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# April 2008 Newsletter

From Marilyn Levin Consulting

Igniting \* Passion \* Power \* and \* Possibility

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Want more info on Marilyn's work? See [www.marilynlevin.com](http://www.marilynlevin.com)

If you are in Wisconsin, Minnesota or Chicago and want to save on the cost of booking Marilyn, she will be in your area in late May and in mid July. Book her on either trip and save on travel expenses.

One upcoming "Open to the Public" chances to catch Marilyn:  
Remarkable Women Conference, June 7-8, Austin, Texas  
[Remarkable Women Conference](#)

## Thank Your Triggers -

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When a person or a circumstance triggers you say to yourself "This is Good". Why? Because these people and happenings are your greatest teachers. They show you where you still need to heal to access your greatest capacity.

If open to these opportunities to grow, you can eventually achieve a way of living where hardly anything or anyone pushes your button or sets you off. Just think of how great it will be when those people that drive you crazy now don't anymore. And ponder for a moment how nice it will be when you take on the life struggles that used to send you over the bend with power and grace?

This is far more attainable than you may think. How should you proceed? There are many paths. Suggestions I have are: read a New Earth by Tolle, take the Landmark Education Forum, watch The Dog Whisperer (National Geographic Channel).

Why a dog behavior show? Because Cesar shows us that the energy we bring to life is key to how others react to us and he shows us that the triggering behavior needs to be present to rehabilitate the dog (or person) with the issue.

In other words, when you are having a tantrum of a reaction - that is exactly when you have greatest access to healing that trigger.

I also suggest that in every moment possible reach deep inside and access your innate extraordinary nature. Ask yourself "What does extraordinary look like in this case" and take action in line with your true nature.

## Emotional Bruise Activity

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Try this for an analogy. Imagine that each of us has a physical bruise to represent past emotional wounds on our bodies. When we heal past wounds, we metaphorically heal the bruises that can be triggered by emotional poking or prodding from other people and circumstances.

Try this right now if you can. Poke yourself in a muscle without a bruise - doesn't hurt much does it? In fact it might even feel good, like a mini massage.

Now, if you have a bruise poke yourself there (or if you don't, use your imagination). The bigger and deeper the bruise the lighter the touch it takes and the more it hurts. We are all walking around with lots of hidden emotional bruises that get triggered by the people and situations in our lives.

The reason we get triggered is about us not them because if we don't have an emotional bruise where they poke us, it doesn't hurt. So finding and healing your emotional bruises and helping others to do so has a transformative effect on our lives and our world.

**Quotes**

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"Nothing determines who we will become so much as those things we choose to ignore" Sandor McNab

"Love our enemies. The riddles they thrust in front of us sharpen our wits and sculpt our souls. Act as if your adversaries are great teachers. Thank them for how crucial they've been in your education." Rob Breznsny

"One complete donor (upon death) can save up to 9 lives with organs and enhance the lives of 50-60 other people through tissue grafts." One World Health Care

**Recommended Reading**

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Ode Magazine

Rent the DVD's and watch: Inconvenient Truth, Peaceful Warrior and What the Bleep Do We know

Read a children's book to a loved one of any age.

**Quick Links...**

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[www.newdream.org](http://www.newdream.org)

[www.leavealegacy.org](http://www.leavealegacy.org)

[www.youtube.com](http://www.youtube.com) Check out: The Wave of Love

Check out the beginnings of the website for my new book, *The Secret For Humanity: Manifesting a World that Works for Everyone* [www.secretforhumanity.com](http://www.secretforhumanity.com). I'll keep you posted about a publication date!

MORE on Marilyn [www.marilynlevin.com](http://www.marilynlevin.com)

The highest compliment you can pay me is forwarding this issue to others who might appreciate it as well. Thanks so much for spreading the word! Use the link below.

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Marilyn Levin Consulting | 8502 Walhill Cove | Austin | TX | 78759