

Change the quality of your experience and you'll change the quality of your thoughts.

# INTENTIONS

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**“Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.”**

-Lao Tzu

## **W**hat a Racket

There is a notion that humans are comprised of energy (electrical, spiritual and more) and that we must have this energy in order to survive and flourish. Most people are able to manufacture, attract, collect and maintain a reserve of energy, and thus, can afford to share and give and exchange energy with others without experiencing a real or perceived “loss” of energy.

A racket is a way of manufacturing energy. A racket is a way of behaving that may work for us but is not good for us or our souls. Rackets are things we may or may not be aware of. Rackets run us vs. us running our lives. One needs to be aware of what rackets are in general and then look to see what the rackets we have are. Although rackets generate useful energy, there is a life to live and enjoy beyond the use of rackets.

So, what’s your racket?

Victim: *I can’t... It’s so hard... It’s not fair... It’s not my fault...*

Lying: *I’m sure I can do xyz... I’m fine... It’s not a problem, really...*

Unacceptance: *I need you to love me... But what will people think... It’s good but I can do more...*

Suffering: *I have too much to do... I’m short on money...*

Tolerating: *I don’t like it, but... It’s just a small thing...*

Shoulding: *I should be doing... I could be doing so much...*

And some of these rackets are highly addictive. With these rackets one loses choice and “leaves” their body, for a temporary high that is virtually guaranteed by “acting out”.

Acting out provides relief and an energy high; it prevents freedom and inhibits a healthy energy flow. Plus, racketeers hang out with racketeers, all of whose Energy Systems are disabled to some degree.

We are all familiar with Alcohol and Drug addictions but what about these addicting rackets:

Eating: *Binges, Eats when upset, Hides food, Avoids situations where food is unavailable.*

Love: *Feels incomplete without another person, Gets high from romance, Keeps seeing a person who is bad for them, Realizes that life is passing by while trying to create relationships.*

Adrenaline: *Feels inner rush most of the time, Finds it hard to focus for more than 10 minutes, Always busy, never enough time, never gets way ahead, runs late, arrive at work rushed and already “on”.*

Identify any? If so, you may be interested in gaining greater insight from your coach. Check-in for a free *flash session*, a coaching teleclass or perhaps a more structured approach through one-on-one coaching.

Meanwhile, keep your mental housecleaning antenna up!

*“Programs designed with the whole brain in mind.”*

*John Felitto, trainer & coach*