
March 2007 Newsletter

From Marilyn Levin Consulting

Igniting * Passion * Power * and * Possibility

Perspective



FAMILY - Whether biological or chosen, family can be a precious part of our lives. After 20 years away in New Hampshire and Wisconsin I've decided to relocate back home to Austin, Texas to be close to my biological family. I am sad to be moving farther away from many of my chosen family and friends in Wisconsin but I expect to be in Wisconsin frequently for work and play. Thanks Wisconsin - you've been AMAZING!

Take some time this week to cherish your family - how ever you define it! Let them know how much they mean to you - even if you know that they know - tell them again.

- Marilyn will be moving in May so, clients in the Midwest who book Marilyn by April 30th will save on travel. Clients in the South can look forward to saving on travel starting in May.
- **FYI - Marilyn has extended her popular 25% discount on fees on work conducted through April 30th**

Favorite Activity - Hand Slap

This activity explores how being under attack inhibits everyone's ability to do their best. Have participants get into the position for playing the nasty hand slapping game so many of us played in grade school.

Explain that one person has their palms facing down and positioned directly over the other person's palms, which are facing up. The person in the palms up position tries to come around and slap the hands of the other person before they pull their hands away to avoid being slapped

If you are the slapper (palms up person) in this version of the game you also give the slapee (palms down person) four or five simple addition and subtraction questions while trying to slap their hands before they pull away. Do this and then trade roles so each person gets to be the slapper and the slapee. Once both people have

experienced the challenge of attempting math while under attack, then you can discuss the results.

Ask participants "How many of you were able to successfully do math while under attack?" Take comments from participants.

Explain that this activity is a powerful reminder that none of us will ever do our best work while under attack. And we never even have to slap the person for them to know that we are a threat. The game is the set up. This is a powerful piece of our cultural conditioning that interferes with our magnificence - persecution, of others and of ourselves. In a world that emphasizes competition, judgment, criticism and fear of difference, we have created an environment that is not conducive to the best work of anyone involved.

So anything we can do to decrease the sense of attack in ourselves and others is likely to make a difference. When we come from a place that is deeply confident about our goodness as human beings, we have the strength to face up to the ways we are not our best selves without self persecution or defensiveness. When we feel truly good about whom we reduce our participation in self-pity parties, efforts to prove how good we are and obsessions about what other will think of us. This saves an amazing amount of wasted time and energy that we can redirect toward making a difference in the world! And when we are at peace with ourselves, we have no need to judge, criticize or demean others.

Activity adapted by Marilyn Levin from Gary Hollander Enterprises
www.garyhollander.com

Quotes

"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow" M.A. Hershey

" I will not be satisfied until justice rolls down like waters and righteousness like a mighty stream." Martin Luther King Jr.

"Real education should educate us out of self into something far finer; into selflessness that links us with all humanity". Lady Nancy Astor

"Healing your own heart is the single most powerful thing you can do to change the world. Your own transformation will enable you to withdraw so completely from evil that you contribute to it by not one word, one thought, or one breath. This healing process is like recovering your soul." Deepak Chopra

Books

If the World Were a Village: A Book about the World's People; David J. Smith

Children Just Like Me: A unique celebration of children around the world- Barnabas & Anabel Kindersley

The Concise Guide to Global Human Rights - Fischlin & Nandorfy

Healing the Soul of America- Marianne Williamson

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Marilyn Levin Consulting | 1201 S. Midvale Blvd. | Madison | WI | 53711

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