

*Marilyn  
Levin*



*Igniting  
Passion  
Power and  
Possibility!*

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November 2006 Newsletter  
From Marilyn Levin Consulting

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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.

With appreciation,  
Marilyn

**Perspective**

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In the September-November 2006 Issue of Shift from the Institute of Noetic Sciences, there is an amazing article by Andrew Beath, *Navigating the Future: A Guide for Conscious Activism*. In the article, Beath outlines seven attributes of conscious activism that provide guidance to dissolve our isolation, demystify paralyzing concerns and show how individuals can make positive changes in the world. The first attribute is Nonviolence, which is a lifelong process of refining the arts of kindness, concern and tolerance for difference. Next, Beath encourages embracing the perspective of not knowing because it allows us to put aside our entrenched ideas and reactive behaviors. Then he focuses on introspection because as we come to understand our motives, we gain choice and are not obligated to operate from our prior automatic response patterns. Next he points out that conscious activism is activism from the heart and that as our capacity for love grows our experience of joy expands.

He asks that we put aside the ways we create the other as the enemy. He espouses that

just putting aside fear and hatred is a revolutionary behavior that can change the world. He then explains that injustice does need to be confronted by opposition but of equal if not greater importance is envisioning the future we wish for with hope and compassion. Beath explains that to continually struggle against enemies traps us in their drama. Opposition often adds more juice to the entrenched system I am attempting to improve. He ends the list with the importance of being joyful without attachment to goals. He closes the article with encouraging us to focus on our own individual transformation because by healing ourselves we bring health to the whole world.

### **Leadership/Facilitation Tip**

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At times, as facilitators and leaders we will trigger issues in people around us. This is an unavoidable part of being human. Relax into the situation when this occurs and remember that much of anyone's reaction to us (good or bad) is about old hurts and situations that have nothing to do with us. Be compassionate and empathetic towards their struggle and create the possibility of learning from each other. An example of what I might say in this situation is as follows: I respect and appreciate that you feel comfortable sharing your feelings on this topic. I invite you to be open to the possibility that we agree on this topic way more than you can tell right now. I have often found that when I come at a topic with someone who has a different perspective than me it can feel like both of our perspectives can't be true or valid at the same time. But I have learned that multiple seemingly conflicting truths can coexist and that I don't have to surrender my perspective to also make room for yours. Then use the activity below to bring this point home.

### **Favorite Activity- Perspective**

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Hold you hand as high in the air as you can with your finger pointed at the ceiling and draw a clockwise circle with your finger in the air. Now continue drawing this clockwise circle in the air with your finger pointed towards the ceiling and slowly bring your hand down to the point where you are circling at the level of your stomach. Look down and notice the direction of the circle it is now going counter clockwise. So what happened? Your perspective shifted, the circle's direction did not. This activity demonstrates the power of perspective. The first thing that we must get it that there is not A reality only perspectives on reality.

Deepak Chopra explains that there is no such thing as reality that is independent of who perceives the reality. Take a flower for instance. Human beings (who have sight) visually perceive the color of the flower. A bee will not see the flower in the same way humans do. It will experience the flower as ultraviolet wavelengths. A bat will have yet another perception of the reality of a flower as the echo of ultrasound. So whose reality is accurate well all of these and more are completely accurate depending on who perceives the reality.

So we constrain ourselves when we decide our perspectives are the right ones, when we limit our access to a broad range of wisdom and when we fail to embrace multiple ways of knowing and being. We will need the wisdom of all cultures (including the ones that seem wrong to us) to solve the problems of our time in this truly global community.

### **Resources**

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Being Healthy at 100 [www.healthyat100.org](http://www.healthyat100.org)  
Creating a US Department of Peace [www.thepeacealliance.org](http://www.thepeacealliance.org)  
Transforming Schools and Communities (as seen recently on Oprah) [www.challengeday.org](http://www.challengeday.org)  
Sustainable Living [www.simpleliving.net](http://www.simpleliving.net)  
Personal Transformation Workshops [www.lan\\_dmarkeducation.com](http://www.lan_dmarkeducation.com) (begin with the Forum)

### Quotes

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"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." Rabindranath Tagore

Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing. Arundhati Roy

Throughout history, the really fundamental changes in societies have come about not from dictates of governments and the results of battles but through vast numbers of people changing their minds sometimes only a little bit. Willis Harman in Global Mind Change

### Books

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Consciousness in Action: The Power of Beauty, Love and Courage in Violent Time by Andrew Beath

Class Matters: Cross-Class Alliance Building for Middle-Class Activists by Betsy Leondar-Wright

A People's History of the United States by Howard Zinn

The Deeper Wound: Recovering the Soul from Fear and Suffering by Deepak Chopra

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