

The Empowered Entrepreneur Show

Episode 034

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- Intro: Welcome to The Empowered Entrepreneur Show. Discover your life's purpose, reprogram your mind for success, and attract an abundance of paying clients to your business. Now here's your host, Tom Tenaglia.
- Tom Tenaglia: Aloha, empowered entrepreneur. I am Tom Tenaglia and you're listening to The Empowered Entrepreneur Show. Today I want to talk a little bit about turning challenges into results. So earlier this year, in January, we had a... Well, end of December and beginning of January we had a couple of eclipses. Astrologically speaking, eclipses are a bit more intense of an energy in comparison to a regular, newer, full moon. So this particular eclipse had a certain combination of energy that for a lot of people it brought things to a decision. It brought things to a head, things that were brewing the three or four months prior, right around the holidays, new year, beginning of 2020, things would then come to a head. So whatever it was that was brewing positive or less than positive, a decision would be made in terms of which way are we going to go with it?
- Tom Tenaglia: A series of things both in my life and in the lives of some of my clients would experience this phenomenon, this energy and having to navigate it, having to be able to ride the wave. Because sometimes it doesn't go the way that we're thinking. Sometimes we have to be a bit more flexible with these things. At the end of the day, it's important for us to be able to ride the waves that occur in our life. So I thought it would be important to talk a bit about taking these challenges, taking these opportunities in these situations and really turning them into true opportunities that we can achieve what it is that we want to achieve. So I know of someone who has a condition and that he turned that condition into his reason for doing what he does. That is a great motivator.
- Tom Tenaglia: Of course, from an NLP perspective, if we want to then handle or resolve a condition in our life and that condition is contingent, our success is contingent upon that condition. We can in effect create this secondary gain, if you will, on the condition to the result. So in other words, one of the things that occurred earlier on in my life in my twenties was I would work out because I would want to find a dating partner. I would want to find a woman that I could be with. Inevitably, whenever I would do that, whenever I would find that woman to be with, I would stop working out. There was no longer a reason to work out. It was a reason for working out that was outside of me and it was a reason contingent upon something that I was running away from.
- Tom Tenaglia: I was running away from not being with a partner. So the moment I got with somebody, the workouts would stop. Instead of looking at what are the reasons within, what are my personal reasons and what's a direction I want to go towards to achieve something in my life. So what's my purpose for working out? And that's something that would sustain different variables in life and thinking through, Hey, if I'm traveling, how am I going to maintain my workout? If I'm in a relationship, how am I going to maintain my workout? If I want to have a meal that's not necessarily part of the food plan that I'm eating on? How am I going

to manage that? So thinking through those situations. With this eclipse energy, a lot of things for a number of people got basically... Yeah, it's been a whirlwind for some people.

Tom Tenaglia: So looking at whatever that situation is and turning... Getting the lessons from it and then putting those lessons on your path basically in the reason for doing what it is that you want to achieve. So I had the relationship I was in came to an end and it was a time for me to figure out, okay, what are the lessons that I learned from this relationship? By taking those lessons and looking at what are the goals that I have in my life? What are the goals that I have for who I am? And being able to apply those lessons in the goal. The positive components of the breakup and the celebration of the relationship now are a part of my foundation and they allow me to propel forward. They allow me to the Hawaiian word imua, I-M-U-A, imua to move forward.

Tom Tenaglia: I think it's important to realize that perceived setbacks don't have to be actual setbacks. Perceived setbacks could be the very thing that we need to propel us forward. Interestingly enough, as the relationship ended, more and more energy started coming in for me. I started getting clear on a number of things that I was foggy on and I started to get energized to really dive deep into the things that I one way or the other put off for the purpose of the relationship. I know that the next relationship that I'm in will be in more harmony with who I am and the things that I set out to achieve in my life. As a result of this breakup, which in one mindset could totally have just spun me out and set me back and in another I really looked at it from how does this help me move forward?

Tom Tenaglia: How do I take this situation and use it as a way to move forward? Because I believe is a choice that I have. I have a choice to wallow in the breakup or I have a choice to really take advantage of the lessons and the positives gleaned from the experience and to put them on the foundation. Put them on my foundation and propel myself forward. It took a little bit of time. It did take a little bit of time to get to that point and I think to some degree I'm still feeling that out.

Tom Tenaglia: Different people even ask, "Hey, are you going to go out and start dating again?" I will when I feel the right time. I will when I get the call to do it. Right now the energy coming in, I am being with, I'm being present with who I am, who I've become and the lessons and bringing the lessons forward and going, well, I don't want to jump into another relationship to fill a void. I want to fill the void as an individual and then bring that new person into the next relationship. Also, I get clearer on here are the things that work for me and here are the things that don't. Here's the direction I want ahead in my life. Here's the Hawaiian word, amama meaning sacrifice. That here's the thing that I have to give up temporarily to achieve these goals that I have in my life because somebody could be the right person for you, but it could be the wrong time. Somebody also could be the wrong person for you or as I'm looking at it for me, but maybe they were the right person for me at the time that the person came

into my life. And vice versa maybe I was the right person for her at the time that she came into my life.

Tom Tenaglia: So I'm not going to knock the whole thing. I'm not going to go, Oh, here's... I'm not going to put negative to it. I'm going to look at what are the lessons so that I can imua? What are the lessons so that I can move forward? Then use those lessons in who I know that I am. So Pam Gallagher, who I interviewed on a few episodes earlier and one of her sayings is, "We come in alone and we go out alone."

Tom Tenaglia: It's very true. A lot of the lessons that we achieve, in my opinion, while on this planet have to do with who we are and self-discovery and exploration. For some, it's taking that exploration and bringing it into the external world. For others, it's connecting to the external world and bringing that in within. The nodal path, astrologically speaking, helps us glean insight into which direction is our soul asking for growth. Through this experience, it has been a growing experience. It has been a growth opportunity because I choose to look at it as such and I choose to be present with the energy, with the feelings, with the situation, and I choose to break free of any old patterns to the best of my ability. So rather than jumping into another relationship or rather than staying confused about the present breakup, I'm choosing to be present with me and choosing to accept, to have acceptance and to imua.

Tom Tenaglia: I think we can look at those situations to go, how is this situation occurring to help me on my path and to help me move forward? Doing what we need to do to be able to move forward from whatever situations occur in our life and to get through the situations as they come, to ride the waves as they come. It doesn't have to be doom and gloom. You don't have to go, "Oh my gosh, an eclipse is coming!" It's what's going to occur. Someone else I know got married during the time of the eclipse because ,for her, the few months leading up to the eclipse were all about preparing for the wedding and preparing for her commitment to her now-husband. So it's really whatever is going on and it's not necessarily what's going on at the conscious level. It's unconsciously what is going on in your life, in a relationship, in a career or whatnot, and the thoughts that are occurring, the emotions that are occurring so that you can become your best self.

Tom Tenaglia: So I just wanted to put that out there. Water is necessary for living and water bumping up against a rock can break it down. High-pressure water or water consistently over a period of time can be pretty destructive. So, water, which is one of the most chemically inert substance as far as, I'm not a chemist, but as far as I would claim from my opinion. Is something that can be used for life and is something that can be used in a less than ideal way or even naturally found in a way where it can forge through rock, cement. So, which way do we want to ride these waves? What do we want to think about as we're riding them? Can we find the beauty in the situation?

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Tom Tenaglia: I'm not talking about taking a crappy situation and wrapping it in this facade. I'm talking about digging deep, being with the situation, being present, getting through what you need to get through. Then when it's time to imua, how do we learn from it so that we can add to our foundation and be able to apply the lessons from the situation that occurred to live the best life that we can live and to be the best that we can be.

Tom Tenaglia: So I want to leave that with you and I hope that helps. If you want to dive deeper into your astrological chart. If you want to explore some of the events that have been occurring in your life. You go ahead and talk about what you've been going through as a result of the January, December, January eclipses, you can certainly go over to empoweredentrepreneurshow.com and click on the resources tab and you can schedule an astrological reading with me. We can explore how to best ride those cycles. If I could tell you one thing about astrology, astrology has really helped me to step out of a pattern, to be conscious of what's going on and to ride the waves in the most effective way possible that I've seen. I would love to be able to share that with you and love to be able to help you on your path as well. So, yeah. If it calls you, go to empoweredentrepreneurshow.com and connect. With that Aloha; a hui hou. I'll talk with you again soon.

Outtro: Thank you for listening to The Empowered Entrepreneur Show.