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# December 2007 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

Perspective

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My middle name is JOY and at 45 (well 46 on the 29th) I feel like I am finally getting powerful access to joy in my life. I've always been a generally positive person but I now regularly cry tears of joy and gratitude - kind of weird huh? Well maybe, but it is a really good weird : )

What has brought this joy to my life? Well, my belief is that it has always been present in me, just as it is always present in YOU. The trick is to gain access to it.

Unfortunately we unlearn joy as we grow up. We are taught to seek joy in material possession and success, which doesn't deliver. We must instead go after what brings us true and lasting joy - connection to our greatness, connection to our biggest dreams for the world and an experience of our deep connection to others.

So I encourage you to be BOLD in going after JOY! The more genuine joy you have the more you spread it to everyone around you. The world could use a motherlode of joy! If you don't know how to create joy in your life, it will be my honor to assist you in figuring that out - send me an email or give me a call and I'll be your personal Joyologist. The only thing I ask in return is that you pass what you learn along to others.

## Arm Grab Activity

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One person in a pair grabs the other person's arm with two hands and holds on, firmly but gently. Explain that the arm represents something important to both people. Explain that the goal of the activity is for the person being held to get their arm back. Let the pairs work it out until everyone or almost everyone has come to some sort of a resolution.

Processing Procedures:

Ask, "What different approaches did people use to resolve this dilemma?" You will find that many people use a physically aggressive approach and yank their arms out from the grip of the other person. Other common solutions are to threaten and bribe.

This activity demonstrates that it can be common in our culture to resort to aggressive solutions when we feel we are in adversarial situations. This can inhibit our creativity in finding win-win solutions to mutual problems. We can also notice that after assertive approaches we are culturally trained to use manipulative approaches like bribing or threatening. Even when this provides an immediate solution, it can contribute to long term problems with trust and relationship building.

You can discuss the more positive, relationship building solutions that were used to resolve the activity (i.e. asking for the arm or negotiating win-win solutions) and

explore the implication they have for solving other problems in life.

Quotes

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"Joy is a net of love by which you can catch souls." Mother Teresa

"Joy is not in things; it is in us." Richard Wagner

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves." Buddha

"Worry never robs tomorrow of its sorrow, it only saps today of its joy."  
Leo F. Buscaglia

**Recommended Reading**

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The Path to Love: Spiritual Strategies for Healing by Deepak Chopra

The Survival Guide for Kids with ADD or ADHD by John Taylor

The Passion Test by Attwood

Anything you've written over the years like old journals, diaries, class papers or love letters. Enjoy looking back on yourself and celebrate your growth!

Quick Links...

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Free Stuff <http://landofthefreee.com>

Gratefulness [www.gratefulness.org](http://www.gratefulness.org)

Retirement Resource [www.theseecretforretirement.com](http://www.theseecretforretirement.com)

Giving Powerfully [www.kiva.org](http://www.kiva.org)

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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