safe ways: your eternal, limitless nature is invulnerable to bankruptcy, wrinkles, public humiliation, and insurance rate hikes. You are the Ultimate, yet you cling to material security blankets! By asking this question, you can call back your deep remembrance of your nature and get down to the business of what you came here to do: EXPERIENCE! What experience will you choose? There is no security in the material world. There will be fear and suffering whether you seek adventure and deeper knowing or safety and forgetfulness of all your longings. Knowing you WILL suffer, what do you choose to SERVE by your suffering? Adventure? Justice? Beauty? Family? Excellence? The choice is yours.

### **Choices For Change**

#### **Choose vision over fear.**

When you're tempted to focus on the worst case scenario, ask yourself, "what will I do if that happens?" Get a clear picture of your response-ability, then turn your focus to another question: "What do I really WANT to create?" Your focus IS creative. Own your focus.

#### **Choose conversation over resistance.**

When we resist what is, we are playing judge with the universe. "The divine plan has gone awry; the omnipotent is out of order!" This approach is as futile as it is frustrating. Instead of resisting your current circumstances, engage in a dialogue with the universe or God or with whatever unseen force you feel comfortable. "I get that this is perfect, 'cause it's happening. Now, talk to me about what's good about this. Show me my next steps. Guide me to the good that's waiting for me." This is the most sincere form of prayer, because its basis is faith in God's goodness, not attachment to our own limited agenda.

#### **Choose movement over stagnation.**

When we don't know which direction to go, it's tempting to sit tight until we decide. But as Will Rogers quipped, "Even if you're on the right track, you'll get run over if you just sit there." Guidance comes through our right turns and wrong turns as we step courageously forward. Do SOMETHING, even if it's wrong! You'll soon correct your course, and you'll be well under way with momentum.

#### **Choose nurturing over neglect.**

When we're trying to be brave, we sometimes "go Spartan." We stop doing the things we know help us feel our best: adequate sleep, balanced eating, mental restoration, massage, movement. Take extra-good care of yourself during this time, knowing you're not only caring for the only person you can truly take care of, but you're also giving your quest the high-octane fuel it requires for success.

#### **Choose service over scarcity.**

The prospect that there's not enough can be very frightening. What's worse is that when we begin to focus on this lack, we shut down the limitless flow of our supply from the universe. Make the conscious choice to reach out, to give, to seek ways to serve, and you re-open the inner valve through which your good flows.

#### **Choose intimacy over isolation.**

Asking for help, support, or anything else you might need is an act of intimacy and deep honesty. When we're struggling, it's tempting to suffer alone. To move forward with your challenge AND deepen your personal evolution at the same time, reach out, take risks. Ask.

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I invite you to review and embrace the powerful questions at your disposal and the distinctive choices only you can make each day. Powerful evolutionary movement is often not made in enormous leaps following mountain-top experiences. Sometimes, reminding ourselves of our divine nature, then making a single phone call is a mark that you're sprouting wings in the face of your adversity.

*May you ask powerful questions and receive fruitful answers. May you engage with life in a way that affirms the truth you know deep within you. May you be abundantly blessed every day. - MLC*

## **Recommended Reading for** **From Layoff to Takeoff: Sprouting Wings in the Face of Adversity**

**"Callings : Finding and Following an Authentic Life"** by Gregg Levoy

Essential in times of career or business change and delightful any time, "Callings" is a delicious literature-quality read from a real WRITER who's been around the "how do I make a living?" block and returned to guide us, using metaphor, myth, and more questions than answers.

**"If Success Is a Game, These Are the Rules : Ten Rules for a Fulfilling Career and Life"**

by Cherie Carter-Scott Ph.D.

All of Dr. Carter-Scott's "Game Rules" books articulate practical spiritual principles in accessible language, illuminated by stories, allusions, and examples that help you bring the principles into your life. For RealAudio of Michele Christensen interviewing Cherie Carter-Scott or a transcript of this interview, visit [www.theevolutiongroup.com](http://www.theevolutiongroup.com).

**"Making a Living Without a Job : Winning Ways for Creating Work That You Love"**

by Barbara J. Winter

If you're committed to leaving the job market for good, MaLWaJ provides numerous tools to help you pinpoint what you'll be good at, what you'll enjoy, and where you can find the people to serve so you can make a living without a job.

**"The Job Hunter's Spiritual Companion"** by William Carver

Carver is your guide as you embrace the highest potential of unemployment: job loss can precipitate the discovery of your sacred purpose. By following Carver's simple steps to weave a spiritual practice into your job-hunting habits, you can take important steps on the path to right livelihood.

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## The Soul of Business Success: Sprouting Wings Worksheet

*Make the most of this Soul of Business Success coaching program by capturing ideas and commitments that will transform your business and spiritual paths. May this form and our time together be of service to you. May you prosper and evolve in joyful ways. - Michele*

### Questions for My Quest

#### Some disempowering questions I've asked in the past:

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

#### The answers these disempowering questions garnered:

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

#### The empowering questions I'll ask DAILY now:

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

\* See the article "Sprouting Wings in the Face of Adversity" or e-mail [michele@successandspirit.com](mailto:michele@successandspirit.com) for a copy. This article discusses powerful questions and choices for change and offers some suggestions.

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**My Choices For Change**

**In the past I have chosen the following responses and reactions to change and uncertainty:**

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

**I now choose**

- ◆ \_\_\_\_\_ over \_\_\_\_\_ because \_\_\_\_\_

This choice empowers me to

\_\_\_\_\_

- ◆ \_\_\_\_\_ over \_\_\_\_\_ because \_\_\_\_\_

This choice empowers me to

\_\_\_\_\_

- ◆ \_\_\_\_\_ over \_\_\_\_\_ because \_\_\_\_\_

This choice empowers me to

\_\_\_\_\_

- ◆ \_\_\_\_\_ over \_\_\_\_\_ because \_\_\_\_\_

This choice empowers me to

\_\_\_\_\_

**Some sample choices:**

*Choose vision over fear.*

*Choose movement over stagnation.*

*Choose service over scarcity.*

*Choose conversation over resistance.*

*Choose nurturing over neglect.*

*Choose intimacy over isolation.*

**I embrace the change and uncertainty in my life, because deep inside I know:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***Return to this knowing DAILY! You are magnificent and invulnerable. You came to this world to remember that. Your challenges are the pathway to this remembering. Enjoy them! NAMASTE.***

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