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# June 2008 Newsletter

From Marilyn Levin Consulting

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

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I'll be donating a kidney to Thomas Harris, Assistant Director, Multicultural Student Services, University of Wisconsin, La Crosse, in early to mid August. Book now if you want me before then. I will be unavailable for approximately 3 weeks after surgery. I'll let you know as soon as the exact date is set.

**I'm now on YouTube.** Check it out here - [www.marilynlevin.com](http://www.marilynlevin.com)

## Shift in Action

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Anything you want to be powerfully present in your life needs support structures. Set your life up with systems that regularly include the things that are important to you.

The Institute of Noetic Sciences has an amazing program called "Shift in Action" [www.shiftinaction.com](http://www.shiftinaction.com) that delivers insight, inspiration and resources to create personal and global transformation. Being a member is one my support structures for keeping transformation alive and kickin in my life.

I'm also looking into forming a Mastermind Group or a Personal Board of Directors to support me in maximizing my personal and professional success. These are two popular methods for using the wisdom of the group to move you forward in life. Do an online search for these terms to learn more.

What systems or structures do you use in your life?

**Send me your answers and you'll be entered in a drawing for a copy of *Living Deeply: The Art & Science of Transformation in Everyday Life*** from the Institute of Noetic Sciences [Living deeply on Youtube](#). I'll share your responses in my next newsletter.

## Thumb Wrestling Activity

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Get a partner and get in the thumb wrestling position. You need to know two things to proceed. First - to score a point you gently pin the other person's thumb down, and second - the object of the activity is for everyone to score as many points as possible. Play for two minutes and keep track of your individual points.

So how many points did you each score? What if I told you that it is easy for each of you to score over 100 points in two minutes? What happens for most people is that they succumb to the competitive conditioning that is so much a part of our culture and they ignore the cooperative goal of the activity.

The secret to the activity is to cooperate and let each other score points. This results in both parties getting significantly more points than if they competed against each other. Our extreme emphasis on competitiveness has you and I falling into the habit of competing even when we would get more of what we want by using a cooperative

approach. With the insights from this activity, you can get in the habit of noticing how you get caught in a competitive approach to life. You can retrain yourself to seek out cooperative, win-win solutions to all kinds of life's challenges.

**Quotes**

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"Nothing determines who we will become so much as those things we choose to ignore." Sandor McNab

"Love your "enemies." They force us to become smarter. The riddles they thrust in front of us sharpen our wits and sculpt our souls. Act as if your adversaries are great teachers. Thank them for how crucial they've been to your education." Rob Breznsy

Last two quotes thanks to Lisa at [www.thetherapysisters.com](http://www.thetherapysisters.com)

Poverty is at the root of conflict in the world. "If people have hope for their future and opportunities, they would have little incentive to go on a rampage at each other." Thomas George as quoted in Ode Magazine, April 2008

**Recommended Reading**

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How to Heal Your Broken Heart:A Cardiologists Secrets for Physical, Emotional and Spiritual Health by Dr Kirk Laman [www.healingyourbrokenheart.com](http://www.healingyourbrokenheart.com)

The Mental Diet Pyramid: A Simplified System to Beat Stress and Live in Joy by Karen Wheeler Hall [www.findmorejoy.com](http://www.findmorejoy.com)

DVD - The Freedom Writers [www.freedomwritersfoundation.org](http://www.freedomwritersfoundation.org)

**Quick Links...**

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

Oprah's Summer School classes on *A New Earth* by Eckhart Tolle [www.oprah.com/anewearth](http://www.oprah.com/anewearth)

Social Investing [www.domini.com](http://www.domini.com)

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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