

# *IN THE NOE*

*The Monthly Offering of Darlene Coleman Coaching*

\*Noetic: "How beliefs, thoughts, and intentions affect the physical world"

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TO BE HOLY MEANS

TO BE WHOLE

SEEK YOURSELF

***In this issue***

- 5 Tips for Wholeness

## ***To Be Holy Means To Be Whole.***

*When I was a kid, one evening my family and I were gathered around the TV in our living room. As we munched our popcorn, we watched Walter Cronkite deliver the breaking news that Pope John Paul I, Pope for just 33 short days, was dead.*

*Throughout the broadcast we saw images of Cardinals kissing the deceased pontiff's ring as thousands of people stood crying and praying in St. Peter's Square, hoping to catch a glimpse of his body.*

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## So, what's all the fuss about?

*"So, what's all the fuss about?" I asked innocently. "Why are all of those people so upset?" My mom tells me he was a "Holy man." Unsatisfied with that answer, I persist, "What exactly is a "Holy man?" She explains that to be holy means you are saint-like, a very good person, or exceptionally religious. My mind spins..."Hmmm..." "Well, isn't our minister Holy too? When he dies, will this happen to him?" I can see my mom is getting frustrated. "No," she says.*

*I decided to drop it, but I continued to think about it over the next few days. How did someone become holy in the first place, and why were some considered more holy than others? Did you have to be special? Were some people favored and others not?*

*What I would eventually learn is that holiness isn't necessarily about being righteous, religious, saintly, or special. Instead, it's about being whole, and becoming the fullest version of ourselves, as well as fulfilling our individual purpose.*

*Our personal power is often given away to those we believe are better than we are. We may give it to wealthy individuals or to a religious leader or Guru. There is nothing wrong with learning from others who may have valuable knowledge to share with us. However, it is up to us as individuals to work on ourselves and engage in the deep-dive explorations that lead to our own whole-li-ness. The bravest thing we can do is look at those aspects of ourselves we feel are less than, flawed, shameful, or imperfect, because the truth is life is complex and messy, and so are we.*



## **Those who have walked among us...**

*We know of those who have walked among us who are considered holy figures. For example, Jesus, Buddha, Mohamed, Krishna, Confucius, the Dalai Lama, and Mother Teresa, to name a few, but how did they achieve such greatness? If we examine these beings more closely and without delving into different beliefs, we can see that they were able to find a deep internal harmony, a connection to oneness, and reconcile fragmented parts of their psyche to align and connect with a higher level of consciousness.*



*Is it possible for us, as well, to attain these levels of excellence, or are these 'special abilities' reserved for a select few? Or, are we in fact already whole, and it is up to us to discover that within ourselves? Jesus said, "...the works that I do shall you also do, and greater works than these shall you do."*

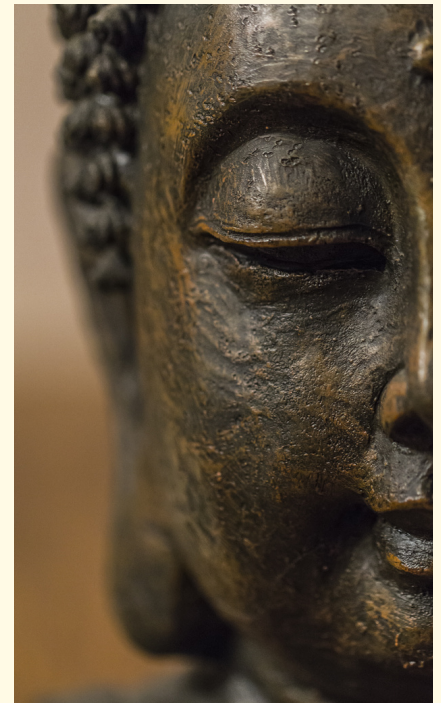
## ***Achieving Enlightenment***

*Buddha believed that enlightenment was achieved when one's mind is compassionate, free of attachment, and focused on the present moment, and said "No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."*

*Krishna stated, "A man is made by his beliefs. As he believes, so he becomes." And "Life itself, is religion."*

*Confucius believed that "human beings are fundamentally good, and teachable, improvable, and perfectible through personal and communal endeavors, especially self-cultivation and self-creation."*

*While I am not sure there is a single path to holiness, I know that the common message these Masters convey is to seek a higher truth, and to reach beyond this thing called life. To understand ourselves on a deeper level, and to know that we can change the narrative and trajectory of our lives at any moment. All that is required is a willingness and commitment to do so. We are all worthy of greatness. Every one of us is deserving of love, and each of us at our core is whole.*



***\*See next page for 5 Tips to Help on Your Path to Wholeness!***

## ***5 Tips for Whole-li-ness***

- 1. Improve your diet.** *Every cell of your body responds to what you put into it, so eat more whole foods and try to shift to more of a plant based diet. Fruits, vegetables, and seeds are less dense and take in more light.*
- 2. Learn how to work with your breath.** *Breathe in and out through your nose, deep into the belly, allowing your out breath to be longer than your in breath. This will help to calm your mind and make your more present in each moment. Increased oxygen intake helps to heal a multitude of problems.*
- 3. Bring more joy and fun into your life.** *Laughter elevates your vibration and changes your outlook on life, so surround yourself with positive people and perspectives.*
- 4. Meditate.** *Meditation allows the mind to calm down, as well as access a deeper level of awareness. It helps to expand your consciousness and heal your body.*
- 5. Be more loving.** *Being more loving and tolerant of others alters your internal landscape. If you need more love, give more love.*



With Love,  
*Darlene*