

~~~~~

# July 2008 Newsletter

From Marilyn Levin Consulting

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

~~~~~

The date for my surgery to donate a kidney to Thomas Harris is August 6th. Huge Thanks go out to everyone who contributed to the fund and sent well wishes and prayers. For more see www.kidney4thomas.com. Help us reach 100% of our goal.

I will resume my travel schedule on August 27th. I will only be out of communication (email and phone) a short time - August 4-10.

I still have a few openings for fall engagements. To book one, contact me any time after August 10th.

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

Global Civil Society

~~~~~

Over the last several decades, an explosion of people, from all walks of life from all over the world, have accepted the challenge of transforming themselves and their world.

Paul Hawkin explains this phenomenon known as "global civil society" in his best-selling book, Blessed Unrest. "Across the planet groups ranging from neighborhood associations to well-funded international organizations are confronting issues like the destruction of the environment, the abuses of free-market fundamentalism, social justice and the loss of indigenous cultures. Though these groups share no unifying ideology or charismatic leader and are mostly unrecognized by politicians and the media, they are bringing about a profound transformation of human society."

Get connected to this Global Civil Society and use it to transform your life and create the world you want. Examples of groups to connect with are:

Take Part [www.takepart.net](http://www.takepart.net)

We Can Solve it, [www.wecansolveit.com](http://www.wecansolveit.com)

Humanity Unites Brilliance [www.hubhub.org](http://www.hubhub.org)

Gaia [www.gaiaonline.com](http://www.gaiaonline.com)

## Meditation Activity

~~~~~

There are many different ways to meditate. Here are several types to try out. Source- <http://stress.about.com/od/lowstresslifestyle/a/meditation.htm>)

Basic Meditation Techniques: This involves sitting in a comfortable position and just

trying to quiet your mind by thinking of nothing. It's not always easy to do this if you don't have practice with it, but a good way to begin is to think of yourself as an 'observer of your thoughts', just noticing what the narrative voice in your head says, but not engaging it. As thoughts materialize in your mind, you just let them go. That's the basic idea.

Focused Meditation Techniques: With this technique, you focus on something intently, but don't engage your thoughts about it. You can focus on something visual, like a statue; something auditory, like a metronome or tape of ocean waves; something constant, like your own breathing or a simple concept, like 'unconditional compassion'. Some people find it easier to do this than to focus on nothing, but the idea is the same: staying in the present moment and circumventing the constant stream of commentary from your conscious mind, and allowing yourself to slip into an altered state of consciousness.

Activity-Oriented Meditation Techniques: With this type of meditation, you engage in a repetitive activity, or one where you can get 'in the zone' and experience 'flow'. Again, this quiets the mind, and allows your brain to shift. Activities like gardening, creating artwork, or practicing yoga can all be effective forms of meditation.

Mindfulness Techniques: Mindfulness can be a form of meditation that, like activity-oriented meditation, doesn't really look like meditation. It simply involved staying in the present moment rather than thinking about the future or the past. (Again, this is more difficult than it seems!) Focusing on sensations you feel in your body is one way to stay 'in the now'; focusing on emotions and where you feel them in your body (not examining why you feel them, but just experiencing them as sensations) is another.

Spiritual Meditating: Meditation can also be a spiritual practice. Many people experience meditation as a form of prayer-the form where God speaks, rather than just listening. That's right, many people experience 'guidance' or inner wisdom once the mind is quiet, and meditate for this purpose. You can meditate on a singular question until an answer comes (though some would say this is engaging your thinking mind too much), or meditate to clear their mind and accept whatever comes that day.

Quotes

~~~~~

"The process of living encourages you to leap and to fly, to run and to soar, to meander and to piddle, to embrace and to release. What you tell yourself about your ability to do one or all of these things at any given time determines how hard life will be for you." Iyanla Vanzant

"The events of our time show us that there's no violent solution to violence. If you want people to stop killing you and themselves, give them a reason to live." Elik Elhanan

"By inflicting indignities upon others, we diminish ourselves, and by extending dignity to others, we build up our own." Donna Hicks

**Recommended Reading/Watching**

~~~~~

DVD - The Color of Freedom, The Great Debators

YouTube www.youtube.com - The Great Shift

TED www.ted.com - My Stroke of Insight by Jill Bolte Taylor

Quick Links...

~~~~~

Multicultural Exercises [www.multiculturalcenter.org/exercises](http://www.multiculturalcenter.org/exercises)

The Joy of Giving [www.charityfocus.org](http://www.charityfocus.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)

**[Forward email](#)**

 **SafeUnsubscribe®**

This email was sent to [marilyn@marilynlevin.com](mailto:marilyn@marilynlevin.com) by [marilyn@marilynlevin.com](mailto:marilyn@marilynlevin.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Marilyn Levin Consulting | 12340 Alameda Trace Circle #2607 | Austin | TX | 78727