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# May 2008 Newsletter

From Marilyn Levin Consulting

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

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

Marilyn is available for a **reduced fee engagement in SE Wisconsin May 29 (or a.m. on 30th)**. If interested, act fast.

An "Open to the Public" chance to catch Marilyn, June 6-8, Austin, Texas  
[Remarkable Woman Conference](#)

## **I'm Donating a Kidney -**

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Yes, I am going to give away a perfectly good organ. I feel very excited about this. I feel like I won a lottery of some sort. I get to make a huge difference in the life of a really amazing person without a huge risk to myself. How cool is that!!

This may sound impressive, but actually YOU give in remarkable ways everyday. The gifts of kindness, compassion, encouragement, understanding, support, coaching, listening and tough love that you deliver (to yourself or others) are all SIGNIFICANT actions. They are all life saving!

Each time you decide to ignore the internal messages that you are anything less than amazing is an act of courage. Each moment you choose to interact with others from a place of love is healing for you and the planet.

\*This surgery will require a 3 week hiatus from work. You will hear more on the timing soon. For now, I know I will be available for presentations though at least June 25th.

## **Polarization Activity**

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Try this visualization activity. Think of someone you really love, someone who is a joy to be around, someone who makes you feel wonderful, someone who lights up your life. Think of a time when you were together that was memorable. Take a minute to get fully present to what this is like for you emotionally and physically. Take at least a few minutes to really notice what feelings and body sensations are present.

Now think of someone you dislike or even hate, someone who makes you angry, someone whose values and behavior make you sick, someone who causes an intense negative reaction when you are around them. Take at least a few minutes to get fully present to what this is like for you emotionally and physically. Take time to really notice what feelings and body sensations are present.

The point of this exercise is to remind you that your judgment and hatred of others is damaging to you, not those who are the objects of your displeasure. It is like swallowing poison and expecting it to hurt your enemies. It also reminds you that the love you feel for others can be a great healing force in your life. If you can rethink and reframe your relationship to your adversaries and enemies, you see that your participation in fueling judgment and hatred is damaging to you. In contrast, your efforts to find forgiveness and even love for your enemies can be healing to you. To

explore this further, see Rafael Cushnir's Article "Us vs. Them", found in *Spirituality & Health Magazine*, 8(3).

**Quotes**

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"We can have our way more often if we have more than one way." Unknown

"I'm not against wealth. I am against wealth that enslaves." Gandhi

"Whatever action you take in a state of inner resistance (which could also be called negativity) will create more outer resistance, and the universe will not be on your side; life will not be helpful. If the shutters are closed, the sunlight cannot come in."  
Eckhart Tolle, *A New Earth: Awakening to Your Life's Purpose*

**Recommended Reading**

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The 2008 Shift Report: Changing the Story of our Future by The Institute of Noetic Sciences [www.noetic.org](http://www.noetic.org).

DVD - You Can Heal Your Life by Louise Hay, [www.youcanhealyourlifemovie.com](http://www.youcanhealyourlifemovie.com).

**Quick Links...**

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Positive thinking enhances your ability to transform your life and the world! For a quick shot of optimism, check out "**Positively Incredible!**" a short ebook written by my brilliant friend Karen Wheeler Hall. **Download a FREE copy** at [www.FindMoreJoy.com](http://www.FindMoreJoy.com)

Wiser Earth, a community directory and networking forum for improving the world. [www.wiserearth.org](http://www.wiserearth.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)

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