



## Coherence & Incoherence

When we get an Action and Result (outcome) that reflects a Life's Intention or Standard of Integrity, then our actions and outcomes are aligned with who we've come here to be. That is called Coherence. When we are in coherence, we experience:

- ☺ Harmony
- ☺ Meaning
- ☺ Satisfaction
- ☺ Fulfillment

**Who we are inside coincides with how we show up on the outside. In the moment of coherence we see possibility and promise and know all is well.**

If there's a break (our results are not in alignment with our Life's Intention or Standard of Integrity) we call that Incoherence and experience:

- ☹ Frustration – feeling disappointment
- ☹ Exasperation and weariness
- ☹ Resignation- letting go, giving up and quitting
- ☹ Cynicism - suspicion, distrust, scorn and contempt

These traits seem to follow the sequence in order. At the bottom level, cynicism often results in you working against your goals and visions and figuring out how to make a project not happen. Not what we are looking for!

It often doesn't take much to correct incoherence if we catch it before it gets to cynicism. The trouble comes when we wait so long that we slide through the sequence without catching it.

**Notice that the fact that you do care, that you experience incoherence as a result of what you do, speaks to the truth of who you really are.**

Maria Nemeth PhD says

**“Maintain coherence by bringing everyday actions into alignment with what is most important to you.”**

### Reflection:

What do you see about coherence and incoherence in your life?