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## January 2007 Newsletter

From Marilyn Levin Consulting

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

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*Thanks for subscribing to the newsletter. My goal is to educate, motivate, and inspire with each issue. I welcome your feedback and suggestions.*  
*In Gratitude,*  
*Marilyn*

## Perspective



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Cherish Life! How easy it is to lose touch with how precious life is in the midst of all of the demands of our busy lives. I recently lost a friend to Ovarian Cancer. She died only a month and a half after surgery to determine if the tumor she had was cancerous. She and her partner created many miracles of healing within the community of people who rose up to support them in this journey. They did this by being fully present to the love, compassion and courage in themselves and those around them. This newsletter is in Honor of Jaz and Kim and Kathryn.

Take time each day to cherish life! Take time each day to be present to the love, compassion and courage in you and in those around you. Express these qualities in your words and in your deeds - towards yourself and towards others.

## Support Resource

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**When facing any kind of long term illness or health condition, it can be very helpful to set up support systems so that no one person or persons becomes overwhelmed with the caretaking role. There is a great book *Share the Care: How to Organize a Group to Care for Someone Who is Seriously Ill* and website [www.sharethecare.org](http://www.sharethecare.org) that has a wealth of insight and resources. They can guide you in creating a community of care around the person with the illness that can be healing for everyone involved.**

## Favorite Activity - Focus

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Have participants curve both of their hands and put them together to create a scope. Have them put the scope on one eye and then keep the other eye closed. Then have them try to find various items in the room as you call them out (facilitator should leave enough time for people to find the item before moving on to the next item). Example include telling them to: find someone they like, find a light fixture, find something blue, find some shoes they like, find an exit sign. Now have them take the scope off and open both eyes and try it again. Have them find something yellow, find someone they don't know well, find a different light fixture, find a briefcase or backpack, and finally find a logo of any company on anything.

What we notice in doing this is that when we narrow our focus it makes it harder to find what we are looking for. This activity is a metaphor for how an extreme focus on materialism and achievement limits our view of everything. It creates a context where we forget to notice all of the amazing things around us and to appreciate and cherish them.

Lynne Twist, Global Activist and author of "The Soul of Money", explains in her book that this mindset of scarcity has trapped us in a system where no matter how excessively we accumulate, we never have a sense of enough. This goes beyond possessions to create a sense that we as individuals are not enough (good enough, attractive enough, successful

enough, and so on). The good news is that we can consciously shift our experience of life away from scarcity towards sufficiency. Sufficiency, Lynne explains, is that perfect place of enough. Just as in a garden, in our lives, we fail to flourish when there is too little or way too much of what we need. Most of us are unaware that we are caught in a pursuit of more - bigger, better, faster - which doesn't bring us the satisfaction we are promised. When we transform our lives to be about what we allocate, generate and contribute, we let go of the need to over accumulate material possessions and instead accumulate a deep sense of fulfillment and worth.

## Resources

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- [www.Idealist.org](http://www.Idealist.org)
  - [www.advocatesforyouth.org](http://www.advocatesforyouth.org)
  - [www.integrativespirituality.org](http://www.integrativespirituality.org)
  - [www.youtube.com/v/vr3x\\_RRJdd4](http://www.youtube.com/v/vr3x_RRJdd4)
  - [www.themysteryoflove.org](http://www.themysteryoflove.org)

## Quotes

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*The only reason we don't open our hearts and minds to other people is that they trigger confusion in us that we don't feel brave enough or sane enough to deal with. To the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else's eyes. "[Pema Chodron](#)*

**Justice is conscience, not a personal conscience but the conscience of the whole of humanity. Those who clearly recognize the voice of their own conscience usually recognize also the voice of justice. Alexander Solzhenitsyn**

Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.

[Aristotle](#)

Love, like truth and beauty, is concrete. Love is not fundamentally a sweet feeling; not, at heart, a matter of sentiment, attachment, or being "drawn toward." Love is active, effective, a matter of making reciprocal and mutually beneficial relation with one's friends and enemies. [Carter Heyward](#)

## Books

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**The Four Agreements; Don Miguel Ruiz**

**If the Buddha Dated**- Charlotte Kasl

**If the Buddha Married** - Charlotte Kasl

**When Things Fall Apart**- Pema Chodron

**Share the Care**- Cappy Caposella

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