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# February 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)

Two upcoming "Open to the Public" chances to catch Marilyn:

Understanding Diversity: Igniting Passion, Power and Possibility Keynote,  
March 11, Viterbo University, La Crosse, Wisconsin [Viterbo University Keynote](#)

Remarkable Women Conference, June 7-8, Austin, Texas  
[Remarkable Women Conference](#)

## Thriving in Tough Circumstances -

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Do you know how to thrive under tough circumstances? Most of us are not educated about how to actually thrive, not just survive, when things get really tough.

Today, I got a pop quiz on thriving in life. My day started with a car accident, then it involved financial miscommunication issues, health struggles, time pressures before a big trip and more. The point is that I had a really great day anyway!!!! REALLY!

I've learned that I create my experience of life - not my circumstances. So when life is tough, I do some things that really work to keep me out of the dumps and appreciating life. I do the following and you can too.

\*Remind myself that even though I've been culturally trained to see these kinds of life challenges as big - they are FAR from big! I'll save the big reactions for the big challenges like death and major destruction. You can too.

\*I live in sufficiency and count my blessings. Given the above challenges I can be grateful that I have the finances, time, support, physical and emotional health to handle them well. And I can impress myself with how gracefully and powerfully I handle them. You can too.

\*If the person or circumstance does get to me, I choose to appreciate it as a great growth opportunity. I appreciate anything and anyone that triggers a response in me that is less than my best. Facing these things is a wonderful way to work through them so that they eventually don't have an impact anymore. You can too.

## Hope Jump Activity

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Our current cultural practices train us in self sabotage. But this is a bad habit you can break. This activity can be used to demonstrate the impact of self sabotage and the usefulness of upward momentum (in perspective and actions).

Have people start by standing in place and jumping as high as they can while leaving their arms limp by their side. This represents apathy or complacency.

Then have them jump as high as they can while thrusting their arms up in the air using their arms to contribute to the upwards momentum. This represents hopefulness and forward action.

Then have them jump as high as they can while they thrust their arms down towards the ground.

Use this to explore how we interfere with our success by apathy or self-sabotage and how we can retrain ourselves to contribute to our successes.

**Quotes**

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Gandhi spoke of "a force in the Universe, which if we permit it, will flow through us and provide miraculous results."

"The opportunity of our times is for each one of us to understand, at a very personal level, that we can have a profound impact on the world in which we live. The greatest possibilities for global transformation exist in the fabric of our individual lives. If we can learn to become our prayers and hopes, expressing them in our daily interactions, then together we can create a more peaceful and loving world." Lenedra Carroll, The Architecture of All Abundance

"Standard of Living has increased dramatically and happiness has increased not at all." Daniel Kahneman, Recipient of the 2002 Nobel Peace Prize (Economics), The 2007 Shift Report, The Institute of Noetic Sciences.

**Recommended Reading**

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A New Earth: Awakening to Your Life's Purpose by Tolle

Eat, Pray, Love by Gilbert

One of your favorite childhood books

**Quick Links...**

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Social Justice and Spiritual Wisdom [Hill Connections](#)

The Power of One [The Power of One](#)

Fantastic Public Service Announcements [One Earth](#)

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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