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# November 2007 Newsletter

From Marilyn Levin Consulting

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

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The beginnings of the website for my new book, *The Secret For Humanity: Manifesting a World that Works for Everyone* is up. Check it out at www.secretforhumanity.com

The book isn't published yet but don't worry I'll keep you posted!

New Keynote/Workshop Offering:

*Between a Rock and a Hard Place: How to Thrive in Tough Circumstances -

Do you buy into the fallacy that the only way through the struggles in life is to suck it up and tough it out? This session will show you how to create an experience of power and flow - even in the toughest situations. You will learn how to:

- Clean up your triggers so people can't push your buttons easily.
- Listen and speak in ways that bring out the best in the people around you.
- Deal with that negative voice in your head that inhibits success and creates stress.
- Free yourself from previous constraints and limitations.

MORE on booking and workshops www.marilynlevin.com

Perspective

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### **I have BURNING questions for you!**

What issue, challenge, problem or struggle, if addressed, would empower, inspire and motivate you? What, if resolved or dissolved, would leave you free and clear to make things happen with power and velocity?

REPLY TO THIS EMAIL WITH YOUR ANSWERS. As a small token of my appreciation, everyone who replies to this question will be in a **drawing for one of my infamous magic wands.**

### **Another question for you to ponder:**

### **Are you part of the 11% of people who will transform humanity?**

The Institute of Noetic Sciences has a powerful video that dares us all to become part of the 11% of people who can change the world  
[www.oneminuteshift.com/eleven\\_percent](http://www.oneminuteshift.com/eleven_percent)

"From the suffragettes to the civil rights movement, history shows that all it takes is ENOUGH people to truly make a difference, around 11% of the population."

It only takes a small part of any group to initiate powerful transformations on a grand scale, AND on a small scale. I encourage each of you to be the ONE in your family, or your workplace or your circle of friends to create healing transformations.

Be so loving and compassionate that you transform the long standing resentments in your family. Be so courageous and gracious that you transform the hostility in your workplace. Be so inspiring and enthusiastic that you transform the conversations in your friendship circle from complaints into possibilities.

**Hand Fold Activity**

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Clasp your hands together in front of you with interwoven fingers like you are preparing for prayer. How does this feel for you? Common responses to this question include relaxed, comfortable and fine. Now switch thumbs so that the thumb that was in the bottom position is now on top and re-lace your fingers to match. How does this feel, especially in comparison to the first one? Common responses to this question include weird, awkward and uncomfortable.

You know the first hand position isn't evil and the second hand position isn't good. One is just what you are used to and the other is what you're not used to. It is a reminder that you are conditioned to have a negative emotional reaction to things that are unfamiliar to you. You don't need to feel guilty or see a therapist about this, but it is very useful to be aware of this tendency. This awareness can teach you to expect initial negative reactions to the unfamiliar. You can then consciously choose to delay judgment based on your initial reaction and take time to evaluate things for their true value.

Once aware of this dynamic you have the power to transform the distrust of difference into openness and acceptance of the diverse and vast ways of being all around you, letting this smorgasbord of expression enrich your life. This gives you access to a variety of powerful tools for transformation in your life and in the world.

Quotes

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"Needing absolute answers may well be an artifact from outdated worldviews, while becoming comfortable with uncertainty may be our path to a new one."  
What the Bleep Do We Know

"We are in a crisis of perception because we see ourselves as something other than completely interconnected and interdependent. There are no other solutions to the world's problems than a change in consciousness."  
Deepak Chopra

"Some men see things as they are and ask "Why?" I dream of things that never were and ask "Why Not?"  
Robert F Kennedy

**Recommended Reading**

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The Real Wealth of Nations by Riane Eisler

The Food Revolution by John Robbins

Anything you've written over the years like old journals, diaries, class papers or love letters. Enjoy looking back on yourself and celebrate your growth!

Quick Links...



Giving Powerfully www.boldergiving.org

Organ Donation www.organdonor.gov

Great Music www.thetherapysisters.com

Creating Complaint Free World www.complaintfreeworld.org

MORE on Marilyn www.marilynlevin.com

The highest compliment you can pay me is forwarding this issue to others who might appreciate it as well. Thanks so much for spreading the word! Use the link below.

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