

# Ricardo's Coaching Dispatch

## "You and Your Spanish Eyes"

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This may date you - and me! - but there was a song back in the late 1960's called Spanish Eyes. It was sung by Al Martino and Engelbert Humperdinck, Julio Iglesias and more artists just to name a few.

The lyric, in part of it says...

Sí, sí, say you and your Spanish eyes will wait for me.

Now you may be waiting on me to sing that to you but actually, I want you to listen to Julio Iglesias sing about 30 seconds of Spanish Eyes. Julio is from Spain and he really is Spanish so it only makes sense we listen to his version! Listen. Escuche.

(Julio Iglesias on Audio singing a portion of Spanish Eyes)

Ah, I can see them now, those beautiful Spanish eyes. Esos hermosos ojos. Do you see them? More important, do you have them?

I want to talk with you for a moment about your eyes. Yes, your eyes. Tus ojos. I want you to turn them into Spanish eyes.

Hear me out. This is really, really important. The other day I was looking in a mirror and I looked myself right in the eyes. I have trained myself to do this. Trust me, it wasn't natural or comfortable when I first started practicing this. I do it when I really want to level with myself about something. I want to look myself straight in the eyes and just see what's there. Do that sometime, get in front of a mirror, look at yourself straight in the eyes and level with yourself, about something. In fact, if you can do it, pause this audio right now and do it right now.

What did you feel? Did you feel a sense of healthy pride about yourself? Did you get a sense of internal integrity and harmony? Did you feel like looking away from yourself? Is there something that is incongruent within you?

I know, by experience, that this can be tough but stick with me for a minute. The application to your Spanish is coming and it's very important.

They say that the eyes are the window to the soul and this exercise can be quite revealing as it relates to our own soul. The goal in life is to honestly be able to look ourselves straight in the eyes and really feel good about what we're looking at.

We usually think about looking other people in the eyes to have healthy communication but we should actually first apply it to our own selves. I believe that looking ourselves right in the eyes in a mirror will allow us to feel and see our own souls.

The truth is that unless, or until, we become really comfortable with ourselves, it is next to impossible to feel comfortable with others. This is double true when you're dealing with your second language.

Now, let's make the application to your Spanish. Look yourself in the mirror, make eye contact with yourself, stare yourself down ok, and ask yourself this question:

"Hey, ----- (use your name) do you honestly believe you will ever speak Spanish well and comfortably? And here's the second question. Do you honestly believe you'll ever fit in well with Latinos?"

So look yourself straight in the eyes and ask yourself those two questions.

"Hey, -----, do you honestly believe you will ever speak Spanish well and comfortably? Do you honestly believe you'll ever fit in well with Latinos?"

Honestly! Be honest, the answer to these two questions is critical to your success.

You see, if you don't believe both of these things, you've already set yourself up subconsciously for failure. If you don't really believe these two things, you'll struggle to get past normal barriers and challenges. If you DO believe them, those challenges won't stop you or hold you back. You'll easily recognize that they are just challenges that are there to stretch you and to make you better.

So, do **YOU** have Spanish eyes? Do you?

(Music by Julio Iglesias)

Sí, sí, say you and your Spanish eyes will wait for me.

Say you and your Spanish eyes are excited about learning Spanish. Say you and your Spanish eyes are thrilled with the opportunity to become bilingual. Say you and your Spanish eyes are looking forward to the day when you will comfortably and confidently speak with others in Spanish. Go ahead, say it, and make sure you are looking straight in your own eyes when you do. The very act will empower you. Remember the wise saying, "As a person thinks in his (or her) heart, so is he (or she.)"

So, go find a mirror *mi amigo, o mi amiga*.

**¡Adelante!**