



COACHABILITY

“A CUP OF TEA”



A wealthy and powerful man prided himself on his education and knowledge and was used to getting whatever he wanted in life. One day he resolved that he should have the best and as much knowledge as any known man. Having made this determination, he journeyed to the mountaintop to seek out the most famous wise man and engage him as his teacher.

When the man finally arrived at the mountaintop, he was dismayed by the rustic and simple nature of the teacher's home. The guest quarters were not up to his standards. He found himself rethinking his decision to seek enlightenment from this man. Surely, the best teacher would have a better house. Certainly, the place for those who come to study should have more comforts and more amenities. Finally, full of judgments and disapproval, he decided to stay and see what this wise man had to offer.

The man's frustration began to increase daily as he was told that the master could not see him yet and he would have to wait. He did not like this at all. After all, he was an important and successful man. Didn't the foolish people who served the master know how valuable his time was? Maybe the disorganized and disrespectful way they ran the business of managing the master's engagements was why they could not afford a better house for the master, and better quarters for their quests. He resolved to provide the master with this insight as soon as he saw him.

As the days passed, the man found himself growing increasingly impatient and angry. He resolved that if he did not see the master the next day and start to get the instruction he had come for, he was going to leave and look elsewhere for his instruction. After all, this was not the only master on the mountain. He had only come here because he had heard this master was the best. He was certainly reconsidering that opinion.

The next morning a messenger came to tell the man that the master could see him. "About time," he thought, but now that the time was here, he resolved to meet with the master to accomplish his purpose of beginning his enlightenment instruction.

He was delighted that he was served a steaming hot cup of tea. When the master entered, he sat before the man, took up the teapot, and said, "Let me serve you some tea." He then began to pour. As the teacup began to overflow, the man cried out. "Stop, can't you see it is overflowing, you fool."

The master calmly stopped, looked at the man and said,

***I cannot teach you. You, like the teacup, are too full.
You are filled with your own opinions and sense of importance.
You must first empty yourself out, to be able to
receive real knowledge or understanding.
– Tea Cup Parable***

ASK YOURSELF THE FOLLOWING:

1. Are you open to learning things that will improve yourself in all 3 Dimensions – physically, mentally and emotionally? When you decide to grow, to change and transform your life, it is important to open your mind to new ideas and concepts. A part of growth is letting go of old ideas or ways of being, to make room for new concepts that will serve you better.
2. The journey through life is an adventure. To grow, you must expand your awareness to new thoughts that will serve you as the person you are becoming. How open are you to really grow?
3. **On a Scale of 1 – 10** How receptive are you to learning new things? How would your coach rate you?

Open your life to the promise and potential that is unfolding and being created in the miracle and magnificence of an open mind and an open heart as you explore all of the ways you can awaken to the new opportunities and the successes and joys that are in the process of being created for you by life today.

“MAKE IT A GREAT DAY +1”