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# August 2008 Newsletter

From Marilyn Levin Consulting

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

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I've heard the same thing from so many of you. "We desperately need your services Marilyn, but we just can't afford them in these economic times."

So, I've decided to offer SCHOLARSHIPS!

I will now offer up to 5 days per month of my speaking, training, consulting and coaching services at greatly reduced rates.

My daily non-profit rate is \$1750 but if you are selected for a scholarship you will pay only \$525-\$875 per day. This is 50-70% reduction in cost!

Fill out this form today to apply. www.marilynlevin.com/application.htm

The kidney transplant was a resounding success!! Thanks to everyone who contributed well wishes, prayers, money and support!! www.kidney4thomas.com

I'm now on YouTube. Check it out here - www.marilynlevin.com

RISK

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I just did something that many people would consider very risky - I volunteered for major surgery to give away a perfectly good organ. But you know what. For someone as healthy as me and as committed to their long term health as me - it wasn't a huge risk. In fact, several months ago I gave up talking on my cell phone in the car, which is actually very risky - so I am ahead of the game even without the kidney.

In our society we've been taught to be afraid of so many things that make no sense to fear and we've been taught to be in denial about so many risks that are worth taking notice of.

I encourage you to take notice of how much you will risk the things that are really important to you - like love, courage, compassion and inner peace in the name of things that don't ultimately matter - like looking good to others, status, material things and being right. Don't feel bad about your tendency to do this, it is human. Just remember, you can choose to align your life with what IS most important to you. And as you do - your experience of life blossoms, because there is no greater joy than to be completely true to yourself!

BECOME AN ORGAN DONOR - By donating your body upon death you can save up to 9 lives and help up to 60 others.

## Listening Pairs Activity

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Have people get into pairs. Then explain the following: in a listening pair each person is allowed to talk for a designated amount of time and plays only one role at a time - the talker or the listener. The listener does not talk, ask questions or offer feedback/advice - they ONLY listen. The listener remains relaxed and interested. The talker responds to the question or topic proposed by the facilitator or chooses a topic of their own. Then the listener and talker switch roles. Use a timer so that each person gets the same amount of time.

One purpose of the listening pair is to offload frustrations, feelings and concerns that inhibit you from effectively handling things in your life. When you are overloaded with emotions, it clouds your thinking. Another purpose of listening pairs is to get your thoughts together before sharing them in a group.

A good length of time is usually two to four minutes each way within a pair, but even one minute each way can be worth doing. As groups become more familiar with this tool you can increase the time to delve more deeply into a topic. Be aware though that listening pairs that are longer than seven or eight minutes can feel uncomfortable for many people. As the familiarity in using this tool and the safety in the group increases, you can have groups evolve into going as long as fifteen or twenty minutes each way. Though the longer the time frame and the safer the group the more intense the sharing and feelings can become.

Quotes

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"3 Hours - Approximate time that an S&P 500 CEO had to work in 2007 to earn what a minimum wage worker earned for the full year." The Conference Board, Labor Dept, BusinessWeek

"Replacing just 1 roll of conventional toilet paper with a 100% recycled roll in each US household would save 423,900 trees." Delicious Living, July 08

"Without forgiveness there is no future." Archbishop Desmond Tut

### Recommended Reading/Watching

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YouTube www.youtube.com - Dalton Sherman

All the Joy You Can Stand by Debrena Jackson Gandy

The Real Wealth of Nations by Riane Eisler

Diversity Leaders not Labels by Stedman Graham

Quick Links...

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Free yourself from junk mail - [www.proquo.com](http://www.proquo.com)

Appreciative Inquiry - <http://appreciativeinquiry.case.edu/>

Institute of Noetic Sciences International Conference - [www.noetic.org](http://www.noetic.org)

Check out the beginnings of the website for my new book, *The Secret For Humanity*, [www.secretforhumanity.com](http://www.secretforhumanity.com).

The highest compliment you can pay me is forwarding this to others who might appreciate it. Thanks for spreading the word! Use the Forward email link below. For more on Marilyn, see [www.marilynlevin.com](http://www.marilynlevin.com)

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