

An Instruction Manual For Life  
By Jeanne Loehnis

An instruction manual – for life? There is no such thing! Or is there? On the surface, we are born into a human family and from these special people we learn a lot about how we are to be in the world. Yet, for most of us, there comes a time when we need to stretch and grow and explore life beyond the four walls of “home”. There are other teachers, of course. Guidance comes from our schooling, religious affiliations, friends, and even “enemies”. In fact, we often receive so much conflicting guidance that confusion reigns and many of us lose our way for years, sometimes for life.

What if life came with an instruction manual? Imagine! Anytime the next step was unclear, you’d browse the table of contents, find the relevant chapter, and, Voila! – your next step, the right decision, staring you in the face. How many times would that have come in handy?

In reality, we do come with an instruction manual. Often, the only thing we lack is the ability to crack open the cover, read, and trust the guidance we receive. What is this manual? It is the inner wisdom with which we are born and which, ideally, we develop throughout our lifetime. It shows up as intuition, “My gut tells me ...”, or as emotion, “Something just doesn’t feel right. I’m afraid that ...”, or that amazing feeling of confidence that says, “Yes, I **can** do that!”

Unfortunately, years of neglect, mistrust, following others’ advice, or even outright negation of its validity has rendered this inner wisdom powerless in our lives. Years of keeping busy, **doing** the next right thing according to the world’s definition, has distanced many of us from our inner life, from the awareness of what is truly important to us, from our personal potential, creativity, and purpose as a unique human being.

How can we access our inner wisdom and learn to trust it? One very effective means is the process of life coaching, of partnering with someone who sees you as creative, resourceful, and whole, as the expert in your life. A life coach is a trusted confidant, trained to help you discover and clarify personal dreams and goals. Your coach helps you identify the steps and holds you accountable as you make commitments to yourself toward the fulfillment of your life vision.

In coaching, you are the expert on your life. Your instruction manual is within you. Your coach, through regular connections over the phone or in person, is there to encourage you and to remind you to read and trust your manual as you live with intention. Your coach is trained to help you identify and honor personal core values and see where your life is out of balance. Through listening to how and what you say, and to what don’t say, your coach mirrors your sometimes conflicting voices, that inner committee which blocks access to your instruction manual and your deepest dreams, goals, and desires.

Coaching can focus on daily living, creative dreams, vocational choices, spirituality – it’s up to you! Coaching is helping many to jumpstart forward movement in both personal

and professional goals. It is an investment in yourself that pays great dividends as you quickly learn to release what no longer works in your life, messages and voices that keep you stuck, and commit to action steps in the direction of your future.

Are you ready to read your very personal instruction manual? Are you ready to put legs on your dreams and live with purpose and fulfillment? Are you ready to release your inner potential?

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### ***True Advice***

*Whenever I'm in a quandary  
about the day ahead of me,  
I seek advice from the ones I trust.  
I look inside of me.*

*Sometimes I check with my childhood self:  
one unencumbered and free.  
Forever smiling. Direct with her words.  
Reminding me to be me!*

*Whenever I'm in a quandary  
about the day ahead of me,  
I seek advice from the ones I trust.  
I look inside of me.*

*I see myself five years down the road.  
I see a woman fulfilled.  
I hear her tell me, "Step out in faith:  
There's no more waiting until!"*

*Whenever I'm in a quandary  
about the day ahead of me,  
I seek advice from the ones I trust.  
I look inside of me.*

*I see a woman at ninety-three,  
recalling sweetness and pain,  
The facts are hazy. The details are gone.  
But feelings rich still remain.*

*Whenever I'm in a quandary*

*about the day ahead of me,  
I seek advice from the ones I trust.  
I look inside of,  
I look inside of,  
I look inside of me!*